

Reiki is a gentle act of "laying on of hands" to assist your body with amplified and balanced natural healing.

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Reiki is a Japanese healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well being.



While Reiki is spiritual in nature, it is not a religion. There is nothing you must believe in order to learn and use Reiki.

What Happens During a Reiki Treatment?

Wear comfortable loose clothing and socks while receiving a Reiki treatment. The person being treated is not "healed" by the Reiki practitioner. The client's amplified healing comes from the "universal life force" that flows through the practitioner. Reiki also protects the practitioner from taking on the pain and dysfunction of another person.

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

Depending on the amount of energy moved in a treatment, the client may become temporarily ill as the 'dis-eased' energy clears the body. Always drink plenty of water in the next few days after a treatment.

How Does Reiki Work?

In Reiki, healing energy is passed on to another individual via the practitioner's hands. A Reiki practitioner places their hands on the body or in the aura of the recipient. This is a "**laying on of hands**," not a massage. There is no manipulation of tissues unless another modality is added to the treatment. **A level two practitioner can send Reiki over distance** by connecting with the Higher Self, Godself, or Soul of the recipient. The recipient will receive the energy the next time s/he opens to healing.

A Reiki treatment involves a one-way flow of energy from the Universe, through the healer, to the recipient. The energy used is not the healer's. . . but comes from an infinite source.

Many healers are naturally empathic and do pick up emotions or impressions from the people they work on; this isn't a function of the Reiki, although Reiki can help individuals develop their talents. Most Reiki healers with such sensitivities also develop a sense of when it is appropriate and in the best interest of a client to share them.

For Reiki to 'work', the recipient must be willing to heal. Reiki will not force itself on anyone that is resistant. If Reiki is offered to people who are resistant, they will not let the Reiki healing energy in; the energy will flow through them to some other healing task in the world. Conscious belief isn't necessary; if a person wants to be healed on any level, the energy

will do what it can. People receive whatever they are willing to receive. Reiki will work without belief, but the deeper and more encompassing one's willingness to heal, the deeper and more permanent the healing.

What are Some Benefits of Reiki?

When the flow of the "Life Force Energy" is disrupted, weakened or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, including fear, worry, doubt, anger, anxiety, negative self-talk, toxicity, nutritional depletion, destructive lifestyle and relationships, neglect of self and lack of love for oneself or others, from emotions that are not expressed in a healthy way...

Reiki is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results. Some health benefits:

- Creates deep relaxation and aids the body to release stress and tension,
- It accelerates the body's self-healing abilities,
- Aids better sleep,
- Reduces blood pressure
- Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions,
- Helps relieve pain,
- Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony,
- Assists the body in cleaning itself from toxins,
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy,
- Supports the immune system,
- Increases vitality and postpones the aging process,
- Raises the vibrational frequency of the body,
- Helps spiritual growth and emotional clearing

Does Reiki work with my Current Medical Regime?

Reiki works in conjunction with other medical or therapeutic techniques to relieve side effects and promote recovery. Always seek professional help for a problem that could be serious. Follow the treatments prescribed by your doctor or other healing professional. Indeed, a Reiki practitioner may suggest follow up with a doctor or therapist if problems are uncovered in a session.

So, the short answer to "How does Reiki work?" . . . it is Divine love and healing intelligence working with a healer and a recipient, affecting whatever the recipient needs most.