

Reiki

About Reiki

Reiki (pronounced Ray-key) is a Japanese word meaning Universal Life Energy, an energy which is all around us. "Rei" is the universal energy, and "Ki" is the life-force energy.

Reiki is a natural and simple non - intrusive healing method. This natural healing energy flows in a powerful concentrated form through the hands of the Reiki giver. When you are healthy and happy your life force energy is high and flows freely. When your life force energy is low you are vulnerable to illness, stress and depression.

What Is Involved?

During the treatment the recipient remains fully clothed, usually lying down, listening to relaxing music. If the recipient is unable to lie down the treatment can be given in a sitting position - the main thing is for the recipient to be as comfortable as possible. The therapist gently places their hands non-intrusively in a sequence of positions which cover the whole body. The whole person is treated rather than specific symptoms; it works for the physical, mental and spiritual body. Reiki can be given without touch and even distant healing can be received.

During the session, the recipient may experience different sensations such as tingling, warmth, lightness or may even fall asleep. These are all normal results and help the body's healing process.

Benefits

- It's deeply relaxing and helps the body to release stress and tension
- aids better sleep
- helps to release emotional blockages
- boosts the body's immune system
- lowers blood pressure

Suitability

Reiki is not suitable for people:

- with very low blood pressure
- with electronic implants
- who suffer from epilepsy but they can be treated as long as appropriate care is taken. Seek medical advice if you have any questions

Advice

- remove glasses and jewellery before a Reiki treatment. This will let the energy flow freely

Aftercare Advice

- if you are diabetic check your blood sugar levels
- avoid stimulants such as tea, coffee, alcohol and nicotine
- drink approximately 2 litres of water daily; this reduces headaches, lethargy and digestive problems
- rest if necessary
- eat light meals