

# REIKI INFORMATION

If you are considering a private Reiki healing session, the following information will help prepare you for your appointment. If you are interested in learning how to perform Reiki healing sessions skip to the section entitled **Become a Reiki Practitioner**.

---

Reiki can help with any condition. Make sure to inquire about any imbalance you are experiencing, whether on the physical, mental or emotional level, so you can receive the healing light of Reiki wherever needed.

Everything discussed as well as all details of your Reiki session are held in the strictest confidence. A Reiki session is a non-invasive healing experience – relaxing, gentle, and safe for all ages and all conditions. When you come for an in-person Reiki session, some time will be spent discussing your particular needs as well as getting a sense of your overall state of balance and well-being.

## **Allergies/Migraines/Headaches/Sinus Conditions**

Reiki is beneficial in relieving nasal stuffiness, headaches, and fatigue. As the client relaxes, the physical symptoms lessen and the breathing deepens, opening up airways and energetic pathways in the body that provide greater flow and enhanced well-being.

## **Chemotherapy**

Reiki helps those undergoing chemotherapy have less discomfort while having a calming effect. Toxins are gently released, and the body is restored to greater balance, alleviating some of the side-effects of a program of chemotherapy such as nausea, tiredness and skin sensitivity.

## **Multiple Sclerosis/Parkinsons**

With the gentle Reiki treatment, symptoms of MS and Parkinsons are greatly lessened, and the client experiences a profound state of relaxation in the physical body.

## **Pregnancy, Labor and Delivery**

The relaxing, calming effects of Reiki treatments assists during pregnancy and delivery. Often clients find that delivery is a much easier process and that they and their babies have less complications.

## **Pre and Post Surgery**

It is known that people who have Reiki treatments before surgery report they experience less pain and fewer complications and faster recovery. They found that the healing process was quicker when they continued Reiki sessions after their procedures. Reiki has many benefits. Some of the benefits experienced by Reiki clients are:

- sense of calm, relaxation and relief of stress
- relief from anxiety
- enhanced immune system functioning
- increased focus
- reduction in pain in the physical body
- support during pregnancy, labor, and delivery
- calming for pre-surgery and faster healing post-surgery
- detoxing of harmful emotions and energies
- healing and balancing of emotions
- easing of chronic pain
- more restful sleep
- soothing tight muscles
- relief of digestive problems

### **In order to get the most out of your Reiki session:**

- Wear loose, comfortable clothing
- Wear shoes that you can easily remove as you will be getting on to a massage/Reiki table for your session. No other clothing need be removed.
- It is suggested to remove earrings and necklaces as the practitioner works with gentle touch around the head.
- Please advise if you are allergic to any scents as a candle will often be lit during the session.
- If possible, it is advised that you not have a heavy meal just before coming for your Reiki session so you will be most comfortable during the treatment.

Make your needs known. If you need a bolster under your knees to alleviate strain on the lower back that will be provided. You can even have your Reiki session seated in a chair if that is preferable due to physical constraints.

The session will begin with a scan of your energy field and then the practitioner's hands are placed above or lightly touching specific areas in the body where energy flows. Most people experience a greater and greater sense of relaxation as the session continues. The Reiki energy

will flow to the areas where it is most needed by your body. Reiki always goes where it is needed most whether it is mental, physical, and/or spiritual.

Many clients report that they felt calm, relaxed, and peaceful. The Reiki energy always meets you where you are at that moment, moving you closer to your unique place of balance.

## BECOME A REIKI PRACTITIONER

REIKI (ray-key) is a healing tradition, and this soft, gentle modality has been known to help thousands of people around the world achieve deep relaxation and profound experiences of well-being. There are three levels of Reiki Training:

### **Reiki Level I**

You can learn Level 1 as the first step in becoming a Reiki practitioner or just use it for your own self-care. In the Level I class you will receive the first Reiki attunement, learn the Reiki hand positions and practice giving a Reiki session for yourself and others. You will both give and receive in the class. The class is a combination of lecture, discussion, and practice. All materials are included.

### **Reiki Level II**

In Reiki Level II you further develop your knowledge and practice of Reiki by learning all the Reiki symbols, including the ones for long-distance healing. As in Reiki Level I you will be given ample time to conduct a full Reiki healing treatment. Once you complete Reiki Level II you are given a certificate as a Reiki Practitioner and can then conduct Reiki treatments in person or long distance with clients. The class is a combination of lecture, discussion, and practice. All materials are included.

### **Reiki Master Class**

In the Reiki Master Class (often referred as Level III in the Usui Method) you receive the Master attunement. As a Reiki Master you can then attune others and offer your own training as well as your private practice work. You receive instructions on how to give Reiki attunements for Reiki Levels I, II and Reiki Master and receive ample practice time in doing attunements for yourself and others. You will also experience deep meditations to balance your chakras and will learn the values system of offering Reiki as your profession. The Reiki Master class is a powerful healing experience for each practitioner attending. You receive a certificate as a Reiki Master at the completion of the program and all materials needed to continue to offer Reiki as a certified Reiki Master.