

Benefits of Reiki

The energy body exists simultaneously with our physical body, with each having a direct effect on the other. Therefore, energy healing practices may help us physically, mentally, emotionally, and spiritually. Reiki addresses all levels of our being and balances the body, mind and Spirit.

Physical Benefits

- Releases tension from the entire system
- Enhances the body's healing functions
- Relaxes the body and mind
- Eases pain and discomfort
- Compliments all medical healing therapies and rehabilitation
- Increases the sense of well-being
- Relieves fatigue and increases energy
- Increases the rate of recovery from injury or illness
- Strengthens the immune system
- Improves sleep
- Clears toxins

Mental and Emotional Benefits

- Brings clarity, insight, awareness, wisdom
- Lessens the impact of stress and anxious feelings
- Aides in decision making and being at peace with situations
- Strengthens a sense of personal empowerment
- Enhances harmony and inner peace
- Promotes feelings of calmness
- Encourages emotional release
- Clears negative emotions
- Releases addictions and habits

Spiritual Benefits

- Initiates personal or spiritual growth
- Releases energy blocks and density
- Balances the body's Chakras for a smooth flow of energy
- Strengthens the connection to the Divine
- Increases intuition
- Renews and increases energy, life force and vitality
- Helps you to hear your Soul's calling and follow your Soul's path

Cure Vs. Healing

With Reiki you can guarantee that there will always be healing, even if you can't see it or feel it. Healing does not mean that the person gets cured of their illness or disease, although this is certainly something you can aim for.

We must assume that it has taken a lot of time, history, and precedents to lead to a client's illness. It will most likely take just as long to reverse that. However, when faith is strong, Spirit is present. When you do the work with confidence, miracles can and do happen.

Keep in mind that you should never diagnose anyone. Do not contradict medical advice or a diagnosis a client has already been given. Remember, you cannot practice medicine without a license. Informing someone of an ailment is illegal. Therefore, you do not offer medical advice, treatment, diagnosis, or prescriptions for any illness or condition.

You can talk about what you see or feel and encourage them to get a medical opinion if something should arise during treatment.

Energy healing should never be used as a replacement for any prescribed or necessary medical treatment. Energy healing is restricted to complimentary and alternative health care services. If you ever feel like the client is asking you to perform something outside of your comfort level or scope of practice you can refuse service and refer them to someone else.

Reiki in Everyday Life

Reiki is not just limited to performing on people. You can use Reiki to enhance your daily activities:

- Bath and shower water
- Charge your crystals
- Electronics (reduce EMFs)
- Energy perk up
- Essential oils and herbal remedies
- Food and beverage blessing
- Garden and houseplants
- Good nights sleep
- Home cleansing
- Intentions, prayers and affirmations
- Jewelry
- Meditation
- Oracle and Tarot cards
- Pets and animals
- Protection
- Releasing conflicts
- Room, sacred spaces, or altar
- Skin care products
- Spiritual practices
- Supplements and medication
- Travel and trips
- Vision board and journal

Side Effects of Energy Healing

Energy healing is a safe method of treatment, but shifts in energy will occur and may create some physical, emotional or spiritual side effects which may include:

- A sensation of floating
- Changes in relationships
- Changes in sleep patterns
- Dizzy or light-headed
- Emotional releases such as crying or giggling
- Emotionally raw or fragile
- Feeling lighter energetically
- Feeling of warmth
- Headache
- Mild fatigue
- Muscle soreness
- Nausea
- Physical tingling
- Seeing colors or visions
- Shifts of perception
- Surge of energy; feeling wired
- Spontaneous muscle jolts, shaking or twitching
- Thirst
- Weird cravings

Energy Detox and Release

A Reiki treatment will stir up and release energy from the energetic field and body. It's common for the body to detox and release for a short period of time following a session (a few hours up to a few days long.)

An energy detox or release will usually be mild for most people. But occasionally, it can feel intense. Here's some common signs of an energy release:

- Body aches and pain
- Emotional swings
- Feeling of panic
- Frequent urinating; fowl smelling or darker than normal urine
- Loose stools or changes in bowel movements
- Muscle contractions
- Overwhelming anxiety
- Spontaneous crying
- Tasting metal in your mouth
- Tension or stiffness
- Throwing up and diarrhea (very rare)

Encourage the receiver to drink lots of water to help flush the energy out. First time clients should try to schedule a session on a weekend or on a day they have an easy schedule so they can practice self-care and rest.

After A Session

1. Give client a glass of water that has been charged with Reiki. You can program and bless the water while they're resting and integrating.
2. Allow time to answer questions and discuss receivers' experiences.
3. Share helpful information in a kind and compassionate way:

“I observed your first chakra was blocked. This can sometimes mean that you're feeling fear in some are of your life. Where are you feeling unstable or ungrounded? Here are some things that you can do at home to help...”

“I noticed some dense energy surrounding your shoulders. Are you taking on too much right now? Where in your life are you feeling burdened or weighed down? I once had a similar experience, so I understand how you feel. Here's what worked for me...”
4. Discuss common symptoms. Tell them how to contact you and be available for additional support if needed.
5. Encourage them to drink a lot of water, take it easy and practice extreme self-care for a few days. Journaling and contemplation during this time will be extra helpful.
6. After the client leaves, clear the room, your tools and yourself.