

Reiki



What is Reiki?

Reiki is a holistic method that utilizes a person's natural energy for healing the physical, emotional, mental, & spiritual self. The word Reiki (Ray-key) is Japanese & means "Universal Life Energy," which is the energy found in all plants, animals, insects, & humans.

Reiki isn't a religion; it is a healing art used by people of all faiths. Documented cases of hands-only healing are found throughout history and continue today. However, the system of Reiki Natural Healing was brought into existence by Mikao Usui in Japan around 1920.



What to expect in a Reiki Session:

During a session, the client (fully clothed except for shoes) usually lies on a massage or similar table. There are a series of hand placements (these may vary with each practitioner) that are used on the front & then the back of the body. A Reiki session usually lasts for about 40 - 50 minutes of a one-hour session. Since the Reiki energy is intelligent, the exact hand positions are not critical because the energy knows where to go and what to do. The energy does the healing, not the practitioner. Also, the hands of most Reiki practitioners become quite warm when working with this energy.

How do I know if Reiki is for me?

When your life energy is high, you'll feel strong and healthy, but when it is low, you'll feel weak and tired and be more susceptible to illness. A Reiki session will fill you with renewed energy, helping you to feel confident, secure and healthy.

Reiki never causes harm and can be used at any time for any situation. It's helpful even when you are feeling good but is especially beneficial when you are feeling sick, tired or depleted. It can help people with any illness or medical condition. While Reiki does quicken the healing process, it is still essential to see a licensed health care provider if you have a medical or psychological condition.

