



# HEALTH & WELLBEING

## DIY

### An Introduction to Reiki



#### What is Reiki?

Reiki (pronounced ray-key), is a system of energy healing founded in Japan by Mikao Usui. The word Reiki means 'Universal Energy' and is derived from the Japanese words 'Rei' (universal or spiritual) and 'Ki' (life force energy).

Eastern Healing Systems understand that life force energy flows through all beings. This energy is called 'Ki' in Japan, 'Chi' in China and 'Prana' in India. Reiki energy can assist an individual's own innate healing powers by allowing Reiki energy to flow from the Practitioner's hands into the energy field of the client.

#### What Happens During a Reiki Session?

**Reiki Session** take place in a peaceful environment. The space will be prepared by the Practitioner with clients either sitting in comfortable chair or laying on either a massage bed or sometimes a floor mat, depending upon the client's needs and preferences. Full clothing is worn throughout the session.

The Practitioner places hands either lightly on the body or just over the body, moving through a series of positions throughout the duration of the session. The Practitioner will be guided both by the information provided by the client during the initial consultation and their own intuition.

The Practitioner's hands may become warm during the session. The client may experience the sensation of warmth, tingling and often deep relaxation. It is not unusual to fall asleep during sessions.

Following the session, the client may feel relaxed and peaceful. Experiences can be shared with the Practitioner following the session.



Sessions usually last between 45 minutes and 1 hour, with time given to acclimatise following the session.

Everyone is different and responds differently to Reiki energy. Whilst some might see colours, images and experience physical sensations, others may feel only a peaceful relaxation. We are all individual, as is each session. Entering the experience with an open mind and without expectation will leave one best able to engage with the healing energies.

## What is a Healing Crisis?



A term used in all branches of alternative and complementary practices, a healing crisis describes the potential worsening of symptoms following a session. Alternatively one may develop cold like symptoms or general tiredness. This is considered a 'clearing' effect, where the body releases unwanted energies or toxins. Not everyone shares this experience, but Practitioners will advice on the potentiality and suggest practices to follow should this occur. Advice is generally to drink water, rest where possible and be kind to yourself, allowing the body's innate intelligence to process the release.

Distance healing is a method of sending Reiki energy to an individual in a different location.

With the inclusion of Reiki Symbols for distance healing and the power of intention, the Practitioner there is no limit to the distance healing can travel.

The Practitioner can sit and actively send healing to the client. Alternatively, the request can be written and activated by Reiki symbols and intention. Another method would be to use a photograph of the client. Crystals and can be used to further amplify the healing energies.

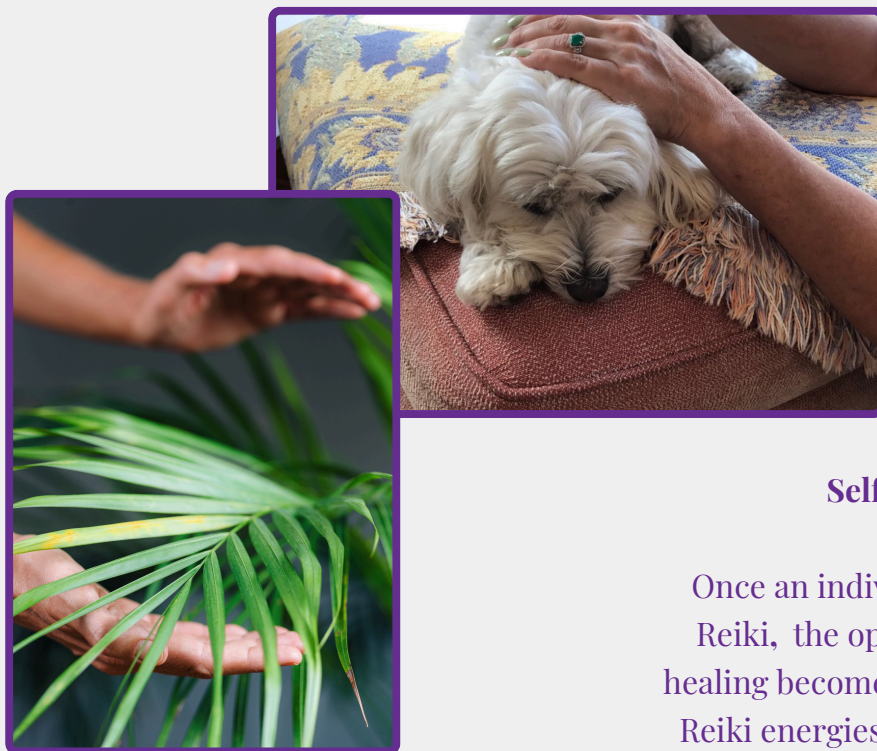
It is important to ensure that permission is sought from the individual before sending distance healing. Should it not be possible to gain the permission directly, offer the intention that the energy will be accepted only if it is for the recipients highest good.

## What is Distance Healing?





## Further Applications for Reiki



### Animals and Plants

Reiki isn't limited to the wellbeing of humans. The energies can be used on animals, plants and indeed any living being or situation which would benefit from positive energies.

Animals and plants respond particularly well to Reiki, accepting the energies without the addition of a questioning mind. When an animal has received enough energy, you will often find they jump down from your lap or move away from your hands.

### Self-Healing

Once an individual is attuned to Reiki, the opportunity for self-healing becomes available using the Reiki energies. A system for self-healing will be taught during the Reiki 1 Workshop. Students and Practitioners are encouraged to regularly cleanse and clear the self, to assist in remaining a clear and healthy channel.



## How Can I Learn Reiki?

As mentioned in the section 'Reiki Today', there are now many schools and blends of the original Usui Reiki. There are 3 Levels (Level 1, Level 2 and Reiki Masters). Training for each is usually held over 2 days, with time required between levels to allow the student to work with the Reiki energies.

It is advisable for prospective students to undertake some research to locate a Reiki Master with whom they resonate. Reiki should be taught in person, as the Reiki Attunement, which allows the student to connect to the universal Reiki energy, should be given on a one to one basis at the end of the course.

## Can Healing be Given Without Reiki?

Reiki is probably the best known healing system, but is by no means the only one. The 'Laying on of Hands' has been practiced for centuries and today many other forms of spiritual healing are practiced by dedicated professional Practitioners.

Reiki provides the guidance of a practiced system alongside attunements to align the student to the Reiki Energies.

### A Final Thought

Whilst Reiki is generally safe for most, it must be remembered that as with all therapies, there may be some individuals for whom sessions should be carefully considered. For instance, a healing crisis for someone already going through a severe detox due to illness might benefit from postponing treatment. Your Reiki Practitioner will be able to advise and possibly suggest a medical consultation in advance should this be required.