

Reiki

A Treatment for mind, body and spirit



Reiki (pronounced ray key) comes from the Japanese Rei and Ki, meaning spiritually guided life energy or universal life energy. It falls into the category of spiritual healing, channelled through the Reiki practitioner to the recipient. Just the mention of the words 'spiritual healing' will have some of you running for the hills at this point. If you fall into this category, then take this opportunity to challenge your assumptions and read on, as we explain what Reiki is and the benefits it can bring, as well as treating you to some virtual Reiki too! It has always been Eastern medical philosophy to put prevention before cure. Reiki has a foot in both camps and uniquely has both preventative and curative benefits. It also aids our general health and well-being in the wider sense, in terms of our emotional and spiritual development. It is a powerful and gentle healer which includes the following attributes:

- Promotes self-healing
- Strengthens the immune system
- Relieves pain
- Relaxes and reduces stress
- Releases blocked and suppressed feelings
- Balances the energies in the body

Interestingly, there is no belief system or religion specifically associated with Reiki, so anyone can avail themselves of the many benefits. So what happens during a Reiki treatment? Let us give you a flavour of what to expect...

Your practitioner will invite you to lie down and relax, fully clothed on a massage table or similar.

You may hear gentle music in the background. You should expect your treatment to last for about an hour, depending upon your requirements. Most practitioners in the UK use what is known as standard hand positions, linking to all the main organs in the body. As Reiki healing is spiritually guided, the energy will find its way to where it is required most. It is a non-invasive treatment and in many cases, no actual physical contact is made with your body as practitioners simply hold their hands in position a few inches above you. As your practitioner moves their hands above the various chakras (the 7 basic energy centres in the body), you may experience a warm, tingling sensation as the energy begins to flow. This is quite normal and should add to your sense of calm relaxation. After your treatment, you may be offered a comfortable blanket to keep in the warmth and be left alone for a little while to enjoy your new found sense of peace.

Many practitioners say that they benefit as much from giving a Reiki treatment as the recipient. Anyone can acquire the ability to give Reiki. There are 3 levels of practitioner: Reiki 1 & 2 and Master. Once 'attuned', the ability to give Reiki will always remain with the practitioner. So, if you are looking for an improvement in your total sense of well-being, and want harmony of body, mind and spirit why not give Reiki a try?

Details of two local Reiki Masters are given on the opposite page - they would be delighted to hear from you to discuss how Reiki could personally be of benefit to you.