



REIKI/ENERGYWORK

A Brief Overview

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

What Can Be Treated?

Reiki is both powerful and gentle. In its long history of use it has aided in healing virtually every known illness and injury including serious problems like: multiple sclerosis, heart disease, and cancer as well as skin problems, cuts, bruises, broken bones, headache, colds, flu, sore throat, sunburn, fatigue, insomnia, impotence, poor memory, lack of confidence, etc. It is always beneficial and works to improve the effectiveness of all other types of therapy. A treatment feels like a wonderful glowing radiance and has many benefits for both client and practitioner, including altered states of consciousness and spiritual experiences. If a client has a health condition, and wants to be treated with Reiki, it is recommended that they do so under the supervision of an enlightened medical doctor or other health care professional. Reiki will improve the results of all medical treatment, acting to reduce negative side effects, shorten healing time, reduce or eliminate pain, reduce stress, and help create optimism.

Are there any side effects from a Reiki treatment?

Most of the time a person will feel relaxed and uplifted by a Reiki treatment. However, sometimes a person will have what is called a healing crisis. As a person's vibration goes up, toxins that have been stored in the body will be released into the blood stream to be filtered by the liver and kidneys and removed from the system. When this happens, sometimes a person can get a headache or stomach ache or feel weak. If this happens, it is a good idea to drink more water, eat lighter meals and get more rest. The body is cleansing as part of the healing process so this is a good sign.