

What is Reiki?

Reiki is a type of energy healing that aims to improve overall health and enhance the quality of life. It follows traditional patterns of various hand positions, resting without putting pressure on or above the body.



We already perform Reiki-like healing on ourselves and others without even realizing it. This energy or Ki is present in and around us since we are conceived. Reiki healing is usually not taught, but rather “transferred” from Master to Student, in a session called “attunement.” Once attuned, a practitioner can access more efficiently a greater amount of this ‘universal life force energy’ for the purpose of healing. Even though Reiki is an energetic form of healing and ‘spiritual in nature’ it is not a religion, it has no dogma and there is nothing you must believe to learn and use it.

The [Reiki](#) practitioner uses a process much like the laying on of hands, where they focus on the affected areas, transmitting the life force energy in order to reduce stress or invoke healing of mind, body and spirit. Current research determines that this healing method was used by Buddhists in Tibet dating back to 480 B.C. Reiki means "universal life energy" in Japanese and was rediscovered by Mikao Usui in the early 20th century and continues to evolve today. The purpose is to remove energetic blocks from our energy centres (chakras) and repair tears in the auric field caused by the harmful frequencies and ‘life force’ depleting elements such as drugs, poor diet, lack of exercise, stress, poor sleep or breathing, negative psychic activity, illness etc.

Practising reiki gives you the means to regain your natural abilities to heal yourself and to give healing energy to others. When we vibrate at a **higher frequency**, we naturally feel happier and more fulfilled since it works on many levels emotionally, physically, mentally and spiritually.

During a Reiki session, the patient will usually sit in a chair or lie down fully clothed. A healing typically lasts from 30 to 45 minutes. Due to its gentle relaxing nature, some people are known to fall asleep during the healing session.

What to expect with reiki?

Restored energy and vitality.

Reduction or alleviation of stress and anxiety.

Relaxation and restored emotional balance.

Increased feelings of strength & courage in dealing with difficult life situations.

Relieves pain and fatigue

Helps relieve depression

Reduces headache, insomnia, nausea

Many cultures have developed techniques and disciplines that stimulate the flow of Ki energy around the body. However, Reiki is the easiest to learn and administer. The techniques are simple to master. The results are profound.

In Summary Reiki is:

A simple modality of healing applied by the laying of hands from which the life force energy flows.

Non-invasive

Used on its own or as a complimentary therapy in conjunction with conventional medicine or other natural therapies.

Pure and vibrates at a higher frequency equated with that of 'unconditional love'.

Not a substitute for medical treatment nor is it a diagnostic system.

Using the same energy as tai chi, feng shui, meditation, yoga and acupuncture.

Reiki can be used on humans, plants and animals amongst many other uses.

There are three levels of Reiki certification. Reiki 1 for self-healing, Reiki 2 practitioner level and Reiki 3 Master level for higher spiritual growth. Each level takes 1.5 - 2 days to complete. If you would simply like to experience Reiki, you can drop in during our Tuesday evening Reiki/Meditation sessions open to the public. You cannot go wrong with Reiki. Feel free to enquire at the Centre if interested.

Lisa Kelly, Reiki Master