

meraki

What is reiki?

Reiki" (ray-key) is Japanese for 'universal life energy, and is also a word used to describe a system of natural healing. This tradition was founded by Mikao Usui in the early 20th century and evolved as a result of his research, experience and dedication.

We live in a world of energy that nourishes and maintains all living things. When this energy flows uninterrupted there is balance and harmony within and around us, and we experience a sense of well being.

There are many variations of Reiki, but in essence Reiki treatments can help the body emotionally or spiritually. It is a tradition that is open to any belief system.

Reiki treatment is a process that anyone can enjoy in the normal course of their life. Reiki can be used alongside other conventional or complementary treatment and often helps to provide emotional support during recovery. The practice is taught by Reiki masters / teachers who have trained in the tradition passed on in person from master to student.

The method of receiving Reiki is simple. The recipient remains clothed and lies on a couch or sits on a chair and relaxes. The practitioner gently places their hands in a series of non-intrusive positions on or near the body. There is no massage or manipulation. The whole person is treated rather than specific areas. Sessions can take 45 minutes to an hour-and-a-half, depending on the client's needs.

Each person experiences Reiki differently depending on their individual needs at the time.

Clients may or may not feel sensations during a Reiki treatment. Benefits reported by recipients include deep relaxation promoting a calm, peaceful sense of well being on all levels. Some people feel sensations of heat, tingling, or experience seeing colours, whilst others can have an emotional response, indicating that shifts are taking place, allowing harmony to be restored.

What do Reiki treatments do?

Reiki is a safe and soothing treatment that can be:

~ Comforting when life is tough

The relaxing nature of Reiki can be very helpful to people especially at difficult times in our lives. We can all feel overwhelmed or disconnected, sometimes there is a real sense of isolation, both emotionally and spiritually. Reiki treatments can bring feelings of peace, centeredness and an ability to cope better with the challenges of life.

Reiki can be beneficial in circumstances that are short term, but can also support people dealing with long-standing conditions, helping to bring comfort, acceptance and a more positive outlook.

~ Supportive during pregnancy

Reiki can be wonderful for pregnant women. Treatments can be very relaxing and enjoyable for the mother.

~ Calming for children

Children usually love Reiki. The length of a session is often shorter than it would be for an adult.

~ Reassuring for animals

Animals also respond well to Reiki, they too seem to find it relaxing and soothing

~ Helpful at the end of life

In such cases Reiki can be a great comfort, helping to promote a sense of peace and acceptance for the dying and their families.

