



Reiki Treatment



Reiki (pronounced Ray-key) is a Japanese word meaning Universal Life Energy, an energy which is all around us.

Natural Healing

Reiki is the name given to a system of natural healing which evolved from the experience and dedication of Dr. Mikao Usui, a Professor of Theology who lived in Japan in the last century. Dr Usui developed this healing system from ancient Buddhist teachings after many years of study, research and meditation. He spent the rest of his life practising and teaching Reiki. Today Reiki continues to be taught by Reiki Masters who have trained in the tradition passed down from Master to student.

There is no belief system attached to Reiki so anyone can receive or learn to give a Reiki treatment, the only prerequisite is the desire to be healed.

A Reiki Treatment

The person receiving Reiki treatment remains fully clothed, and sits in a chair, or reclines on a therapy couch - whichever is most comfortable. The only participation required is a desire to let oneself relax and be open to the positive effects of the Reiki healing energy.

The Reiki session usually lasts between 45 minutes and 1 hour, during which time, the recipient may experience heat, or become aware of tingling or pulsing sensations, as the healing Reiki energy radiates from the therapist's hands and begins to effect positive change, and restore balance, throughout the recipient's whole being.

The therapeutic influence of the Reiki treatment continues to manifest for some time after the session ends. For this reason it is desirable (where possible) for the recipient to take things easy for a day or so, in order to gain the full benefits of their Reiki session. It is usual to drink water immediately after your session to 'ground' you.

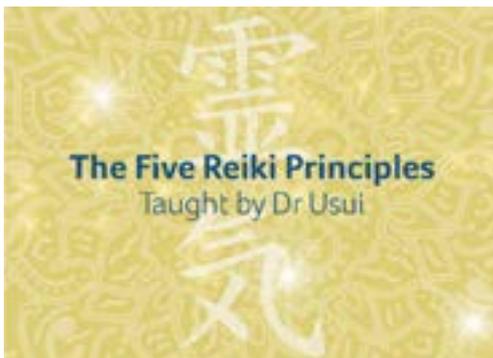
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Which conditions can Reiki help?

It is possible to heal at any level of being: physical, mental, emotional or spiritual. Acute injuries can be helped to heal very quickly but more chronic illness takes longer. In some cases such as terminal illness, there is not enough time for the progress of the disease to be reversed. However, in such cases there is usually great benefit and enhancement of the quality of life giving a sense of peace and acceptance during the time remaining. Reiki healing can be given anywhere at any time as no special equipment is needed. The practitioner is a channel which the energy is drawn through by the need or imbalance in the recipient. Neither person has to use any effort of will or concentration during this process.

As running water smooths the jagged edges of a rock until it is small enough to roll away, Reiki flows to the areas of need, soothing pain and supporting the body's natural ability to heal itself. Reiki supports all forms of treatment both orthodox and complementary.



Reiki Principles

1. Just for today do not worry
2. Just for today do not anger
3. Honour your teachers parents and elders
4. Earn your living honestly
5. Show gratitude to every living thing