

A Basic Understanding of

Reiki

Reiki (RAY-KEE) at its basic level, is a system of healing that works by simple placement of the hands and the channeling of energy.

Many cultures have known since ancient times that an unseen energy flows through all living things. This energy is directly connected to the quality of health we experience. In recent scientific experiments, this "life force" energy has been verified- medical doctors are now considering the role that this energy plays in the functioning of the immune system, and the healing process.

Reiki is a technique of healing, stress reduction, and relaxation that taps into this "life force" energy. Reiki improves our health and enhances the quality of life we experience.

A Reiki treatment feels like a warm, glowing radiance flowing through and surrounding you. Reiki treats the whole person, including body, emotion, mind, and spirit. The treatment process is a simple, natural, and safe method of spiritual healing and self-improvement that everyone can use.

How is a Reiki treatment given? Reiki energy flows from the practitioners hands into the client. The client is usually lying on a massage table, but treatments can also be given while the client is seated or even standing. The client remains fully clothed. The practitioner places her/his hands on or near the client's body in a series of hand positions. These include positions around the head and shoulders, the stomach, and feet. Other, more specific positions may be used based on the clients needs. The whole treatment usually lasts between 45 and 90 minutes.

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