

Reiki – ‘The Usui System of Natural Healing’

Reiki is a Japanese healing modality that supports the mind, body and spirit. Reiki energy or universal life force is intelligent and neutral, one does not need to perform a healing but simply allow. The Reiki practitioner is not the healer but simply the instrument for the healing energy to flow through into the client. We can make it complicated and design complex techniques as humans often do, but everyone has the ability to channel the universal life force.

Reiki is love... therefore no harm or adverse reaction can come from receiving reiki.

One of the wonderful things about the modality of Reiki is that it is a spiritual practice one can perform for self and then as an extension one can be a vessel to be of service for others. The fundamental teaching of Reiki is a form of self-practice.

I would consider Reiki healing a complementary therapy not an alternative therapy, as it works in conjunction with all forms of healthcare.

To have a holistic approach is a healthy perspective to have as we are mind, body and spirit and as is to be open to both western and eastern forms of healthcare. Reiki is a healing modality that offers holistic and wholesome support through love based energy. Reiki does not lend to any religious philosophies, it welcomes and embraces all belief systems. It is an inclusive healing modality that does not discriminate age, sex and or culture.

Reiki has no limitations or prerequisites, all are welcome, I have taught various people over the years from nurses, mid-wives, counsellors, psychiatrists, natural therapists, retirees, masseurs, carers, priests, ministers, tradies, government employees, teachers, IT consultants, marketing executives, Mum's and Dad's, to all seekers of life etc.

Reiki is a form of self-care.

Some of the Benefits of Reiki

- Supports stress reduction
- Promotes relaxation, resulting in the body self-healing and aligning more effectively
- Understanding and supporting depression and anxiety
- Encourages healing of physical pain and health issues
- Eases the overactive mind and insomnia
- Helps to alleviate headache, tension & migraine
- Encourages a sense of calm and relaxation
- Assists one to be in the present moment
- Promotes energetic balancing and cleansing
- Encourages self-love and acceptance
- Adapts to the needs of the client
- Strengthens one's connection to self and spirit.
- Promotes self-awareness
- Helps deepen meditative states
- Fosters natural self-healing

What you may expect in a Reiki Treatment

- An informal chat
- A short relaxation meditation
- The client lays, usually face up fully clothed on the massage table
- A reiki session is approximately 30-40 minutes in duration
- The practitioner lays their hands upon the body holding them still for approximately 3 minutes in each hand position: Head, eyes, ears, throat/shoulders, heart, stomach, hips, knees, feet
- Often the client will feel relaxed and calm, even sleepy. 'In a meditative state'
- The client may feel warm or cool sensations during session as the 'universal life force' flows through the body realigning, cleansing and healing according to the client's needs.
- An informal chat upon completion

The body is a self-healing organism...