

## **Reiki**

### **Reiki - what is it?**

Reiki is an ancient hands-on healing modality, a natural gentle touch therapy that balances life energies and brings health and well-being to the recipient. Reiki, or Life Force Energy, is all around and within us. It is available to us if we are open to receiving it. Reiki healing is believed to treat our physical ills by reaching deeper into emotional, mental, or spiritual blocks in our body. By releasing these "knots", we are freed of the physical effects caused by them. The Reiki practitioner, themselves attuned to Reiki, act as the conduit for the Reiki energy, allowing your body to draw the energy it needs through them. The Reiki energy goes where it is needed in the body. It finds these areas of imbalance and pushes them out of the body, restoring balance again and improving and maintaining health.

### **How is Reiki different from other forms of bodywork?**

Reiki helps address many of the same issues and is a complement to Massage, Acupuncture, Chiropractic and other healing modalities. The difference is the approach; through gentle laying on of hands Reiki eases restrictions and stressors within the body and restores balance where it is needed. Unlike massage, Reiki does not involve manipulation of muscles but rather is a form of energy work, releasing tight areas in the body with a very light touch just on the surface of the body.

### **What can I expect during a session?**

During your session you will rest, fully clothed on a massage table. The practitioner will sit or stand at various points, placing their hands either lightly on top of the client's body or placing one hand on top of the body and one underneath. Each treatment is unique, but usually will begin with the head and end with the feet. The practitioner may spend equal time on all areas of the body or may spend longer in one or more areas if needed.

### **What will I experience during a session?**

Everyone's experience is highly individual, but you may feel warmth, cooling, tingling, pulsing, big releases, or you may not feel much at all. Whatever you feel is normal; even if you're not feeling or experiencing the energy shifts, the body is absorbing the work. Sometimes clients experience emotional responses during a session, and/or dream vividly during or after a session. While these emotional releases don't happen every time, or for every person, it is totally normal and helps the body come into wellness.

### **What should I wear?**

If Reiki is performed alone, loose fitting, comfortable clothes are best. Sweatpants or yoga pants really work well. Socks help keep the body warm. If combining Reiki with massage you may undress as you would for massage and the Reiki work will be performed over the sheet either before or after your massage work.

### **What can I expect after a session?**

For many people they may experience a feeling of "lightness", being more balanced, emotionally cleansed, and/or a release of aches and pains right after the session...sometimes you may feel even better after a couple of days. Reiki builds on itself, so multiple sessions will result in your feeling better, for longer periods of time. Remember, your experience is unique - everyone is different!