

## **What is Reiki?**

Reiki is a gentle, simple, and very powerful form of hands-on healing that works on all levels...physical, mental, emotional, and spiritual. Reiki supports and accelerates the body's natural healing ability by correcting energy imbalances and restoring harmony to the body, mind, and spirit. Reiki complements and enhances all medical treatments.

## **What Benefits Can Be Expected?**

Benefits vary from person to person. Common experiences include: increased energy level, pain relief, mental clarity, stress relief, healing of emotional issues, feelings of peace & well-being, and spiritual connection.

## **What Is A Healing Session Like?**

It is not necessary to undress. The session takes place on a comfortable massage table, in a tranquil environment with soothing background music. The practitioner's hands are placed on specific areas of the body. The recipient may be aware of a comforting warmth and a feeling of deep relaxation. Some off the body work (in the energy field) is also done. The session lasts for one hour.

## **How Many Sessions Are Needed?**

Individual needs vary, depending on the goals of the person and the length of time symptoms have been present. Some prefer occasional relief from discomfort or stress, while others will desire more in depth work to facilitate personal or spiritual growth. Recommended are 3-4 Reiki sessions for most health issues. Serious health problems need more. Stress may be relieved in one session.

## **About Reiki**

Reiki is a gentle, simple, and very powerful hands-on healing method that can be used for yourself, your family and friends, and/or in a professional healing practice. Reiki restores energetic balance and facilitates growth and healing on all levels---physical, mental, emotional, and spiritual.

Simple to learn and to use, Reiki is a wonderful healing technique for anyone who would like to use it. Reiki complements and enhances all types of medical treatment. It has no side effects and no contraindications. Reiki is safe for all ages, from premature babies to the elderly. Reiki relieves stress, pain and emotional distress. It produces a feeling of mental clarity, calmness, well-being, and spiritual connection in the recipient.

## **REIKI**

Reiki is believed to come from ancient texts and was rediscovered and developed by Mikao Usui in Japan early last century. The word Reiki is Japanese and means '**Universal Energy**'. Eastern medicine has always recognized and worked with this energy, which flows through all living things and is vital to the well-being of life. The energy is known as 'ki' in Japan, 'chi' in China, and 'prana' in India. Tai chi, yoga and acupuncture, are also based on the free-flow of this energy in a person. Reiki as a therapy, is an effective and simple way of tapping into this

universal energy, and transferring it to the benefit of the receiver, to stimulate the body's own natural healing potential. The Reiki Practitioner channels the energy to the clients.

### **What are the Benefits of Reiki?**

Reiki and its energy can be used to in many ways great effect. If a person is suffering from stress or tension, or the many symptoms which are associated with this. Are you wishing to improve the quality of relationships with the family at home, or work, friends, or wherever you are at this time, the beneficial effects of Reiki occur on all levels. Reiki can accelerate the healing of physical problems; balance the emotions, and so free us from our restrictive mental attitudes we may have held on to since we were children. It also helps you access your inner wisdom which we all have, but have forgotten over the years.

Reiki is supportive and encourages positive personal changes such as improving your relationships, diet, having more rest or leisure time, exercise, your habits, and reduce the need for alcohol and tobacco. With Reiki we can respond more calmly and non-judge mental to all events, and concentrate on just being. As Reiki is a gentle energy it can be used safely by all ages that includes babies, pregnant mothers, patients at all stages, the frail and the elderly. Regardless of their state of health Reiki will enhance every bodies life. Regular sessions will help you when you are sick and distressed. Occasional sessions help to ward-off illness and fatigue, it helps you face an illness, it helps you accept and get through an operation or treatment. Reiki helps you to accept a condition, a situation. I have seen the peace, the relieve it can bring to people that are dying and those who are left behind. Reiki is a gift; treat somebody you love to a Reiki treatment.

Reiki has no side-effects, it is a non-invasive therapy and you cannot suffer an overdose. Reiki is used alongside conventional medicine or treatments, and with natural remedies because it acts in a complementary way.

Practitioners perform Reiki most often in offices, hospitals, clinics, and private homes, hospices, cancer and grieve support groups, post-operative recovery, drug rehabilitation, prisons, HIV / AIDS centers, and care of the elderly. The practitioner and client determine the number of sessions together.

### **What Happens During a Reiki Session?**

Whenever possible treatments will be in a relaxing environment. Clients will be usually asked to lye down or sit. There is no need to remove any clothing. The Reiki practitioner places their hands gently, in a series of positions, on or over the body. The client's system automatically draws in as much Reiki as is needed, using it in whatever way is most appropriate at the time. Reiki may be felt as a flow of energy, warmth, coolness, slight tingling, other sensations, or even nothing at all. Reiki is deeply relaxing, eases stress, and has a calming effect. The treatment is enhanced if you can rest for a while afterwards; drink plenty of water to help the body to remove toxins. Listen to the needs of your body, rest if you are tired, allow the energy to continue to work after the session. The beneficial effects of Reiki may be felt for several days.

### **How many and how often do I need a Treatment?**

Individual needs vary, depending on the goals of the person and the length of time symptoms have been present. Some prefer occasional relief from discomfort or stress, while others will desire more in depth work to facilitate personal or spiritual growth.

Even one Reiki session will make a difference; usually it is more effective to have a course of regular treatments. This may be weekly, fortnightly or monthly depending on the needs of the individual. A treatment plan will be discussed with you, and reviewed as necessary. This will always be subject to your own preferences and can be changed at any time according to progress and choice.

### **Safety**

Reiki does not take the place of conventional medicine but it aids healing and a more speedy recovery. Consult your GP for an acute or infectious condition, and problems of urgent concern. Reiki is a complementary therapy that works effectively alongside orthodox and complementary healthcare.

### **Reiki is for Everyone**

Reiki is not a religion and is practiced by people of different faiths. Reiki is about encouraging people to have trust in them and in the universe.

Reiki helps people as well as animals and plants.

### **Lessons From Reiki**

Reiki treatments are wonderful to give and have taught me many lessons. One lesson is the value of trust. I have learned when giving a treatment it is best to just let the energy flow on its own and not try to control it. Reiki has consciousness of its own and knows where to go and what to do. My more sensitive friends, whom I have given Reiki sessions to, tell me when I concentrate too hard on the symbols, or attempt to control the Reiki, it tends to restrict the flow of the energy. Setting my need to control aside and trusting the energy to do what it needs to do and go where it needs to go appears to increase the strength and benefit of the treatment given. I have also learned the value of intuition. When I first began to give Reiki treatments I followed the basic treatment steps outlined in the book "Reiki the Healing Touch".

As I continued to practice, I began to deviate from the basic steps and place my hands on different parts of the body as I was guided. The client would then tell me that I had placed my hands exactly where they needed them to be. To me, following my intuition is another way of trusting the Reiki energy to flow in the way that is most valuable for the person receiving the treatment.

Another lesson I have learned from Reiki is the usefulness of invoking guidance and help from the universe and guides at the beginning of a treatment, and to give thanks for the help received at the end of a treatment. As I invoke a prayer for guidance, I always ask that the Reiki treatment be used for the highest good of the person receiving the energy. I do this because I do not know what is for the highest good of the person, nor do I know what they most need to heal at the time. By intending that Reiki be used for the highest good, I am trusting the energy and leaving the outcome of the healing work in the hands of the universe. This makes it interesting for me because I can look forward to seeing the miracles that the universe has in store for the person receiving the Reiki treatment.

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