

# What is Reiki?

Reiki is an ancient, gentle hands on healing that helps you to feel and heal better. Reiki can be used to facilitate deep relaxation, relieve pain, and promote healing and personal growth. Reiki stimulates your body's innate healing resources, encouraging a return to wellness. Reiki means *Universal Life Force* - the healing energy of the universe. It is both safe and gentle for all, and doesn't require disrobing, lotions, oils, medications, supplements, or manipulation. Reiki helps with both acute and chronic illnesses by reducing and relieving stress, and strengthening your immune system.

## **What to Expect During a Session:**

As you lay on a padded treatment table, fully clothed, I will place my hands above or lightly touching specific areas called chakras, places in the body where the energy flows through. It is at this stage that people usually begin to feel the stress lifting. It is a remarkable experience and for most the effects are immediate while others may not notice anything for a few days. Reiki always works and the more open you are the more intense your experience will be. Please know that Reiki is a complementary treatment, and is not a substitute for appropriate medical or emotional treatment.

## **What Makes Reiki Unique?**

Reiki is a complete system of self healing. Reiki blends easily with and enhances all healing methods. Reiki gently release old emotional patterns. If you are having problems in specific areas, I can concentrate more energy there. Many clients report that they felt calm, relaxed, and sometimes even tingly during their session. It is not uncommon for a client to present with pain and leave with none or very little.

## **How Does Reiki Flow?**

The Reiki energy flows through the palms of the practitioner. The rate at which it flows is dependent on the extent of the illness, the degree of blockage, and the readiness of the client to accept the healing. I have learned techniques that help support and strengthen my energetic connection to the universal life force energy, while also building my inner ability to hold that energy. The client draws on that energy and controls the session energetically by his/her specific needs at the time.

## **Reiki and Surgery**

Many hospitals have incorporated Reiki into their patient care plans BEFORE and AFTER procedures. It has been reported that Reiki not only helps to promote healing with fewer complications, but patients often had a decrease in the use of pain medication, a quicker recovery time, and a shorter hospital stay.

## **Reiki and Chemo/Radiation Therapy**

Reiki helps those undergoing chemotherapy or radiation therapy have less discomfort while having a calming effect. Reiki gently helps to release toxins accumulated from the treatments and assists in dealing with the fatigue, nausea and vomiting.

## **Reiki and Arthritis**

Arthritis is a chronic illness that can be very painful and often crippling. Many clients report that with Reiki treatments they are better able to maintain an adequate quality of life with less pain.

## **Reiki During Pregnancy & Post-Partum**

Reiki is a wonderful gift to expectant mothers and babies. In early pregnancy, it can reduce many of the common discomforts such as exhaustion and nausea, ease stress, and promote relaxation. During pregnancy, Reiki can provide relief as the mother's body grows and changes, and can address issues such as lower back pain, tension in the neck and shoulders, and insomnia. On a mental and emotional level, Reiki can ease anxiety. Once the baby has arrived, Reiki can assist mom with physical and emotional healing and also help her regain balance in her transition from pregnancy into motherhood.

## **Reiki and Multiple Sclerosis**

Symptoms of MS, such as headaches, fatigue, mental confusion, anxiety and muscle aches, are often lessened by regular Reiki treatments.

## **Reiki and Hyperactive Children**

Through regular treatments hyperactive children can benefit from Reiki and its soothing effects. Over time the children develop a calmness within that assist them in staying focused. Reiki works well with medical treatments.

## **Reiki and Animals**

Our animal companions bring so much to our lives and give so much unconditional love! Animals respond well to Reiki. I use Reiki on my own dog, Toby, on a regular basis. Just as with people, Reiki can be used for all types of illnesses, injuries and emotional problems. Using Reiki with animals can accelerate their healing process, ease pain, improve or help to continue their quality of life. Reiki is often used to energize and revitalize an older animal as well as soothe and calm highly-strung, hyperactive or stressed animals.