

Reiki

Our bodies are in a constant state of maintaining balance for energy to flow, this is often referred to as chi, or prana. Many disciplines have been developed to help balance this energy. Reiki, Qigong, Tai Chi, Meditation, Yoga, and Feng Shui are just a few of the many ways individuals can enhance the flow of this energy.

Reiki is the energy that connects our higher self with everything around us, and so it does not only benefit physical healing, but mental and spiritual growth as well. Contentment, relaxation, decreased feelings of stress, fear and anxiety as well as an improvement of physical illnesses and persistent conditions are common observations from clients after a Reiki session.

The practitioner conducts universal energy to flow. The energy will go where it is needed and in the order that the recipient's body/mind determines. When a practitioner and client come together they are the two oscillating/vibrating objects. The tendency for two objects is to lock into phase so that they vibrate in harmony.

In a session the practitioner's hand rest on the client's head, then over the chakra centres to the feet. Only light hand positions are made, or the hands hover above these centres. A session last 40 minutes to an hour.

After the session the client will need to have plenty to drink to keep hydrated and eat well balanced nutritional foods as their body requires. Some clients experience some fatigue or an energetic response, it is important to get some rest and self-care.

