



## Reiki

'Rei' (meaning universal)

'ki' (meaning life energy)



**Reiki** is an energy healing system that works with the body's natural healing ability to bring physical and emotional wellbeing. The Reiki healer goes through a series of attunements given by a Reiki Master. These attunements open an inner healing channel which allows Universal Life Energy to flow through them.

Reiki, meaning Universal Life force or Energy, passes through the hands of the Reiki giver into the recipient. This then activates the body's natural healing ability, allowing it to clear blocks in your energy. It works on an emotional, mental, spiritual, and physical level to bring wellbeing. Reiki is for everyone. It flows with total, unconditional love. Reiki can do no harm and is used only for your highest good.

Reiki can be used on humans, animals, plants, situations, food - in fact, the list is endless.

A reiki treatment can be in person where the Reiki Practitioner will place their hands on or just above the body in set hands positions. Or distance, which you can receive in the comfort of your own home.

### What to expect: -

- **Preparation** - wear comfortable clothing and remove shoes.
- **Setting/Environment** - the environment should be quiet and peaceful. Soft lighting, calming music, and subtle scents.
- **Hand Positions (In Person)** - The practitioner will use a series of hand positions, starting from the top of the head to your feet. Hands

can be placed on or just above the body. The positions are held for several minutes each, depending on healing required.

- **Sensations** - You may feel warmth, coolness, tingling, or a sense of lightness or heaviness. Some people see colours or experience emotional release. Some people just feel relaxed. When receiving a distance Reiki treatment you will still feel the same sensations. The Reiki Practitioner will send the energy starting from your crown down to your feet.

#### **Aftercare: -**

- **Discuss** - The practitioner can discuss with you anything they have picked up during the session. You can also discuss anything you felt or ask any questions you may have.
- **Rest** - Rest and drink plenty of water. This helps to flush out any released toxins.
- **Reflect** - Take some time to reflect on how you are feeling.

Reiki sessions last between 30-60 minutes. This will vary dependent on individual needs.

**Disclaimer: - Reiki is a complementary therapy and can be used alongside conventional medicine but is not a replacement.**

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