

Reiki is a form of energy therapy. Reiki, the Japanese word, means the balance of energies between Heaven (universal) and Earth (personal).

Reiki can be a powerful supplement to any healing or self-change protocol. Unlike massage in which the tissues of the body are manipulated to release tension and promote relaxation, reiki works through non-physical energy, commonly called ki, chi, or prana. This is the energy we receive from the sun, from food, from breathing, and from sleeping. It is the energy that is awakened during prayer and meditation.

Reiki is a holistic approach. The physical, mental, emotional, and spiritual aspects of each person are touched by reiki energy. The body and the mind are interconnected through the nervous system. We recognize that what is in our minds has an affect on our bodies. Every organ in the body is touched by the nervous system, thus what we call the mind exists in the entire body, not just in the head. What the mind thinks transfers to the body. What the body feel influences our emotional state, positive and negative.

The mind also has an affect on the energy that flows around us. Our personal energy field extends from the body for several feet. Negative thoughts and feelings restrict the flow of this energy, leading to dis-ease, emotional stress, or an interruption in the body's natural healing processes.

The energy channeled by a reiki practitioner has its own intelligence. It is spiritually guided to flow to the area or areas with blocked, stagnant, or an imbalance of energy. As the energy flow is returned to equilibrium, feelings of peace, deep relaxation, increased security, and well-being are the result. The relaxation and sense of well-being can more effectively promote the body's natural healing mechanism and a person's ability to assimilate change.

What happens during a reiki session?

The client remains fully clothed, removing only shoes and constricting belts. With a client lying on a table or, at times, sitting comfortably in a chair, the reiki practitioner places his or her hands lightly on or over specific points on the client's head, torso, and limbs. Each position is held for several minutes until the energy is appropriately balanced.

A full reiki session usually lasts 50-60 minutes, though sessions be much shorter or longer as needed. Additional time before and after the session is used for the client and practitioner to discuss expectations and results.

How often should reiki sessions be scheduled?

This depends on the client and the issues at hand. Some clients feel that a single session is enough to accomplish the desired result. Others may need a series of sessions. Still others schedule a session at the change of seasons to help them deal with natural changes and seasonal stresses.

References

The International Center for Reiki Training. What is reiki? Retrieved from <https://www.reiki.org/faq/whatisreiki.html>

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