

Reiki - What's It All About? What Can it do for YOU?

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Reiki is Universal Life energy that is guided by a higher intelligence. Reiki energy is brought through the practitioner and transferred to the client via a light touch. Some call this "hands on" work, "energy" work, whatever you chose to call it does not really matter, and it can be described numerous ways. The truth of the matter is this is God's energy. Don't like the word God? That's okay; use whatever term you prefer to describe that being, entity or energy that created us and all that is.

What does it feel like? Reiki feels like unconditional love running through your veins, surrounding you in peace and light. Is it far out? No, not at all, it feels very natural, almost like a sense of coming home from a long journey, knowing that this is right where you belong and need to be at this precise moment. Reiki energy is very present in the here and now and centers us to be present - to be human beings, not human doings.

The only true way to know something is to experience it, Reiki is the same way. To experience Reiki is to understand it. A new client of mine, expressed it like this I feel like I had a full night's sleep, I am so rested; yet I feel alert and energized. Now wouldn't it be nice to feel that way, all the time? You can, by becoming a Reiki practitioner and bringing the energy through for yourself.

Who wants or needs Reiki? Nearly everyone does. My clients tend to be those individuals who are experiencing illness, major life changes, stress or anxiety. They are looking for something that will bring them peace and tranquility. They find it with Reiki. Everyone can benefit from Reiki, regardless of beliefs (whether religious or personal), regardless of one's role in life or anything else that we as humans consider important, anyone and everyone can be positively affected by the subtle power of Reiki and the peace, harmony and relaxation it brings.

How does one receive a Reiki session? Merely by relaxing fully clothed on a massage table, covered with a sheet or blanket. A Reiki session allows the person to relax and not worry about a thing. Many clients report that during a Reiki session they have discovered an answer to a perplexing question, guidance so to speak. No one can predict just what wonderful benefits the client will receive from the Reiki session. As a Reiki client the best way to experience your Reiki session is to just let go and experience the Reiki energy, letting it take you where it will. Allow yourself to release all expectations of what the outcome will be like. You will be glad you did!

Can other modalities be incorporated into a Reiki session? Absolutely, many Reiki practitioners use other healing modalities along with their Reiki practice. In addition to Reiki, I often incorporate crystals, energy healing, Thought Field Therapy (energy tapping) and Transpersonal Counseling. As I tell my students, Reiki is like having the colors black and white in your wardrobe; they go with everything, just as Reiki enhances other healing modalities.

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