

What is Reiki?

Reiki is a traditional therapy, with its roots in Buddhist and eastern tradition and originating in Japan. It is thousands of years old but was rediscovered by Dr Usui in early 1920s. Since then it has been passed down, taught from Master Teacher to student. Practitioners are attuned to be able to work with the energies.

The word *Reiki* comes from the two Japanese characters, *rei*, meaning universal spirit, and *ki*, meaning vital life force or energy. It is a non invasive, hands-on healing therapy, where the practitioner allows universal energy to flow through an individual in order to promote the body's natural ability to self heal and increase resistance to stress. Reiki is also associated with an increase in endorphins and as endorphins enhance positive mood as “nature’s happy chemicals,” this release of endorphins could be one of the ways in which Reiki might benefit emotional wellbeing. Positive energy is channelled into another person’s energy field, while removing negative energy and clearing energetic blocks that could lead to pain, illness and anxiety.

During a Reiki treatment, a client will be in a supported and comfortable position. Practitioners then position their hands on or over several areas of the client's body, usually beginning at the head and ending at the feet. The intention of the practitioners is for Reiki energy to be pulled through their hands in direct proportion to the needs of the receiver at each area. The practitioner feels the rise and fall of the energy as it surges through their hands and is mindful when the energy is no longer flowing heavily so that the hands can move to the next position. During a typical Reiki session 10 to 20 different hand positions may be applied.

How can Reiki help?

Studies have shown that Reiki can reduce feelings of **stress and anxiety** and bringing a feeling of calm.

Reiki can help to improve **sleep disturbances**, such as trouble falling asleep, trouble staying asleep, problems with sleep cycles, resulting in a more restful, restorative sleep.

Reiki can help induce **relaxation**.

Regular Reiki sessions can be **low mood busters** and help lift feelings of depression and feel more optimistic of life.

Reiki can help **improve concentration** over time, helping to maintain focus more effectively.

Reiki's **positive energy** can be focussed toward a forthcoming event or to help support healing from past event.