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ISSUE #7 JANUARY 2018

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— HAVE YOU TRIED —

Reiki

REIKI IS A GENTLE COMPLEMENTARY THERAPY THAT IS SAID TO DRAW UPON UNIVERSAL ENERGY TO IMPROVE HEALTH AND WELLBEING. WE FIND OUT MORE

Words: Karen Young

Reiki, meaning ‘universal life energy’, works on the principle that energy or ‘chi’ flows through every living thing, including the human body. When this energy is free-flowing, the body is believed to be in harmony and good health.

Where energy has become interrupted or blocked, Reiki can help to restore balance to the body by reinforcing its natural ability to self-heal physically, mentally, emotionally and spiritually.

Practitioners of Reiki facilitate this process by drawing on universal energy and then channelling this to the client through visualisation and by gently placing their hands either on, or just above, their body. Reiki Master, Julie McFadden, explains: “The practitioner is not the source of energy or healing, but acts as a conduit, guiding energy where it is most needed – a bit like how a hosepipe brings water to a thirsty plant.”

There are three levels or ‘degrees’ of Reiki practice. First-degree practitioners can treat themselves, friends and family through light touch. Second-degree practitioners can go on to treat others and also offer distance healing, where Reiki energy is sent to someone in the next room, or even another country. Third-degree practitioners, or Reiki Masters, will have practised extensively and are able to teach and initiate others into Reiki.

Before your first session, you will have a full consultation to help your practitioner get an understanding of your background and any health concerns you may have. You will then be invited to relax on a treatment couch



or sit in a chair, fully clothed, for the Reiki session.

“Your practitioner is likely to work with their eyes closed,” Julie says, “while they channel energy through their hands to rebalance your energy centres or ‘chakras’. Some practitioners follow a fixed set of hand positions, while others use their intuition and feedback from your body to guide them to areas that need special attention.” Your whole body may be treated, or just certain areas, depending on where imbalances are thought to lie.

Reiki is described as a very peaceful treatment. Some people experience warmth or a tingling sensation in the area directly beneath the practitioner’s hands, while others simply feel relaxed.

A Reiki session typically lasts 45 to 90 minutes and costs between £20 and £70, depending on the length of the session and location. @

The Federation of Holistic Therapists (www.fht.org.uk) is the UK and Ireland’s largest professional association for complementary, holistic beauty and sports therapists.

5 benefits of reiki

1 Reiki is often described as being relaxing, peaceful and grounding, making it an ideal therapy for those who are prone to spells of anxiety, racing thoughts or sleep problems.

2 Reiki is non-invasive and can be carried out anywhere, without the need to remove clothing. This makes it particularly useful for those who are very poorly or have mobility issues.

3 A survey of patients attending a cancer centre in America found that more than 90% of those who received Reiki treatment rated it as a positive experience that helped to improve relaxation and mood, as well as reducing anxiety and worry.

4 Reiki can be delivered as a self-treatment, for those interested in learning natural healing and energy techniques.

5 It’s not just good for humans! Reiki can help animals too, both physically and emotionally. It’s said to be particularly beneficial for animals that have fear or trust issues.

BEFORE YOU GO
Reiki should be used alongside standard medical care, and not as an alternative. Always consult your GP, midwife or other health professional for medical attention and advice.