

ALL ABOUT REIKI



reikiema

Holistic Wellbeing | Empowering Change

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TABLE OF CONTENTS

- 03 What is Reiki?
- 04 What does Reiki do?
- 05 What does Reiki feel like?
- 07 How can Reiki help?
- 08 What happens during a Reiki treatment?
- 12 What happens after a Reiki session?

What is Reiki?



Reiki comes from Japan. It is a type of natural “holistic” treatment which works to help the whole person: Reiki can help bring more balance to the mind, body and emotions of the person receiving it. It can help people to let go of stress, unhelpful habits and thoughts, or blocks that might hold them back..

Reiki uses energy. This is what the “ki” part of the word Reiki means. In China they call energy “chi” - it’s the same thing as “ki”. Reiki is a type of energy or “ki”, which is gentle, safe, and can help people feel very relaxed and uplifted.

Reiki can have similar effects to deep meditation. Meditation takes a lot of practice, but in Reiki the person just needs to sit or lie down, so it’s much easier and quicker to feel the benefits. Reiki can also be used at the same time as meditation., or at the same time as other holistic treatments like massage, reflexology or Acupressure. Reiki can also be used in hospitals. It is very adaptable.



Reiki has to be taught by a Reiki Master Teacher with a “lineage” back to the man who started the Reiki tradition: Master Usui (U-soo-ee). A lineage is a bit like a family tree - it’s a chain of people who can trace their connection back to Master Usui, through their teacher’s teacher’s teacher (and so on). So all Reiki therapists have a direct connection back to Master Usui.

What does Reiki do?

Scientists are interested in what Reiki does and how it works. Here are some of the things that science has learned about Reiki through experiments

1

People who are giving Reiki have bio-magnetic energy coming from their hands

2

The energy that comes from their hands changes frequency from moment to moment

3

The energy coming from their hands, creates a flow of energy in the body of the person they're giving Reiki to

4

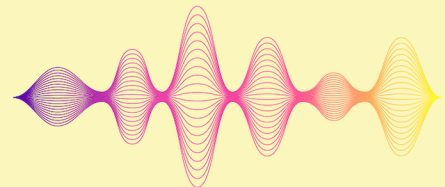
Reiki had a positive effect on very stressed people's immune systems, and blood pressure

5

Reiki improves the quality of water



This is just an illustration not a photo



What does Reiki feel like?

Reiki can feel different to different people, and different at different times. A bit like when you listen to a song, it can make you feel differently depending on whether you're happy or sad. And not everybody will feel the same about your favourite song as you do.

Here are a few of the things that people quite often feel when they're having Reiki:



Heat or cold coming from the Reiki therapist's hands

Tingling or a gentle pressure where the Reiki therapist is working - even if they are giving hands-off Reiki



Seeing colours or lights.
Or for some people, it can be like having a dream during the Reiki session



What does Reiki feel like?

Feeling very heavy
or light - as though
they are floating



Quiet or
peaceful



Laughing or crying



And some people don't feel any of these things during a Reiki treatment!

The Reiki always works, even if they don't feel any of these things. Whether or not someone feels anything during Reiki, it's nothing to worry about. Reiki doesn't need us to feel anything - it always helps. When we feel or experience something during Reiki, it doesn't always mean anything at all - it can just be the brain and body's way of reacting or adjusting to the Reiki energy!

How can Reiki help?

Here are some of the ways Reiki can help people

1

Helping to gently remove energetic blocks - things that can hold us back in life, like thought patterns, behaviours or emotions which aren't helpful



2

Helping people cope better with stress



3

Helps people who have anxiety, or who are feeling down, hopeless or overwhelmed, to feel stronger, lighter and calmer inside.



4

It can help us take control of our lives, and set personal boundaries, so we can take care of our own needs, feel stronger and be more empowered. That also helps others to know what we need, so that they can support us better!



What happens during a Reiki treatment?

When you arrive

Firstly, your therapist will have a chat with you, to answer any questions you might have about Reiki, and to find out how you are that day.



You're in charge!

You can also tell your therapist whether you would like the treatment to be “hands-off” or if you would like your therapist to use some “hands-on” Reiki for some of the treatment.

If there are any parts of your body where you don't want Reiki, you should also tell your therapist before the session (or if you forget, you can let them know during the session - that's completely OK), so they know not to give Reiki to that part of you. For example, if you don't want Reiki given to your feet, just tell your Reiki therapist, so they know not to work on your feet during the session.



Setting goals

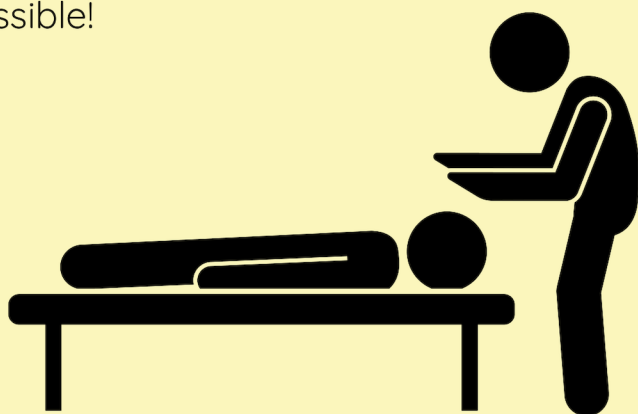
You might want to set some goals or “intentions” for the Reiki session(s), for how you'd like Reiki to help you. Your therapist might suggest other things you can do to help yourself reach these goals, as well as having Reiki.



What happens during a Reiki treatment? (ctd)

Sitting or lying down

Reiki can be given sitting down or lying down - or if you have trouble staying still, or change your mind, just let your therapist know, and they will adapt to suit your needs, wherever possible!



Relaxing space

Your Reiki therapist might have some music playing. This is to help you relax and enjoy the treatment. If it's too quiet or too loud - or if you don't want music, you can let your therapist know, so they can adjust it for your preference. There might be some relaxing aromatherapy oils, wax melts or scented candles in the room, to create a relaxing space for you. But if these are too strong or bother you, please tell your therapist.

You might have a pillow and a blanket for your treatment, because sometimes people can feel cold because of the energy. When you're sitting or lying still for some time, that could make you feel cold too.



What happens during a Reiki treatment? (ctd)

Clothing

It's a good idea to wear comfy clothing for a Reiki session, and wearing socks can be a good idea. You'll be asked to take off your coat and shoes before your treatment, and if you're wearing glasses, heavy or long jewellery or anything else that might feel distracting during your session, you can remove it and place it safely with your belongings, before the Reiki begins.

Reiki sessions are done fully clothed, and Reiki can flow easily through clothing, bandages, plastercasts or splints, through metal... through anything in fact!



Mobile phone

You don't need to turn your mobile phone completely off, but please do turn it to silent/do not disturb, so it won't make any sound or vibrate if you receive notifications. If you need to stay contactable, please let your Reiki therapist know, so that you can plan around this in advance. This is so that you're able to keep as relaxed and undisturbed during your treatment as possible. You might ask your therapist to bring you round if a particular number flashes on your phone during your treatment, so you can take a break from being "on standby". That way you don't have to worry, and can relax even more. And the more relaxed you are, the more the benefit you will feel from your treatment!

What happens during a Reiki treatment? (ctd)

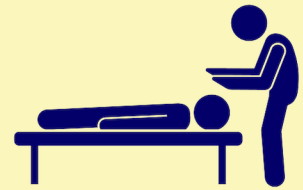
The treatment itself

You'll be invited to sit or lie down comfortably, and once you're ready, you can close your eyes, and relax. Focusing on your breathing is a good idea.

During your treatment, the therapist might ask you to change position, to lie down on your front or your side for part of the session.

Don't worry if you fall asleep - this is normal your therapist will wake you up when the treatment is over.

If you want to stop, or want a break at any time, that's fine - just let your therapist know.



After the treatment

Your therapist will gently bring you around, and help you back to your chair.

They might offer you a drink of water and maybe something sweet to eat like a biscuit or a piece of fruit, to help you feel more awake if you're still feeling floaty or sleepy afterwards.

You can tell your therapist what the Reiki was like for you, if you'd like to, but you don't have to - it's up to you what you want to share. And you can ask your Reiki therapist any questions either now, or after the appointment.

You might feel tired, or a bit emotional after your treatment.

Be kind to yourself, drink plenty of water, and try to rest as much as possible for the rest of the day.



What happens after a Reiki session?

What next?

Reiki usually stays in the body for 2 or 3 days after a treatment. Because Reiki helps us let go of those blocks, it can feel a bit like a detox after Reiki - so you might feel tired, get the sniffles or find that you're a bit more emotional than usual.

This is nothing to worry about, and is a normal part of your body rebalancing itself after the Reiki.

The best things you can do after a treatment are:

- be kind to yourself,
- drink plenty of water,
- try to rest as much as possible,
- spend some time outdoors if you can,

if you feel emotions coming to the surface, try to let them flow when the time is right for you to do that. You might want to find a safe space to let those emotions out. This is a good, healthy way for the body to let go of stress hormones quickly and easily.

And if you have any questions or concerns at all, please contact your Reiki therapist - they are there to help, and they will be able to guide, advise or reassure you if you have anything you want to ask about.

