

SACRED
COLLECTIVE

R E I K I
Q + A

WHAT "IS" REIKI?

Reiki, is composed of two Japanese words - **Rei** which means "Higher Power" and **Ki** which is "life force energy". Thus, Reiki is an ancient Japanese energy healing technique which utilizes light/energy that is channelled from a higher power. Reiki is a safe, alternative modality for stress and anxiety reduction, relaxation and healing.

Everything in life is made up of energy, including our very own bodies. We all have the ability to emit and absorb energy as we go about our days. Sometimes we take on or emit too much energy of different calibrations, and this can cause an imbalance in our energetic body. These imbalances can often times lead to dis-ease in physical and mental forms within the body. Energetic work through Reiki, offers our system the opportunity to correct itself, and promote healing on various levels.

HOW DOES REIKI WORK?

Reiki energy is channelled through the Practitioner's Crown Chakra, down the meridians of the energy body and out through the palm Chakras. Reiki only manifests as a positive energy force and can never be used to cause harm. Reiki conducts itself intelligently, flowing into vital organs and wounded areas of the physical body where it is needed most. Reiki may also be focused directly into the emotional body to treat traumas and residual hardened energy patterns. Reiki can be used to energize, revitalize and support the psychological system in order to promote optimum healing and reinforcement on that level.

WHAT ARE THE BENEFITS OF REIKI?

Receivers often report feelings of deep relaxation that occurs while receiving the channeled Source energy. Reiki also allows the Receiver to release emotions, stale energy, trauma and energetic blockages stored within the physical and energetic body. The shifts and releases that take place invite a sense of calmness, clear thinking, emotional freedom, self awareness, and a renewed sense of confidence and empowerment.

The physical benefits include stress reduction, lessened anxiety or feelings of emotional distress, a sense of grounding and stability, heightened self esteem, and improved sleep patterns.

WHAT CAN I EXPECT DURING A REIKI TREATMENT?

An entire Reiki treatment session with me is either 60 minutes or 90 minutes in length. A brief discussion will take place prior to the session, to give the Receiver an opportunity to have any questions answered and touch on what they are hoping to achieve from their session. This is followed by 45 minutes of energy work, where the Receiver is fully clothed and resting comfortably on their back, on a cushioned massage table. A scan of the Receiver's Chakra system will be conducted to determine which Chakras, if any, are out of alignment. Then, if permission is given by the Receiver prior to beginning, the session will proceed with a light touch, hands-on approach, avoiding the chest and groin area. If touch is uncomfortable for the Receiver, then the energy will be passed with hands hovered slightly above the body. I will move through specific Reiki hand positions beginning at the Receiver's head and working through the energetic system (Chakra system), followed by the extremities (arms, legs, feet).

Throughout the process, the Receiver may feel a warming sensation or a soothing tingling. It's not uncommon for the Receiver to "see" colours, shades and lights in their minds eye, as well as feelings of touch in certain areas, where there may be none. This is the energy moving through the system. There is also a chance that the Receiver may feel nothing at all, outside of sheer relaxation, tranquility and a sense of peace.

The 60 minute session concludes with a brief discussion of which Chakras, if any, were out of alignment and required energy work, as well as any messages, images or feelings that may have come up during the session.

If a 90 minute session is booked, then we will proceed with a sit down discussion, where I will hold space for the Receiver to release anything they may need to let go of as we discuss the energy work piece in detail. The Receiver then has the opportunity to select an Oracle deck for an intuitive card pull to conclude the session.

WHAT CAN I EXPECT AFTER A REIKI TREATMENT?

The Receiver should find themselves extremely relaxed, feeling "lighter" and even re-energized. It's said that the Receiver will feel exactly how they need to feel, based on what their body required and absorbed from the treatment.

Reiki energy takes approximately three days to complete its cycle of movement within the body. As the body processes this energetic shift, it's not unusual for the Receiver to experience a mild, natural detoxification post

treatment. This could come in the form of emotional processing, as many Receivers report feeling specific emotions, or a series of them throughout the adjustment period. This energetic clearing is where the benefits (and magic!) happens. It's very important to make space for whatever emotions may arise, acknowledge them and let them go.

The body may also detox on a physical level, and the Receiver may find that they are visiting the restroom more often than usual.

It's also important to support the body and this energetic shift by drinking plenty of water and/or herbal tea throughout the 72 hours (and even onward!) so the toxins may flush out more readily.

Many Receivers report better sleep and an immediate improvement in their energy and overall feelings of well-being.

IS REIKI CONSIDERED A MEDICAL TREATMENT?

Reiki is most often classified as a holistic treatment or alternative medicine modality. A professionally certified Reiki Practitioner does not diagnose illness nor prescribe medication. Doing so is in direct violation of Reiki ethics and the law.

While not a cure for a disease or illness, Reiki does work in harmony with and compliments all other forms of therapy. Therefore, Reiki can assist the body in creating the ideal energetic environment to facilitate healing. Because of this, Reiki is often included as a supplement to traditional medical treatments, and is being utilized more and more in traditional medical environments.

Despite Reiki's wonderful and effective benefits, it should be strongly noted that Reiki is not to be considered a replacement for treatment by your personal physician or any medical professionals you are working with. Nor should you discontinue any medication you may currently be taking, without your doctor(s) approval.

HOW OFTEN SHOULD I HAVE A REIKI TREATMENT?

There is no magic number of sessions required in order for Reiki energy to be absorbed by the body and the Receiver to benefit from it. However, many Receivers enjoy the benefits of the treatment so much that it becomes a part of their regular self-care regime, and tend to book sessions on a regular monthly basis. Other alternatives include a "seasonal check up", where a treatment is booked alongside the change of seasons (one at the start of

Spring, Summer, Autumn and Winter). Some Receivers appreciate booking sessions when they start to feel energetically clogged or weighed down by the stressors of day to day life.

That said, it's important to remember that whatever challenges we are experiencing, we did not face them overnight, so we are not likely to recover overnight, either. Reiki is not any more magical than any other modality or allopathic medicine. Like massage, acupuncture, etc. it takes time and commitment to enjoy long term benefits.

IS REIKI SAFE DURING PREGNANCY?

Pregnancy is a beautiful time to enjoy the benefits of Reiki for both mom and baby. The energy can bring a calming and deep relaxation to the fetus. It also creates a loving and balanced environment for which to grow. Reiki is safe to experience during all stages of pregnancy from conception to childbirth.

IS REIKI SAFE FOR BABIES AND CHILDREN?

Infants, toddlers, children can benefit immensely from Reiki, as the energy creates a soothing and comforting environment for them. Children are also naturally very relaxed and open by nature, so they are able to effortlessly benefit from the experience in a shortened treatment time. Reiki is very safe with no harmful side-effects.

Reiki is also a beautiful modality for tweens and teenagers as they navigate the waters of this stage of life and juggle the various emotions, feelings and thought patterns they process in overdrive! Reiki is wonderful in supporting teens with focus, self-esteem and utilizing their own energy to find balance in the chaos.

IS REIKI A RELIGIOUS PRACTICE?

Absolutely not. There is no dogma attached to Reiki, and you do not have to believe or subscribe to any particular form of religion to benefit from Reiki.

I look forward to working with you!

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