

What is Reiki?

Reiki is a complimentary and spiritual therapy where the practitioner helps to re-energise your body by helping your energy flow.

The word 'Reiki' means 'mysterious atmosphere, miraculous sign' and it comes from the Japanese word's 'rei' meaning universal, and 'ki' meaning life energy.

Reiki energy is part of universal energy and is around us all the time. It is known by many other names such as:

'Ki' in Japan
'Chi' or 'Qi' in China
'Prana' in Sanskrit
'Mana' in Polynesian culture

Reiki is a type of energy healing where the practitioner acts as a conduit to universal energy.

There are many types of Reiki, and they all derive from Usui Reiki developed by Dr. Mikao Usui in the 1920's. The most popular form of Reiki is Usui Reiki which is what is practiced at Namikier Therapies.

The body is full of energy but when you are stressed, have an injury, or have emotional pain, this can cause your energy to become stagnant and over time this stagnant energy can manifest as illnesses.

Practitioners place their hands on certain parts of your body including your Chakras (see below) and the universal energy flows into you which can help you heal physically, emotionally, and spiritually.

If you prefer not to be touched the practitioner can hover their hands over you and this has the same effect as touching you. There is no limit to the distance where the Reiki can be performed from. This is called Distance Reiki and can be as effective as being in the same room as you. I have performed distance Reiki from Italy to someone in the UK.

Reiki can also be used on animals to help heal them.

Chakras

The body has energy points called Chakras. Chakra is the Sanskrit word for 'wheel of light'. There are seven main Chakras known as psychic centres (although there are more). These are energy points in the body that appear as wheel-like vortices and help to flow energy around your body keeping you healthy and de-stressed. They spin at an immense speed.

Reiki helps to open the Chakras to enable the energy to flow freely through the Aura and subtle nervous system, which is a network of channels known as Nadis connecting the Chakras.



Reiki Attunements

Anyone has the ability to practice Reiki, but they must receive the proper training and have attunements from Reiki Masters. These are people who have trained and received attunements at all the levels. Attunements allow the student to connect to the universal Reiki source.

There are three different levels of Reiki as shown below:

Reiki Level 1 (Student) - The First Degree (**Shoden**)

Reiki Level 2 (Practitioner) - The Second Degree (**Okuden**)

Reiki Level 3 (Reiki Master) - The Third Degree (**Shinpiden**)

What to expect from a Reiki session

How is it performed?

You remain fully clothed and have a choice of a contact or non-contact treatment. The Reiki is as effective either way as the universal energy flows where it needs to go.

You can lie on a bed or be seated in a chair. The practitioner will place their hands on or over your body depending on your preference. The hands are placed on or over specific parts of the body such as the head, shoulders, arms, and legs. The hand placements will be light, non-invasive and they will never be inappropriate.

What you might experience?

If you have never had Reiki before then the sensations, you feel may be new to you. The sensations may be different for every person in each of their sessions.

The more you have Reiki and the more your energy flows then the sensations may become stronger.

To begin with the sensations may be subtle or you may have very strong ones from the start. Your first session may be uneventful but overall, you should always experience a comfortable session with a feeling of deep relaxation and a release of stress.

The practitioners' hands can feel either hot or they can feel refreshingly cool.

You may feel pulsations and waves around your body.

You may feel sensations in a different part of your body to where the practitioner is touching you.

After continued sessions of Reiki your wellbeing should improve, you may feel less anxious, less reactive to situations and your sleep pattern may improve. As already mentioned, the health benefits can include:

Helping you to go into relaxed or a meditative state

It can stimulate your body's immune system

It can promote natural self-healing

It can relieve pain and tension

Support the well-being of people receiving traditional medical treatments such as chemotherapy, radiation, surgery, and kidney dialysis



Setting for a Reiki session

Room setup

To get the best out of a Reiki session there must be a comfortable room with a relaxed atmosphere where you won't be disturbed as you will be going into a relaxed state.

I will provide a professional therapy bed which is 2m by 70cm, but the treatment can also be carried out seated if required.

If you want to use the bed then please try to leave enough room around at least three sides of the bed so I can move around freely.

Relaxing music can be played in the background, but the session can be done in silence if you prefer.

Someone can be in the room with you.

What to do before a Reiki session

Relax and reflect

To get the best from Reiki relax for at least 30 minutes before receiving your treatment. Take time to breathe and reflect.

Acknowledge your emotions and how you are feeling, what thoughts you are having and any physical sensations.

Keep Hydrated

Ensure you are hydrated with water before your session.

We recommend refraining from taking any stimulants such as tea, coffee and sugary or energy drinks at least three hours before your session.

Please ensure that you have not drunk any alcohol or have taken any recreational drugs before your session.

Make sure you are comfortable

You will be more comfortable wearing loose clothes. Don't forget to use the toilet before your session.

Affirmations

Set your intention of what you want to receive from the Reiki session. You can say an affirmation several times quietly to yourself or aloud. Something like 'I am ready for healing' or 'my body is ready to use the universal energy to heal me'.

Journaling

It's good to keep a journal of how you feel before your session. You can compare your feelings before and after the treatment.



What to do after a Reiki session

Relax and Reflect

After your session relax and do not do anything strenuous. Lie down, have a nap, or meditate.

Keep Hydrated

Ensure you drink plenty of water after your Reiki session.

Journaling

It's good to keep a journal of how you are feeling before your session, you can then compare your feelings afterwards. You can also compare your sessions.

Contact us

If you need to discuss anything you are feeling after your session, please contact us.

