



靈氣

FREQUENT QUESTIONS ABOUT REIKI ?

What is Reiki?

How is a Reiki treatment given?

How exactly Reiki affect the body?

What does a Reiki treatment feel like?

What can be treated with Reiki ?

Does Reiki take the place of a medical or professional treatment?

Is Reiki Safe?

Arielle Benadi
Master Reiki Usui

Hands and You
Healing and Teaching
handsandyou@gmail.com
+32 472 66 47 49

What is Reiki?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by laying on the body the practitioner's hands. The **vital energy** takes its source from the universal 'invisible' energy that gives life. If one's 'life force energy' is low, then we are more likely to get sick or feel stress, and if it is high, we are more able of being **happy** and **healthy**.

Reiki treats the whole person including **body, emotions and spirit** creating many beneficial effects that include relaxation and feelings of peace, security and well being.

How is a Reiki treatment given?

In a standard treatment, Reiki energy flows from the practitioners hands into the client's body. The client is usually **laying** on a massage table but treatments can also be given while the client is seated or even standing. The client remains fully clothed, preferably with **natural fibbers** (cotton, linen, wool) avoiding the synthetics (polyester, acrylic, polar). The practitioner places her/his hands on or near the clients body in a series of hand positions. The practitioner places the hands, directly or with distance, on the body. Other, more specific positions may be used based on the clients' needs. Each position is held for three to five minutes depending on how much Reiki the client needs at each position, **in silence or with music**, upon the client's request. The whole treatment usually lasts between **40 to 90 minutes**.

How exactly Reiki affect the body?

Reiki goes to where **it is needed the most**; the practitioner is just the conduit. The energy works its way through the body's meridians (energy channels) affecting both the organs and chakras (spiritual energy centres), so if you have an injury or a stomach ache, for example it will flow particularly to this area. The energy also **cleanses** and detoxifies the body eliminating unwanted toxins.

What does a Reiki treatment feel like?

What one experiences during a Reiki treatment varies somewhat from person to person. However, feelings of **deep relaxation** are usually felt by all. In addition, many feel a wonderful glowing radiance that flows through and surrounds them. As the Reiki energy encourages one to let go of all tension, anxiety, fear or other negative feelings a state of peace and well-being is experienced. Some drift off to sleep or report floating outside their bodies or have visions and other mystical experiences. At the end of the treatment, one feels refreshed with a more positive, balanced outlook.

What can be treated with Reiki ?

Reiki has had a **positive effect on all forms of illness and negative conditions**. This includes **minor things** like head or stomach aches, bee stings, colds, flu, tension and anxiety as well as **serious illness** like heart disease, cancer, leukaemia, etc... Reiki always helps and in some cases people have experienced complete healing which have been confirmed by medical tests before and after the Reiki treatments. However, while some have experienced miracles, they cannot be guaranteed. Stress reduction with some improvement in ones physical and psychological condition are what most experience. Remember, that as an individual, you must have firm intentions of getting well, before any real healing can take place.

Does Reiki take the place of a medical or professional treatment?

No. Reiki should never be seen as a substitute for medical care. Reiki is a complementary therapy that can help healing processes and in many cases improve both physical and mental health. Reiki energy works in harmony with all other forms of healing, including drugs, surgery, psychological care or any other method of alternative care and will improve the results.

Is Reiki Safe?

Yes. Reiki is a gentle form of healing, since a practitioner does not manipulate, diagnose nor prescribe medication. The energy that flows from a Reiki practitioner's hands always works towards **the highest good** of both the recipient and the practitioner, it is therefore completely safe and can be used to enhance any other medical or alternative therapy. There have been no reported cases of negative effects from Reiki.

