

## **Reiki**

Reiki is a method of healing that originated with Mikao Usui in Japan in the early part of the 20th century. The word Reiki means universal life energy in Japanese.

A Reiki practitioner uses this energy to encourage the body to heal itself. Reiki is not part of a specific belief system and anyone can use it. There are different levels of Reiki practitioners. Level one is for people who have learnt Reiki so that they can treat themselves, or use Reiki informally with their friends and family. Level two is practitioner level: people study to a higher level and are able to give Reiki treatments to patients. The third level is Reiki master or teacher. This level is sometimes split in two: master practitioner level and master teacher level.

### **What is Reiki commonly used for?**

Reiki is used for a wide range of physical, mental and emotional conditions, including the relief of stress and tension.

### **What will happen when I see a Reiki practitioner?**

Reiki takes place in a peaceful and relaxing environment. You will be asked to sit, or lie on a couch and the practitioner will take your medical history. Apart from your coat and shoes, it is not necessary to take off any clothes. The practitioner will then gently place their hands on or over your body. Treatments can last for up to 1½ hours.

You may feel a flow of energy, mild tingling, warmth, coolness or nothing at all; however, changes do still happen on a subtle level. The course of Reiki treatment will vary in length according to your condition. Your practitioner should discuss your treatment plan with you and review it as necessary.

### **What precautions should I take?**

It is advisable to rest after a Reiki treatment and drink lots of water. You should tell your practitioner if you are having any other complementary or conventional medical treatments.