

REIKI TREATMENTS

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INFORMATION FOR CLIENTS

Reiki balances and works on four levels of existence:

- a. Physical: the body and manifested pain
- b. Emotional: what you are feeling
- c. Mental: what you are allowing yourself to think
- d. Spiritual: your capacity to love yourself and others

Reiki works on the cause rather than the effect of disease by treating the disease rather than the symptoms. It accelerates healing, which may cause some initial discomfort, but usually indicates healing at a faster rate.

Reiki gives you a feeling of being very relaxed as the energy flows through your body. Some people even fall asleep during treatments. You may experience Reiki energy as colors or pure love. You may feel peaceful or you may be emotional as old patterns surface.

WHAT TO EXPECT DURING A TREATMENT

You will be asked to take off your shoes, watch and metal jewelry. You should relax and enjoy the treatment and talking should be kept to a minimum. Asking questions, even during the treatment, is always welcome. Please do not hesitate to allow your mind to release all thoughts and fears so you can focus on the present experience.

A Reiki practitioner only works with specific hand positions closely related to the Chakras or areas of specific pain. There is no need for touching where it might not be appreciated. If you have difficulty being touched at all, please tell your practitioner immediately. Reiki can be done without touching, although the therapy of touch from another human during the healing process is an advantage.

A pillow may be placed under your neck or knees if you want in order to help take pressure off the spine. Sometimes a seed pillow may be placed over your eyes to help you focus inward. There will probably be soft, relaxing music playing in the background. Occasionally., the Reiki practitioner will take you on

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a guided meditation for specific healing purposes. Crystals and other stones may be used to enhance the healing energy. You may expect a shift in consciousness; know that this is an important part of healing yourself.

AFTER THE TREATMENT

It is recommended that you drink eight glasses of pure water for a minimum of three days after each treatment. This flushes toxins out of the system. Remember how important water is to the body. It is the energy source for your cells. You may be advised to schedule another appointment to maintain your well-being.

It is recommended that your initial course of treatment include three sessions as close together as possible. In the case of disease, you may wish to examine your lifestyle and make positive, healthful modifications.

Please feel free to discuss this with your Reiki Practitioner.