



Reiki Home Care Advice

“A Reiki experience allows you to feel a calming peacefulness that lies deep within you”

Reiki is a Japanese healing system dating back to the early 1900s, and is not a religion or belief system. The system of Reiki is a method of working with universal energy that helps the body to clear itself leaving you feeling lighter, healthier and happier.

Reiki heals in the purest sense, releasing negative emotional states and restoring natural balance to the whole person. Reiki can relieve pain and dissolve stress, and helps on all levels: Mental, physical, emotional, and spiritual, leaving you with a deep feeling of peace, calmness and a sense of well being.

There are no contra-actions with Reiki. However on rare occasions a person may experience the release of dammed up blockages, which when they are finally set free through the process of cleansing and purification, their contents enter our consciousness again. We can experience the same feelings that blocked us in the first place, i.e. your fears, your anger and pain. Bodily ills may come to the surface one last time before being cleared up completely. While this is going on you may feel unsettled, irritable or tired. This should not last for very long, and as soon as the channels are cleared for the intake of new energy, a deep feeling of joy, serenity and clarity enters us.

If you do have any concerns please feel free to contact me.

- ✓ Drink plenty of natural (still) water or herbal teas, within the first 24 hours after treatment. This helps flush out toxins that may have been released.
- ✓ Allow yourself to rest after a treatment, both mentally and physically. This encourages the healing process. A warm bath with relaxing music would be ideal.
- ✓ Let your body tell you what it wants to do. i.e. If you feel tired, have a sleep or if you feel energetic, go for a light walk.
- ✓ Make a note of any reactions you may have after the treatment, so that the Therapist can be aware of how you have responded to the treatment.
- ✓ Initially a course of four weekly treatments, followed by regular monthly treatments are recommend