

Frequently Asked Questions

Q: What is Reiki?

A: Reiki, originated in ancient Tibetan Buddhist teachings for stress reduction and relaxation that also promotes healing. It is administered by touch and is based on the idea that an unseen *life force energy* flows through us and is what causes us to be alive. 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 capable of being happy and healthy.

Rei which means *God's Wisdom or the Higher Power* and **Ki** which is *life force energy*. So, Reiki is actually *spiritually guided life force energy*.

Reiki is one of the leading safe Energy Medicine approaches. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind, and spirit creating many beneficial effects that include relaxation and feelings of peace, security, and wellbeing. Many have reported miraculous results.

Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Q: Is Reiki a religion?

A: While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and/or use Reiki. Many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it. While Reiki is not a religion, it is still important to live and act in a way that promotes harmony with others.

Q: Are there any scientific experiments that demonstrate Reiki works?

A: Yes, there has been various studies conducted on an array of physical illnesses and emotional irregularities. In order for physicians and other healthcare practitioners to recommend a treatment or healing practice to patients, they need evidence that it is safe and effective. With respect to safety, there have been no reported negative effects from Reiki in any of the research studies. This is understandable given that no substance is ingested or applied to the skin, and Reiki touch is non-manipulative (and can be offered off the body when needed).

To date, the primary outcomes studied in Reiki research have used measures for pain, anxiety, and stress, including heart rate, blood pressure, salivary cortisol, as well as measures for job burnout and caring efficacy. More specific measures have been used to evaluate outcomes for stroke rehabilitation, depression, and other chronic health conditions.

Q: What can be treated with Reiki?

A: Reiki has 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, leukemia, etc. The side effects of regular medical treatments have also been reduced or eliminated. This includes the negative effects of chemotherapy, post operative pain and depression as well as improving the healing rate and reducing the time needed to stay in the hospital.

Reiki always helps and, in some cases, people have experienced complete healings which have been confirmed by medical tests before and after the Reiki treatments. However, while some have experienced miracles, they cannot be guaranteed.

Q: What does a Reiki treatment feel like?

A: When giving a Reiki treatment, most clients will feel energy flowing from the Practitioners hands. This feeling has been described as warm, sometimes hot sensation. There has also been reports of feeling an ice-cold sensation. As the energy starts to flow, clients will feel a light tingle in the area the Practitioners hands are touching. Clients have also reported seeing colors of blue, purple, green, yellow and red.

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.

Q: What areas of my body will be touched during a Reiki session?

A: Clients are fully clothed, during the entire duration of the Reiki session. A blanket is also offered, if clients are susceptible to being cold or would prefer to have an extra layer added. The Reiki Practitioner will touch the feet, ankles, knees, hips, stomach, chest area, back (spine), shoulders, throat, forehead, eyes, and crown of head.

Q: Will I feel any pain or discomfort during a Reiki session?

A: There might be some mild pain/discomfort if we are treating injured area(s). Please let your Reiki Practitioner know if you are experiencing high levels of pain prior to starting the session.

Q: What if I have issues with relaxing and/or have no experience with meditating?

A: This is very common with most clients who are new to Reiki. Prior to starting Reiki treatment, the Practitioner will help you get into a meditative state through deep breathing exercises. You can also opt-in for our relaxing herbal tea mix that helps clients get into a relaxed state.

Q: How should I dress for a Reiki session?

A: Clients are asked to dress comfortably. You will be laying on a massage table for a duration of 60 minutes. (i.e., *sweatpants, leggings, yoga pants, sweaters, cardigans, long/short sleeve shirts, button ups, hoodies*)