
What to expect:

A Reiki session lasts from forty-five minutes to an hour and a half in length.

The person receiving relaxes, fully clothed, on a massage table.

Blankets and pillows are provided for comfort and support. The recipient remains comfortably positioned and typically facing up for the entire session.

The area in which the session is offered is arranged to promote a feeling of relaxation and peace. It is normally quiet with only the addition of soft music. The person receiving can focus on themselves, going deep within, taking a break from daily stress and tension.

Once the session is complete, the person receiving is invited to take a few moments to absorb and integrate the work before beginning to sit up. It is common to experience a deep sense of peace and renewal following a treatment. It is not mandatory, but at least an hour of free time is recommended following the appointment to allow for a gradual re-entry into the world. Eating a healthy meal, taking a walk, or sitting quietly are all activities which often serve as a good transition to resuming whatever is planned for the rest of the day.

Traditional Usui Reiki



What is it?

Rei - Spiritual Wisdom

Ki - The Life Force

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" 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.

How did it come about?

Dr. Mikao Usui founded the Usui System of Natural Healing roughly a century ago in Japan. The enlightenment of Reiki came to him during his time in the Isyu Guo training course through the Tendai Buddhist Temple. Once the practice reached the west, it evolved into the methods that we know and use today. It is a gentle, non-invasive, holistic approach to healing through the use of universal energy.

How does it work?

We are alive because life force is flowing through us. Life force flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in a field of energy called the aura. Life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

The life force is responsive to thoughts and feelings. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and cause a disruption in the flow of life force. This diminishes the vital function of the organs and cells of the physical body.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.



You May Experience:

- Deepened relaxation
- An assist in the body's natural healing processes
- Emotional, mental, and spiritual well-being
- Stress reduction

Reiki is both powerful and gentle. In its long history of use it has aided in healing virtually every known illness and injury including serious problems like:

- Multiple sclerosis
- Heart disease
- Skin problems
- Cuts, bruises, broken bones
- Headache
- Colds, flu, sore throat
- Sunburn
- Fatigue
- Insomnia
- Poor memory
- Lack of confidence etc