

OakWill Holistic Health Centre



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Reiki

What is Reiki?

- Spiritually guided life force energy
- An ancient form of hands on energy healing
- Know as 'laying of hands'
- Reiki is Universal Life Force
- As we know it today Reiki originated in Japan
- Dr Usui re-discovered Reiki early in the 20th Century
- Rei (Ray) – Universal
- Ki – Life Force (Chi, Prana, Ka etc)
- When flowing optimally harmony of mind, body, spirit & heart.
- When blocked there is disharmony

What Happens During a Session?

- I take you into a state of deep relaxation
- I gently scan your aura by running my hands over you (without touching)
- If I feel any changes in certain areas I will concentrate on these
- I then place my hands on your crown and work clockwise
- I continue by adjusting my hands as needed
- You might feel any of the following or none however Reiki is still flowing:
 - Everyone's experience is different



- You may feel heat, cold or tingling
- You may experience a deep relaxation state
- You may fall asleep (most common)
- You may experience feelings of peace, calm, joy, harmony & happiness
- You may experience vivid dreams during the nights following

What are the Benefits?

- Deep experience of relaxation
- Feelings of peace & security
- Improved sense of wellbeing
- Improved clarity & awareness
- Improved sense of inner calm
- Deep states of relaxation have shown many physiological benefits
 - Reduced stress levels
 - Reduced worry & anxiety responses
 - Improved ability in coping with daily life

How long does Reiki take to work?

- Spiritually the effect is immediate
- Consciously the experience differs for everyone
- Generally, you will feel better in some way by the end of a session
- I am not channeling Reiki I am the switch that turns on your ability to pull Reiki through your own body

How long does the Reiki effect last?

- This is also different for everyone



- Effects can last a few weeks to a lifetime depending on your personal circumstances
- Most people find 1 to 2 sessions last months to a year
- Some find they need more work to help them initially
- After experiencing a Reiki session most people intuitively know when they need a 'tune up'

How do ensure your practitioner is genuine?

- Ask to see their certificate & lineage
- Ask if they have professional memberships & to see those certificates
- Ask if they have insurance & to see that document
- Generally, practitioners will also have business listings with their professional membership body so you can verify it by searching for them on those websites (e.g. IICT – www.iict.com.au)

Reiki is a simple, non-invasive, natural & safe method of spiritual healing, self-improvement & deep relaxation.

It works in conjunction with all other medical or therapeutic techniques & can be performed in person or as a distance therapy.

