



Break Free NLP and Yoga

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INFORMATION SHEET ABOUT REIKI

What is Reiki?

Reiki is the use of universal energy ("ki") for healing. The ki of Reiki is the same as "prana" in yoga and the "chi" of Tai Chi or Chi Gong. Energy is all around us and goes by different names in different cultures.

The system of Reiki was developed in Japan by Mikao Usui. He drew on Tendai Buddhism and other Japanese practices to develop the system. It was designed to help people in their personal and spiritual growth. The system of Reiki contains five main elements, but in the Western world is known mostly as hands-on healing.

Reiki can be done on oneself (if you have learnt how) or received as a treatment by a practitioner of Reiki. It works at the physical, emotional, mental and spiritual levels.

What Happens During a Reiki Treatment?

The client lies on a massage table fully clothed. The practitioner places their hands either on or off the body (according to the client's preferences) and channels energy into the client's body. The energy then does whatever needs to be done.

While receiving treatment, clients may feel one of a number of different sensations. Sometimes Reiki is felt as heat or pulsation or throbbing or even tingling. Some clients may have an emotional reaction or a feeling that something is releasing. Sometimes clients are aware of the changes that have taken place and sometimes they are not (because the effects may be subtle). At the very least, Reiki will probably be experienced as extremely relaxing - calming the mind and helping the client to feel refreshed and rejuvenated.

Reiki treatments tend to be cumulative in effect. The more you have, the more clearing occurs. It is a lovely, non-invasive healing modality that is suitable for anyone of any age or level of health (including pregnant women).