



Reiki Healing Energy, with Sandra Richardson

Reiki is an ancient healing art form that came into existence through the teachings of Dr. Mikao Usui in the mid 1800's. These teachings were handed down through word of mouth. There was no written text on this information until the 1900's. This important information was handed down from Dr. Usui to Mrs. Takata. She was attuned to Reiki level 1 in the spring of 1936. Then in 1937 she received her level 2 attunement. Mrs. Takata received her Mastership attunement on February 22, 1938. It was after her Mastership attunement she brought the Reiki teachings to the main land of the United States and Canada.

Reiki healing helps rebalance the body and its energy centers. Reiki healing replenishes lost energy due to stress, dis-ease, illness, or injury. It raises the body's vibration as it increases its frequency. Reiki energy helps the body fight stress and dis-ease. It helps heal trauma, broken bones and chronic pain. Reiki energy healing accelerates spiritual growth as it reconnects the individual to the Universal Life Force Energy.

In most cases healing can continue taking place up to two weeks after a session. In some cases clients continue to feel better as each day passes. Others feel immediate relief after the session has ended. An average Reiki treatment lasts about one hour sometimes longer. The practitioner's hands are placed very gently on the client. There are twelve hand positions and about five minutes is spent on each. For special needs, the positions and time may be varied considerably. The client remains fully clothed at all times, although removal of glasses, shoes, and any item of clothing which might be tight such as a belt or watch is encouraged. There is no pressure on the body nor is there any massage. The treatment is done on a standard massage table (whenever possible), and a minimum of talking and conversation is desirable. Soft, soothing music is usually played during the treatment. Sometimes aromatherapy is used during the session when needed. If the client is sensitive to scents I can find other ways to work around this. I incorporate flower essences into a healing session along with craniosacral and myofascial release when necessary.

Everyone's experience is different during a Reiki session. When you are finished you could feel invigorated or you may feel like you could use a nice long nap. Most people report they feel very relaxed after a session. They say it is a different kind of "relaxed state". That is because they were able to release stress and toxins on many levels, mentally, emotionally, physically and spiritually. Reiki is not just a physical experience. It promotes well being on all levels.

It should be noted that for healing to take place one must approach this work with an open heart. It has been my experience that the client doesn't necessarily have to believe in the work for it to be effective just be open and receptive to it.

