

What is Reiki?

What is Reiki?.....Universal Life Energy

Reiki is a hands-on healing method that originated in Japan. It is based on the idea that all living beings have life force flowing through them. This life force is also referred to by various names in different parts of the world: "Prana", in India, "Qi" in China, "Spirit" in Western traditions, etc. A Reiki practitioner channels healing energy through their hands to the person or animal through light touch either directly on the body or from a distance.



So is it a Religion?

Reiki is not a religion. It works on all people regardless of faith, culture, or creed.

"Hands-on" or Distance Treatments (Remote)

Reiki can be given remotely and is just as powerful as it would be in-person. Distance healing, also known as remote healing, can be best explained through the principles of Quantum physics.

Quantum physics shows us that everything is made up of energy and everything is connected. Everything is part of the same, continuous whole. Long distance healing is "wireless" healing. We accept that cell phones, televisions and even our garage door openers work in the wireless way. Its not much of a leap to accept that all energy travels that way, including the energy of healing.

Reiki for Animals

Reiki treatments are usually done in the home, however, certain cases may involve finding another venue for the treatment.

Tips before a Reiki Session with Your Animal

- Leave all expectations of what the session will look like.
- Find a comfortable place in your home where the Reiki Session can be held... ideally a space with minimal distraction. Reiki can be done anywhere, however, creating a space of comfort for your animal is helpful.
- Check in on your own energy... are you stressed, tired, or frustrated. Take a few moments to center yourself, whether it be simply taking a few deep breaths, or a few minute meditation. I find this very helpful and beneficial for everyone involved.

What does releasing look like for an animal?

Animals show their releasing in various forms. An animal will shake, yawn, sneeze, and even pass gas as a way of releasing.

Reiki for People

What can I experience after a Reiki session?

It is normal to experience any, all, or none of the below.

- Your energy levels may fluctuate.
- You may feel more emotional as you clear out old repressed emotions. Sadness, grief, and/or anger can surface and/or feelings of bliss and joy.
- You may experience physical releasing symptoms such as a need to go to the toilet more frequently. You may experience pain. You may notice tingling through the body or have waves of hot or cold energy flow through you.
- It is not uncommon to experience physical, emotional and mental changes as you go through what I call "Reiki Release".
- It is recommended that you be kind to yourself and your body, drink plenty of water, reflect on what your intentions are in healing.