

What is REIKI?

Reiki is an ancient practice of healing, that is believed to have originated in Japan. It is a gentle, hands on treatment, that helps the participant to find a deeper state of peace, through meditation and connecting with their own intuition for healing.

Where did Reiki come from?

Dr. Mikao Usui is believed to be the founder of the original form of Reiki. Dr. Usui was an avid scholar, pursuing medicine, psychology, religion and spiritual practices. He believed that healing the body was both a physical and spiritual experience and sought to find these answers in his studies. It was during his studies that he discovered the connection with Reiki and healing. Dr. Usui then created his own system of healing, Usui Reiki, which he taught to his students and shared with patients in hospitals and medical clinics.

What happens during a Reiki treatment?

- A health history will be taken and reviewed together. Concerns and medical conditions are discussed and reviewed at this time.
- Intentions and the focus for the session, are set at the beginning of the treatment, to address whatever concerns you wish to be addressed during your session.
- Treatments are both hands on and hands off the body techniques, to help bring more energy and focus into your meditation and help relieve stress and pain.
- Clients are fully clothed and often covered in a blanket, lying on the therapy table.
- The Reiki practitioner will move around the table and your body, with different hand placements, guiding you to bring your focus and breath to each area, allowing any thoughts, feelings or movements to release, if they present themselves.

What areas of the body are treated during a Reiki session? Each treatment will vary, depending on your individual needs. They could include any of these areas:

- Head: top, front, back and sides of the head
- Face: eyes, jaw, chin
- Neck: front and back
- Shoulders: front and back
- Chest: upper chest area, ribcage, sternum
- Abdomen: upper and lower belly
- Pelvis: Hip bones, sacrum,
- Thighs: front and back
- Lower leg: knees, shins and calves
- Ankles
- Feet: front and back

What are some of the benefits of Reiki?

- Decreased stress
- Increased immunity
- Reduces depression and anxiety
- Helps clear emotional stress and find clarity in decision making
- Reduces pain
- Enhances deep relaxation
- Enhances spiritual connection
- Improves self esteem and confidence
- Improves sleep patterns
- Helps alleviate stomach-aches, headaches and muscular tension

Where do Reiki practitioners work?

Reiki practitioners work in their own private practices, with other health care professionals in medical centres and hospitals, as well as hospice. Reiki has become more common in Cancer wards and long-term care facilities.

Is Reiki scientific?

Reiki has been around for over 90 years. It has taken on many different forms and is used in many medical and spiritual centres, around the world. In the past, Reiki was not considered by the scientific community to have much benefit, but that has changed. Recent studies through Harvard University have shown that a single treatment of Reiki can help provide multiple benefits, on both physical and mental health. Here is a brief excerpt from Pub Med: <https://www.ncbi.nlm.nih.gov/pubmed/31638407>

How will I feel after my Reiki treatment?

Most people feel a deep state of relaxation and calmness, as their nervous system has moved into the parasympathetic state, and less the fight or flight mode. As like any healing modality, some people may feel more tired than usual or experience other symptoms of healing (wanting to sleep, headaches, thirsty, etc.). Just like Osteopathy, MFR, Physiotherapy and other healing modalities, this is a sign of the body working on moving to a newer state of well being. I recommend that all my clients listen to their bodies after our sessions, increase their water intake to help them re-hydrate and allow the natural healing processes of their body to occur. I typically find the biggest symptom of a reiki treatment, is not wanting to get off the table!

How long are treatment sessions?

Initial appointments for assessment are 1 hour in length and subsequent sessions range from 30, 45 and 60 mins long. 15 min sessions are also available to regular clients, who have had at least one full treatment with me, for a 'top up!'

How many Reiki sessions will I need till I see improvement?

As each of us are individual, treatment plans are created during the initial assessment and ongoing. Depending on how well your body responds and recovers to each Reiki session, treatment plans can last a few days to a few months. Ultimately, it is based off how your body heals and incorporates the healing, to determining how long and often you come in. This is discussed between your Reiki practitioner and yourself, each appointment, to see how you are progressing.

Do I need a referral to see a Reiki practitioner?

No, you do not need a referral.

Is Reiki covered by OHIP?

No, Reiki is not covered by OHIP.

What other modalities compliment Reiki?

Osteopathy, Reiki, massage, yoga, naturopathic medicine, acupuncture, are just a few of the modalities that work well with Reiki treatments. If you are curious about adding any of these to your current treatment protocols, please discuss them with your current practitioner.

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