

WHAT

DOES

REIKI

INVOLVE?

## How Will I Feel?

If you are having a Reiki only treatment, you will remain fully clothed, the practitioner will use different hand positions around the head, shoulders, stomach, leg and feet.

You can have it seated or lying down.

It is one of the safest treatments and can be implemented on children and pregnant women.

## What will I feel?

You might feel a tingling sensation, or warmth or coolness throughout your body.

Some say they become very aware of their inner body and can feel the energy moving more freely around. Or you might not feel anything at all; this does not mean the treatment is not working. Most report the benefits of feeling transported to a secure, calm, peaceful inner space, deeply rested and relaxed after receiving Reiki.

The aim is to move and balance the energy within and around your body.

Getting rid of any energy blocks to encourage physical healing and strengthen energy.

An appropriately trained practitioner can also send Reiki remotely, so you can be in your own home having Reiki from a person elsewhere, this is called 'distant healing.'