**Frequently Asked Questions**

**What is Reiki?**

Reiki is a Japanese word meaning Universal Life Energy and it is the vital life energy which flows through all living things and which can be activated for the purpose of healing. When used in healing, it acts holistically affecting the energies which comprise the human body.

As human beings we are comprised of electro-magnetic energy, and every cell in the body is vibrating at different rates depending upon their biochemical make-up. The levels of this life force in our bodies has an impact on our inherent healing ability, as Ki (life energy) helps to nourish the structure, organs and systems of the body, supporting them in their vital functions and contributing to the healthy growth and renewal of cells. Our ability to absorb this life energy is not constant, and over time our body can become depleted. When this happens we become weaker and more susceptible to illness, the ageing process and even physical death. This life force (Ki) is what defines us as living beings and without it we would not be alive.

**How does the healing work?**

The Reiki Therapist channels this life force energy through their hands to the client’s body activating the body’s natural ability to heal itself. It works wherever it is needed most, releasing blocked energies, cleansing the body of toxins and creating a state of balance.

Reiki is not a guaranteed ‘cure all’ because healing is not always the same as a cure. Healing is a very personal experience and even if ten people with identical physical symptoms were given reiki, there would be ten different outcomes as their emotional, mental and physical states would not be the same.

**What benefits will I feel?**

Reiki will complement and increase the effectiveness of the body’s own healing process. It is completely safe and natural and when used in healing it acts holistically affecting the energies which comprise the human body. It reinforces the client’s ability to take responsibility for their life and helps them make the necessary changes in attitude and lifestyle to promote a happier and healthier life.

**What happens in a treatment?**

In a treatment you will generally experience a pleasant sensation of warmth in the areas being touched. As the energy comes into balance, stress and tension are released and there is a deep sense of relaxation and a feeling of well-being. You lie on a therapy bed and you remain fully clothed throughout, but may be asked to remove your shoes. The whole body is treated and each hand position is held for several minutes and no pressure is applied.

**So how does this work in a distance/absent Reiki healing session?**

Exactly the same as if you were lay on a therapy couch. The only difference is that the Reiki Therapist uses the distance healing symbol (Hon Sha Ze Sho Nen) to make an energetic connection and visualises or beams the Reiki energy for the recipient to receive the benefit of the reiki healing.

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