

What is Reiki?



What is Reiki?

Having heard about Reiki from a friend some years ago, I was intrigued that a person could feel immense heat or cold and be healed by someone who would treat a client fully clothed and without touching them. How could this be?

Many years later, now working in an industry that has so many talented healers and amazing therapies, I decided to try Reiki for myself.

I am not ill or depressed, in fact I feel very well, although I do have a niggling pain in my lower back but nothing that particular worries me. Over the last year I have seen chiropractors, osteopaths and massage therapists for my usual maintenance programme and finally came to the conclusion that it is probably related to the stress caused by launching a new business and magazine and sitting for long hours at the computer.

So I arrived at Your Hands Can Heal School of Reiki, and Victoria described the treatment with a basic explanation of how energy works throughout and around our body. It made complete sense, although I was still wondering how I would know if it was working. I mentioned my lower back pain but wasn't too specific, the pain was at the base of my spine and not an area I can really point to so I just describe it as "lower back".

After the consultation the treatment started. Remaining full clothed and covered in a blanket I start to feel relaxed. Victoria started to "scan" my body with her hands telling me what information she was picking up from my energy. "A very active mind, always thinking, very strong intuition which helps keep me balanced" which I was pleased to hear, "a frustration with not being able to communicate as effectively as I should and issues of trust", definitely right on all points. As she continued to read my energy, she picked up on many other things that were both accurate and revealing.

She managed to diagnose my blocked areas of energy and strangely enough could feel different sensations as her hands passed over me, feelings of

heat and cold, tingling, waves and pulses.

The feeling was amazing and very relaxing. As she worked on my lower spine I felt a surge of energy travelling at speed along my lower spine as if it was searching for the root of my pain and when it reached that point I can only describe it as electric, not painful but lovely and healing.

I tried to keep a mental note of all the experiences so that I could find out what they meant. I felt heat on my forehead and a dead weight on my hip, felt waves of energy on my stomach and all of this with hardly any physical touch. I felt relaxed and lighter, almost as if old negative energy had been cleaned out.

And what of my lower spine? That evening I went to the cinema with friends; normally after a couple of hours on the cinema seats I would find it quite painful to stand up. Well, that night I had no pain!

It is still early days and I know that one treatment is certainly not enough to undo over a year of pain, especially as I still continue to sit at the computer for hours at a time but all I know is that I thoroughly enjoyed the experience and will certainly go back again for more treatments.

As a result of my discovery of these treatments I have come to the realisation that the illnesses we carry are not developed in a day or two, so when someone says something like "I've just got arthritis" what they really mean is "my body and mind have been out of alignment for so long that now the symptoms have revealed themselves..." for some it is cancer, for others it is diabetes, arthritis, ulcers, depression, migraines ... the list goes on.

We now live longer, our lives have become more stressful, we have more technology and chemicals in our lives, so it is not surprising, we have more illnesses and things go wrong with us later in life.

So, what if everyone took the time to maintain their body, went every now and then to check their posture, spoke to a nutritional therapist to find out what you should eat, see an allergy tester to discover your body's weaknesses, went for a regular massage, had acupuncture and Reiki, - would we all reach old age, healthy and happy with no need for prescription drugs? Maybe I live in an idealistic world, but actually in my world this is how I live. I just want to share my knowledge with everyone else so that they can decide how they want their own world to be.