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## FREQUENTLY ASKED QUESTIONS ABOUT REIKI

### **What exactly is Reiki?**

Reiki is an ancient Japanese technique for relaxation and stress reduction that also provides relief from many physical, mental, and emotional health challenges. It is a healing touch therapy that balances the client's energy. Our energy can be underactive, overactive, scattered or even blocked. When energy is out of balance it can manifest as ill health. Reiki helps to restore good health through a balanced energy flow.

### **What kinds of things can Reiki help with?**

Everyone's results are different, but these are some of the physical conditions that Reiki has helped our clients with:

|             |                        |                        |                 |
|-------------|------------------------|------------------------|-----------------|
| acid reflux | carpal tunnel syndrome | joint pain             | scabies         |
| addiction   | disc degeneration      | muscle spasm           | shin splints    |
| arthritis   | dry scalp              | poor circulation       | shoulder pain   |
| back pain   | earaches               | post-accident pain     | sports injuries |
| bruising    | headaches              | pre-surgery relaxation | tennis elbow    |
| burns       | infection              | post-surgery healing   |                 |

Reiki also improves both mental and emotional balance, helping our clients with conditions such as anxiety, depression, grief, stress, trauma, fear, sadness, loneliness, low energy, lack of concentration, clarity with decision making, and chronic procrastination.

### **Who uses Reiki?**

In addition to being offered by private practitioners, Reiki is also offered in many Cleveland-area hospitals and medical clinics. Reiki reduces anxiety prior to medical procedures, reduces the amount of anesthesia needed during the procedure, and decreases post-procedure healing time.

The following hospitals and healthcare centers are currently offering Reiki treatments to their patients: University Hospitals, The Cleveland Clinic, Akron General Hospital, South Pointe Hospital, Tri Point Medical Center, and Montefiore.

Many hospice organizations, including Hospice of the Western Reserve, also use Reiki to provide pain relief for patients with terminal illnesses.

### **Where is a treatment done?**

Treatments are usually conducted on a massage table, with pillows and blankets for your comfort. Treatments can also be provided in a chair or in a bed for clients that are unable to use the table. Clients remain fully clothed. Similar to massage treatments, we provide a quiet, relaxing atmosphere with soft lighting and music. We also offer the option of candles, incense and aromatherapy oils as nice complements for relaxation.

### **What does a treatment feel like?**

Reiki works through light touch. There are several hand positions used, located on the head,



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neck, torso and feet. Each position is held for approximately five minutes, and the practitioner's hands stay stationary (there is no manipulation involved like in massage or physical therapy). The client often feels warmth or gentle tingling from the practitioner's hands. Generally, the areas that are in need of more balancing will experience greater sensation as the energy flows there.

### **How long does a treatment last?**

Treatments generally last about an hour, depending on the amount of energy balancing your body needs that day. We spend a few minutes before the session discussing your health challenges and setting our intentions for the treatment. Then we spend a few minutes afterward discussing your experience and answering any questions. So the entire appointment lasts about 90 minutes.

### **How often do I need treatments?**

Since every client is different, this will vary; and it is often just a matter of preference. Most clients feel relief after one session, and many clients choose to have treatments just whenever they are feeling "out of balance"; similar to how often one might choose to receive a massage treatment.

If you are new to Reiki we recommend three treatments, a week apart, if possible. This enables you to get past the stages of analysis and thinking to where you can completely open up, relax, and benefit deeply from the third treatment. We especially recommend this for clients with ongoing health issues and recent injuries or illness.

### **Can Reiki ever hurt me?**

No. You can never receive "too much" Reiki, and Reiki can never be done in the "wrong" places. And at the very least it is always deeply relaxing, with wonderful stress-relieving benefits.

### **Is Reiki a substitute for medical care?**

Reiki can be a good compliment to medical care but it is not always a substitute. You should still consider visiting a doctor regarding any health concerns you might have, and let them know that you are receiving Reiki treatments so that they can advise you accordingly.

### **How can Reiki help animals?**

Animals experience the same results from Reiki treatments as people do. Mammals, fish, birds, rodents and reptiles all benefit from Reiki. It helps with physical, mental and emotional issues such as abuse recovery, allergies, anxiety, arthritis, behavioral issues, depression, diabetes, fear, grief, hyperactivity, illness, injury, over-dependency, pre-vet and pre-surgery anxiety, post-surgery healing, and end-of-life transitioning.

The session is conducted in your home, where the animal feels most comfortable and safe. Sessions last up to 60 minutes, depending on the animal's needs that day and their desire to accept the treatment. The Reiki is offered in a non-invasive, non-threatening manner so that even the most fearful or traumatized animals will usually accept a treatment.

### **And Reiki helps plants too?**

Every living being can benefit from Reiki treatments.