

Reiki

FACT SHEET

made by hand
kelseyraelightwork.com

What is Reiki?	How does Reiki work?	Where did Reiki come from?	Why should I get Reiki?
Reiki is energy work that uses a placement of hands technique to promote healing on a mental, physical, and emotional level.	The practitioner giving Reiki is a conduit for moving universal life force energy, Ki, Chi, Prana, or biofield energy through an individual's body. The movement of this energy transmutes negative or stuck energy within our bodies and energy field. Reiki can cleanse as well as recharge.	Hands-on healing has been used for centuries. The technique of Reiki originated in Japan in the early 1900s by Mikao Usui. It was brought to the western world by Hawayo Takata from Hawaii.	Energetic imbalances can show up in many ways. If these imbalances or stagnations go unaddressed, it can lead to the beginning or deepening of mental, emotional, or energetic issues, and sometimes lead to physical issues. Moving this energy is an important part to living a healthy lifestyle just like diet and exercise, and not a substitute for medical care.
What are the benefits of Reiki?	What does Reiki feel like?	What does a Reiki session look like?	How do I learn Reiki?
Feeling stuck, disconnected from your purpose, fatigue, and low motivation can be released with Reiki. Trauma or events that have caused emotional impact in our lives can begin to feel lighter. Anyone who has chosen to embark on a spiritual journey can benefit from allowing Reiki to help let go of old beliefs and call in prosperity and abundance moving forward. You don't have to feel broken to need Reiki!	Everyone reports having a unique experience when receiving Reiki. Most people fall into a deep relaxation. Reiki can sometimes have a warm or cold sensation, tingling, a feeling of releasing or charging. Some people see colors, sense things in their own energy field or body, or receive messages. No two Reiki appointments are ever the same.	Sessions are anywhere from 30-90mins in a quiet, relaxing environment. It will usually start with a conversation for the practitioner to understand why the client booked. Seated or lying down, the session will begin with both the client and the practitioner moving into a meditative or relaxed state. Fully clothed, they place hands at different areas of the body. Any intuitive messages may be shared after the session.	There are a variety of teachers offering courses online, myself included! Attunements are required and are just as effective conducted virtually. You can also learn in-person locally. If you already are seeing a Reiki Master, I would begin asking them if they teach. It is important to choose a Reiki Master Teacher who resonates with you.