*What is Reiki?*

* Reiki refers to the practice of working with the Universal Life Force Energy.
	+ “Rei” meaning Universal.
	+ “Ki” meaning Life Force.
* “Life Energy” is the universal life force contained within the human body, all matter and non-matter in the universe.
* This ubiquitous biographical power touches your palms by penetrating the **seven chakras**. From where, this energy is transferred in another body, it is known as Reiki healing method. It is a self-conscious force present, both in the root and conscious.
* Reiki always uses intention for the highest good moving towards.
* Reiki does no harm. It is always beneficial and works to improve the effectiveness of all other types of therapy.
* Reiki accelerates & supports the body’s natural ability to heal itself.
* Reiki will improve the results of all medical treatments, acting to reduce negative side effects, shorten healing time, reduce or eliminate pain, reduce stress, and help create optimism.

*What to expect during a Reiki Session*

* Reiki is a light touch energy healing.
* It is a gentle, non-invasive series of light touch hand positions from the top of your head to the bottom of your feet, including the 7 chakras areas.
* A treatment feels like a wonderful glowing radiance and has many benefits for both client and practitioner, including altered states of consciousness and spiritual experiences.
* You will be resting on a massage table. You will not receive a massage or have joints manipulated.

*How to feel Reiki working*

Relaxation

 Sleeping

 Quiet Mind

 Stomach growling

 Swallowing

 Body Twitches

 Memories

 Sensation of cold

 Sensation of heat

 Sensation of tingling

 Or you may not notice any changes.

*Article: The Story Behind Reiki. An Alternative Therapy*

<https://thehealinghandsglobal.com/the-story-behind-reiki-an-alternative-therapy/>