

Your First Reiki Treatment

What is Reiki?

Reiki is a stress reduction and relaxation technique. By reducing stress and putting the body into a deep relaxation, Reiki promotes emotional, spiritual and physical wellbeing. The practice uses light touch as well as touchless techniques to balance chakras, remove energy blocks and restore proper movement of energy throughout the body. There are 7 major chakras into which energy flows from many parts of the body, much like traffic circles on a road.



The Location of the 7 Major Chakras

When these become blocked or clogged, energy cannot flow properly through the body. This can have many different results. You may feel tired, depressed or generally crappy. You can have reoccurring illnesses or chronic illness or you may find you are unable to move forward in areas of your life. Often clients find that when they keep their chakras balanced, they become balanced emotionally, physically and spiritually as well. However, as wonderful as Reiki is, it is not the only piece to the puzzle. There are many ways to bring balance to your life. At Love, Light and Healing we work with you and your other health providers to ensure you get what you need to achieve that balance and attain true emotional, physical and spiritual health.

What Should I do to Prepare for my First Treatment?

Reiki energy flows regardless of the mindset of the client, so no preparation is really required. However those clients that arrive with an open heart and mind with no expectations have a better experience.

Reiki is done fully clothed, however you will be lying on a massage table so it is recommended that you wear comfortable loose fitting clothes. However the energy flows regardless of what you are wearing so you can come in a suit or dress and still get a great treatment.

What Will Happen During my Treatment?

When you first arrive you will be guided to the office where the paperwork will be finalized. This is your opportunity to choose the music you would like for the treatment, discuss any concerns you have and meet your practitioner. You will then be shown to the treatment room where you will lie on your back on a massage table. You will be asked what kind of lighting you prefer and given a chance to settle in before your treatment. When you are ready, the practitioner will pass their hands over your body to read the vibrational energy in each chakra. Some practitioners may use pendulums to help them get a more detailed analysis of the energy flow. They will then start the treatment by either lightly touching the areas they think will give the best results or by simply holding their hands above areas of your body. You may find them drawing reiki symbols in the air, chanting, saying ohm or using other mantras or blowing symbols into a chakra with their breath. They may also place crystals on a chakra to help move the energy along faster.

Every practitioner has different skills and preforms a Reiki treatment differently. However they all work on the 7 major chakras and they all work on getting the energy to flow through your body properly. It is not unusual for clients to fall asleep during a treatment, don't worry your snoring in no way hinders the energy flow. Once the treatment is over, the practitioner will lightly touch your arm to let you know they are done. You will be given time to come out of your state of relaxation before meeting with your practitioner in the office. There you will have the chance to pay for your treatment, have a drink of water and discuss any concerns. Your practitioner will share what they learned during the treatment and offer suggestions on how to maintain your balanced relaxed state at home.

How Will I feel After the Treatment?

Clients generally report feeling calm, peaceful and relaxed. The burdens they came in with have lightened or are gone all together. They very much feel like they have just had a two week vacation. However, if the client has had large changes in the energy flow within their body, in 24 hrs they may experience flu like symptoms. Headaches, body aches and diarrhea can occur. Do not worry, this is simply your body adjusting to the new energy flow. Drink lots of water and acknowledge that your body is adjusting and needs some TLC. Epson salt baths, herbal tea and nutrient rich foods also help the body adjust. Within 24 hrs you will feel better than you did when you left the clinic.

At Love, Light and Healing we understand that people have busy lives and they often do not have the time to recover from a really deep treatment. For that reason we are mindful of the energy changes occurring in a client's body and may ask the client if they wish to cut a treatment short to prevent a Reiki hangover.

How Often Should I Get a Treatment?

It depends on the client. Generally speaking though, we usually recommend that you start with one treatment a week to get things balanced and then taper off to every second week and finally once a month to maintain the balance. However, some clients only require a treatment every 6 months or come just once. It really depends on the self-care that you are doing at home and how your body responds to the treatments. Your practitioner will work with you to come up with a treatment program that works best for you.