

Reiki Treatments

What to expect from a Reiki treatment

- A Reiki session will generally take one to two hours, including pre and post discussion time.
- The client will remain clothed throughout the treatment, removing shoes, spectacles, and jacket only. Belts and jewellery may be removed for comfort, if desired.
- The Reiki session will be conducted with the client lying on a treatment table. If this is not suitable, a chair or other approach that aids the client's comfort may be applied. Pillows and bolsters will be available for additional support.
- The practitioner will place hands directly on the client's body, except for breasts, genitalia, over burns or any area that the client may specifically ask to exclude.
- The session will involve the practitioner placing hands on the client's torso, head, and then back, time permitting. Limbs may also be treated if there is need (e.g. an arm if there has been injury). The practitioner may be intuitively guided by the flow of Reiki as to which positions/areas require treatment and time spent treating specific points.
- Reiki energy is often perceived by the recipient as warmth, tingling, cold, intense heat, numbness and may occasionally intensify symptoms (healing reaction/crisis).

Note that stringent hygiene protocols will be followed by the practitioner, at all times. The practitioner will not place hands directly on any open wound or burn.

What not to expect from a Reiki treatment

- Private parts of the body are not directly touched. This includes the genital area, breasts and culturally or personally sensitive areas that the client indicates should not be touched.
- The practitioner will not physically manipulate the body in any way nor touch burns or contagious areas. Hands may be placed above these areas but not in direct contact and only if they are properly dressed.
- The practitioner will not offer diagnoses nor judge the effects of a Reiki treatment.
- A Reiki treatment does not include the use of any "tools" including but not limited to: crystals, pendulums, Bach flower essences or singing bowls.
- A Reiki treatment does not include the use of any other therapies or modalities including but not limited to: massage, kinesiology, reflexology, acupressure, psychic readings and counselling.

Client obligations

It is important that prospective clients disclose any pre-existing health conditions including but not limited to: diabetes, heart conditions, and high blood pressure.

It is also important that prospective clients disclose any mental health conditions including but not limited to: schizophrenia, personality or dissociative disorders, addictions, anxiety and/or depression.

You must also disclose the use of pharmaceutical drugs and/or supplements, recreational drugs, alcohol and/or cigarettes prior to any treatment.

Post treatment and healing responses

To get the most from your Reiki treatment, it is advisable to rest in the hours following the session. To help your body eliminate toxins, make sure to drink plenty of filtered water and/or herbal teas to stay well hydrated. Rest and hydration will give your system the opportunity to consolidate your experience and to heal.

If you are taking prescription medications it is important to monitor symptoms and reactions and do not adjust dosages without consulting your GP/professional health care provider. Do not increase fluid intake if you are on restrictions unless advice has been sought from the practitioner who initiated the restrictions.

While most Reiki sessions engender feelings of relaxation and peace, occasionally uncomfortable symptoms, or healing responses occur following a session. These unpleasant symptoms are a positive sign that the body is using the Reiki to heal.

Symptoms may include but are not limited to: fever, sweats, headaches, emotional responses, short term vomiting or diarrhea. The symptoms usually resolve naturally within hours with rest, adequate hydration and by avoiding where possible the use of painkillers.

If symptoms have not resolved in two to three days or you are finding it difficult to manage the discomfort, it is important to seek guidance from your GP or other professional healthcare provider.

Reiki in and of itself will not make a person ill however it may indicate that further investigation is required, and a clinical diagnosis may be warranted.

If you have any questions about your treatment and/or healing reactions, please call Michele Leembruggen on **0481 224 525**.