

## **Reiki**

When Steve had severe headaches, he would hardly be able to lift his head off the pillow, and was usually in bed for a few days. With Reiki he is able to sit up straight away, and is able to get out of bed the next day. It doesn't stop him getting the headaches, but makes them less severe and more manageable.

Reiki means '**Universal Life Energy**' and is a non-invasive therapy which treats holistically. It works on all levels of being and helps to restore the natural balance of energy in the body. It improves well-being, is very relaxing and has a deeply calming effect which is particularly effective in relieving stress. As with all complementary therapies, Reiki does not replace conventional medical treatment, and can work alongside all other forms of treatment.

A treatment session is usually carried out with the person receiving the treatment lying down, or sitting, in a comfortable environment. There is no need to undress as Reiki energy passes easily through all clothing. During the treatment the practitioner places their hands gently on or over the body, and the flow of energy can be felt as a gentle heat from the hands, coolness, tingling or maybe no sensation at all – just a feeling of peace and deep relaxation. Following the treatment it is important to drink plenty of water as this aids the detoxification process in the body.

Even one Reiki session can make a difference, although a course is likely to be more beneficial, as problems which have arisen over a period of time may require a similar period of time to balance out.

### **Agnes Noble**

*Reiki Master Practitioner*

Member of the UK Reiki Federation