

ALTERNATIVE MEDICINE, CONDITIONS & TREATMENTS, HEALTH & WELLNESS

Healing with Energy

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all about Reiki, aromatherapy, cognitive behavioral hypnotherapy, energy psychology, How does Reiki work, Reiki



Reiki focuses on healing people with energy. Hovering their hands over a patient or lightly touching them, therapists trained in this Japanese technique noted for stress reduction and relaxation also promote physical and emotional healing.

To discover more about Reiki, read the questions and answers from Hector Mota, Holistic Health Practitioner, in San Diego, California.

What is Reiki?

The word Reiki is made of two Japanese words – Rei which means “God’s wisdom or the higher power” and Ki which is “life force energy”. Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. Reiki is also considered “universal life force energy” brought into the physical plane through a trained practitioner. Reiki helps to harmonize body, mind and spirit for yourself or anyone you want to help.

How does Reiki work?

Reiki is a simple, natural and safe method of healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady that creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

How is Reiki administered?

The patient relaxes, fully clothed, on a couch, treatment table or seated while the practitioner holds their hands on or above the patient. There is little or no pressure on the body making it ideal for treating all ages and conditions. Sometimes hands are even held away from the body. The energy flows wherever it is required – spiritually guided – and can normally be felt as a warm sensation or tingling in the body. Receiving Reiki is a very relaxing and soothing experience.

What are some benefits of Reiki?

- Promotes natural self-healing
- Balances the energies in the body
- Balances the organs and glands
- Strengthens the immune system
- Treats symptoms and causes of illness
- Relieves pain
- Clears toxins
- Enhances personal awareness
- Relaxes and reduces stress
- Releases blocked and suppressed feelings
- Aids meditation and positive thinking
- Heals holistically

Are there any precautions about Reiki that I should keep in mind?

Reiki is completely safe and non-invasive. The receiver of Reiki simply needs to keep an open mind toward healing.

If you found the information about Reiki to be helpful, consider sharing it with a friend or family member who might benefit from its content.



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