

Reiki

*Reiki is two Japanese words that mean
Universal Healing Life Energy*

During a *Reiki* session, the energy is focused through a qualified practitioner to the client, bringing the body closer to a state of balance and thus supporting the removal of stress. This will increase relaxation and promote the client's own healing ability.

A *Reiki* session may be given by the practitioner placing hands over or on, in positions that address various glands and organs or, by addressing just one particular area. However, *Reiki* is an intelligent energy that will be drawn to areas of need.

An illustration of the power of this energy was an experience of mine. Some time ago I was in need of rather drastic dental surgery. I had previously had a similar procedure and found it very painful and debilitating. This time as soon

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as I sat in the chair I started to give myself *Reiki*. The anaesthetic was given and the treatment begun; two and one half-hour later the dentist could not believe that during this time I had not required more anaesthetic. The procedure was on a Thursday and the anaesthetic did not wear off until the following Monday; I did not require any analgesics and everything healed much faster than was expected.

My training was as a Registered Nurse. When *Reiki* came into my life I was working in an office, but feeling the need to do something connected to healing. My level one training was received from a *Reiki* Master at the University of Victoria, my second level from the same Master, but in her home. A year later I took a course, to become a *Reiki* Master, with Sister Eileen at Queenswood House. Since then I have given many sessions and taught all levels to those who are interested in becoming practitioners and teachers.

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