

A Closer Look Reiki-Essence Healing





WHAT IS TRADITIONAL USUI REIKI



✦ Reiki is a natural method of energy healing that originated in Japan in the late 1800s through a Japanese Buddhist named Mikao Usui. It is a practice based on the premise that one's health is directly related to the balance of one's energy.



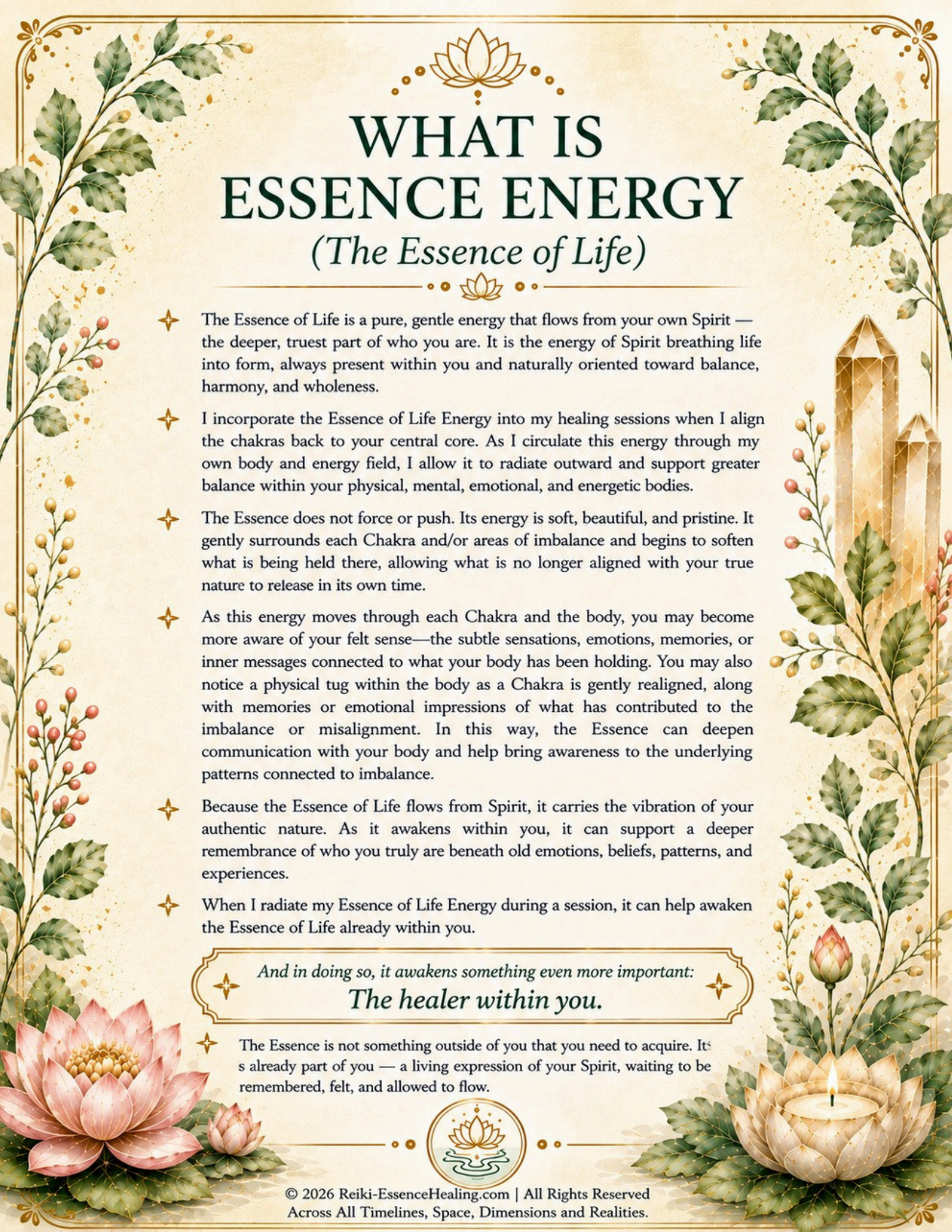
Rei means Universal and Ki means Life Force Energy

Also known as prana or chi, this refers to the energy found in all living beings—humans, animals, plants, trees, and minerals.

✦ The Reiki practitioner channels the Universal Life Force Energy to enable healing to take place on all levels: physical, mental, emotional, and spiritual—enhancing and balancing the body's natural ability to heal itself. Through the use of this natural healing system, Reiki energy flows powerfully and freely, facilitating healing and helping to combat dis-ease.

✦ Usui Reiki is energy and wisdom combined. It connects us, stimulates our growth, and balances and heals our physical, emotional, and spiritual states so that we may fulfill our greatest potential and heal our deepest wounds.





WHAT IS ESSENCE ENERGY

(The Essence of Life)



- ✦ The Essence of Life is a pure, gentle energy that flows from your own Spirit — the deeper, truest part of who you are. It is the energy of Spirit breathing life into form, always present within you and naturally oriented toward balance, harmony, and wholeness.
- ✦ I incorporate the Essence of Life Energy into my healing sessions when I align the chakras back to your central core. As I circulate this energy through my own body and energy field, I allow it to radiate outward and support greater balance within your physical, mental, emotional, and energetic bodies.
- ✦ The Essence does not force or push. Its energy is soft, beautiful, and pristine. It gently surrounds each Chakra and/or areas of imbalance and begins to soften what is being held there, allowing what is no longer aligned with your true nature to release in its own time.
- ✦ As this energy moves through each Chakra and the body, you may become more aware of your felt sense—the subtle sensations, emotions, memories, or inner messages connected to what your body has been holding. You may also notice a physical tug within the body as a Chakra is gently realigned, along with memories or emotional impressions of what has contributed to the imbalance or misalignment. In this way, the Essence can deepen communication with your body and help bring awareness to the underlying patterns connected to imbalance.
- ✦ Because the Essence of Life flows from Spirit, it carries the vibration of your authentic nature. As it awakens within you, it can support a deeper remembrance of who you truly are beneath old emotions, beliefs, patterns, and experiences.
- ✦ When I radiate my Essence of Life Energy during a session, it can help awaken the Essence of Life already within you.

*And in doing so, it awakens something even more important:
The healer within you.*

- ✦ The Essence is not something outside of you that you need to acquire. It's already part of you — a living expression of your Spirit, waiting to be remembered, felt, and allowed to flow.





WHAT HAPPENS IN A REIKI TREATMENT?



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- ✦ During a Reiki session, you lie on your back, fully clothed, on a massage table. Reiki, however, does not employ massage. The practitioner places her hands gently on your body in specific places—these are called chakras, your body's energy centers—for several minutes at a time. The practitioner then asks for the Universal Life Force Energy to be 'channeled' through her, transferring it to the receiver. Reiki energy goes to where it is most needed by the receiver and replaces the 'used' energy that we utilize in everyday life. The chakras are balanced and opened, stimulating growth while completely relaxing the body and mind. Energetic vibrations increase, blockages clear, and awareness and intuition heighten.
 - ✦ You may feel the Reiki energy, often experienced as penetrating warmth, flowing into your body through the practitioner's hands. Common sensations include feeling very relaxed, drifting in and out of sleep, warmth and waves of energy, seeing colors, and an overall deep sense of well-being—something we all should experience regularly!
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Common Sensations During a Reiki Treatment



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- Feeling very relaxed
 -  Drifting in and out of sleep
 -  Warmth and waves of energy
 -  Seeing colors
 -  A deep sense of well-being
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Why Have Reiki Treatments & *What Are the Benefits?*

Reiki offers a gentle, nurturing experience that allows the body, mind, emotions, and Spirit to soften, relax, and become more receptive to healing. As Universal Life Force Energy flows, it is offered where it is most needed, supporting greater balance and harmony throughout your whole being.

Each Reiki experience is unique and meets you where you are in that moment.

REIKI MAY SUPPORT:



Deep relaxation and a calming of the nervous system



Relief from everyday stress, tension, and emotional overwhelm



Greater physical, mental, emotional, and energetic balance



Gentle release of emotional blocks and patterns that no longer serve you



Increased clarity, presence, and inner peace



Chakra clearing, balancing, and realignment



Renewed vitality and a stronger sense of well-being



Greater resilience during challenging periods and life transitions



A deeper connection with your intuition and inner guidance



A safe, gentle, and non-invasive healing experience

Reiki can be received in person or through distant healing sessions.

You may experience warmth, tingling, gentle waves of energy, deep relaxation, emotional release, or moments of insight.

Some people drift into a peaceful meditative state or light sleep, while others simply feel calm and present.

There is no right or wrong way to experience Reiki. Your experience is your own, and the healing process unfolds gently at the pace that is right for you.



Reiki – Gentle, Complementary Healing



Does Reiki Interfere With Other Treatments?

No. Reiki is intended to complement, not replace, medical treatment or other forms of professional care.

Because Reiki is gentle and non-invasive, it may be received alongside conventional medical care, medication, and many other healing approaches. There is no need to change your medication, diagnosis, treatment plan, or personal beliefs in order to receive Reiki.

Reiki does not force energy into the body or impose healing upon you. The practitioner serves as a conduit for Universal Life Force Energy while you remain an active participant in your own healing process.

*The practitioner does not hold power over the recipient.
Your own body, Spirit, and inner wisdom remain
at the center of the healing experience.*



Can Anyone Receive Reiki?

Yes. Reiki is gentle, peaceful, and non-invasive and may be received by people throughout many stages of life.

Adults, seniors, children, and pregnant women can experience the calming and nurturing flow of Reiki. Sessions can also be adapted to the individual's comfort, needs, and circumstances.

When someone is receiving medical care, Reiki is used as a complementary healing practice and is not intended to replace appropriate care from a healthcare professional.

*Reiki does not give your power away.
It gently supports the balance, wisdom, and
healing potential already within you.*