

# Reiki Healing & Benefits

## THE REIKI EXPERIENCE



The Reiki experience is very individual for both the practitioner and client. There are all kinds of encounters that people may experience during a Reiki session, depending on their unique spiritual connection and the healing taking place.

Some common experiences include...

- Feeling light, heavy or weightless
- Visions of images or colours
- Loss of physical awareness
- Feeling movement or flow of energy
- Sensing others present in the room
- Pressure in certain areas of the body
- Forgotten memories may begin to surface



We all have our own individual spiritual connection, understanding and experience. Turn your attention inward and embrace your unique connection and know that there is no right or wrong way to connect. In time you will find your own way of working. You might also need to keep in mind that your ego may resist these moments of connection. You may even begin to question yourself and your experiences. Simply give thanks and trust in energetic connection.

Our body's carry old pain and traumas from the past and store it deep within the tissues on a cellular level. Holding this negativity can lead to 'dis-ease' and potential illness.

**You must never use Reiki to as a diagnosis tool**, however through positive intention, and the power of Reiki healing, we can begin to dissolve pockets of stored energy. Sometimes you may literally feel an opening of the chakras as the energy becomes 'unstuck' and begins to flow. As we open ourselves to connecting to the Universal life force energy you will begin to reap the benefits in all aspects of your life.

*Benefits include...*

- *Deep Relaxation*
- *Dissolves energy blockages*
- *Detoxifies the body*
- *Supplies healing*
- *Increases the vibrational frequency*