

USAG STUTTGART FAMILY & MWR

Reiki Q & A

1. What is Reiki?

Reiki is an Eastern healing technique characterized by a light touch at affected body areas, resulting in a calming and relaxing bodywork session that enhances the client's regenerative processes. Reiki has many benefits including reducing stress, improving sleep, achieving deep relaxation and accelerating the healing process. Reiki is associated with a Japanese man named Mikao Usui who is credited with rediscovering the root system now called Reiki. His tradition and methods were passed through several grandmasters of Reiki. Today, Reiki takes many forms, however, The Usui System of Natural Healing is still the form most widely practiced. It is used in private practice, in hospitals all over the world and with animals. It is used in a wide variety of medical settings. Just a few ways Reiki is used is in conjunction with surgery, mental health therapy and chemotherapy treatments. Reiki is now one of the top three complementary in-patient therapies in U.S. hospitals, according to an AHA survey.

2. What do I do during a session?

You will be relaxing on the massage table, fully clothed. Wear something comfortable with your legs covered and socks on your feet. You will lay face down to start and you will turn over on your back at the end.

3. What else happens during a session?

I have been trained in the Usui method of Reiki and have been practicing since 2014. I intuitively tailor the session just for you. I utilize several different healing modalities to customize your session. Essential oils, sound therapy, healing stones and a hand relaxation technique that is great for those of us who use computers all day!

4. What can I expect to feel?

You will be listening to music as I walk you through a guided meditation to help you relax. I lightly put my hands on your body and above your body. Everyone feels something different. My hands feel warm to me and might feel warm, hot or cold to you. You will feel the energy move in your body. Reiki is definitely an experience that is different for everyone. My clients experience deep relaxation and release of stress during their session. When the body is able to fully relax, real healing can take place. Reiki is noninvasive and doesn't pose any risk to the client. There are no side effects. Thus, Reiki can be used in conjunction with virtually any other treatment prescribed by a physician, including medication and other types of therapy. Reiki is an amazing experience!

Experience the amazing benefits of Reiki!

