

Reiki

What is Reiki?

Reiki is a gentle, non-invasive relaxation practice that supports the body's natural ability to restore balance. The word "Reiki" comes from Japan and means universal life energy. It was developed by [Mikao Usui](#) in the early 1900s.

Reiki does not diagnose, treat, or cure disease. Instead, it supports stress reduction, emotional calm, and overall well-being.

What to expect during a Reiki session?

You remain fully clothed and rest comfortably on a treatment table. I gently place my hands on or just above the body in specific positions. Many people feel warmth, subtle movement, deep relaxation, or even fall asleep.

You are always in control. You can speak, adjust, or stop at any time.

Do I have to believe in Reiki for it to work?

No belief system is required. Reiki is not a religion. It does not conflict with personal faith or medical care. An open mind helps relaxation, but belief is not necessary.

Is Reiki safe?

Yes. Reiki is gentle and non-manipulative. It does not force anything in the body. It supports the nervous system in shifting from stress mode into rest mode.

Reiki and Medical Care

Can Reiki replace medical treatment?

No. Reiki is complementary. It works alongside medical care, counselling, or therapy — not instead of it.

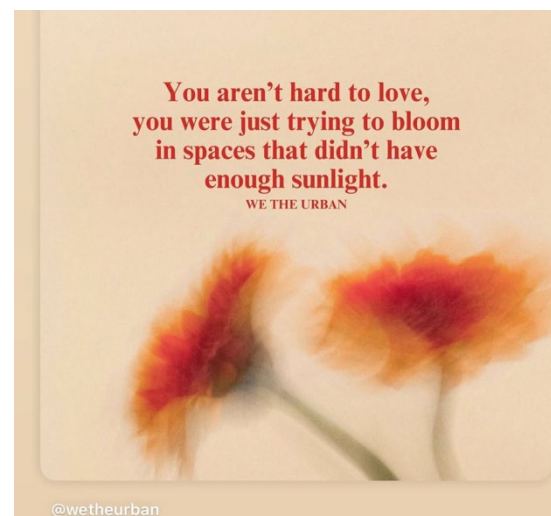
Is Reiki safe if I am immune compromised?

Yes. Reiki involves light touch or hands hovering above the body. There is no physical manipulation, and hygiene standards are maintained.

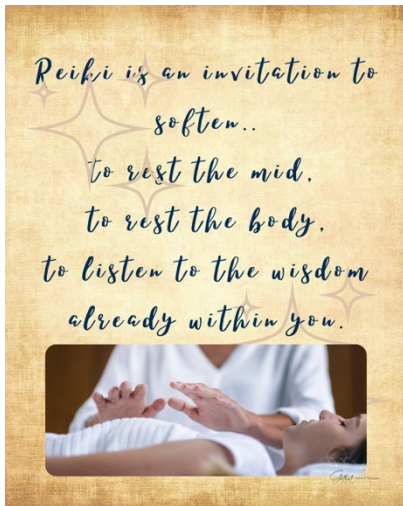
Many people undergoing cancer treatment or living with chronic illness find Reiki helpful for:

- Reducing stress
- Improving sleep
- Supporting emotional balance
- Easing anxiety

Reiki is offered in many hospitals as supportive care, including programs connected to organizations like [Canadian Cancer Society](#).



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Reiki and Grief

Can Reiki help if I am grieving?

Grief affects the nervous system, sleep, digestion, and emotional stability. Reiki does not remove grief, but it can provide a calm space where the body feels safe.

Some people experience:

- Deep rest
- Gentle emotional release
- A sense of grounding
- Feeling supported rather than alone

There is no pressure to “heal” or “move on.” Reiki simply supports your system while you walk your process.

Reiki and Pregnancy

Is Reiki safe during pregnancy?

Yes. Reiki is gentle and non-invasive. Many pregnant clients appreciate it for relaxation, stress relief, and connection with their changing bodies.

Sessions can be adjusted for comfort with side-lying or supported positions.

Reiki does not interfere with prenatal care. It complements it.

Can Reiki help with anxiety during pregnancy?

Reiki may help calm the nervous system and reduce stress. A relaxed nervous system supports both mother and baby.

Emotional Reactions and Expectations

What if I feel emotional during a session?

Deep relaxation sometimes allows stored stress or emotion to surface. This is normal. You are supported in a safe, grounded space.

What should I expect after a session?

You may feel:

- Calm and grounded
- Light or clear
- Tired and ready for rest
- More emotionally aware

Drinking water and allowing quiet time afterward can help integration.

Practical Questions

How many sessions will I need?

Some people come for one session to experience it. Others choose regular sessions for ongoing support. This is always your choice.

What if I am sensitive to touch?

Hands can remain just above the body. Consent and comfort guide every session.

Can Reiki be done at a distance?

Yes. Distance Reiki is a recognized practice within Reiki tradition. It is offered when in-person sessions are not possible.