

# Benefits of Reiki

Treatment with Reiki energy is said to help re-balance the whole person in mind, body and spirit and is a non-invasive holistic therapy.

Potential benefits of Reiki are believed to include:

- Deep relaxation, relieving symptoms of stress and tension
- Reduced fatigue
- A positive impact on mood and performance
- A general sense of good health and well-being

## About the Federation of Holistic Therapists (FHT)

The FHT is the largest therapy association in the UK and Ireland, representing around 20,000 professional complementary, sports and holistic beauty therapists. Founded in 1962, the FHT is a not-for-profit organisation which, by establishing and maintaining high standards of practice by member therapists, ensures high quality treatments for the protection and benefit of the public.

### Where can I find a Reiki therapist in my area?

To find a qualified therapist, visit the FHT website [www.fht.org.uk/findatherapist](http://www.fht.org.uk/findatherapist) where you can view our therapists' listing\*. Each member's listing entry also shows other treatments that they are qualified to practise.

You can be confident that therapists on this list are members of our professional organisation, offering high standards of treatment and following our strict code of professional practice and ethics.

\* Not all of our members choose to release their contact information to the public. We are happy to verify that individual therapists are members of FHT if you contact us directly: please phone 0844 875 2022.

Your local FHT therapist is:

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**FHT**  
Federation  
of Holistic  
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The UK and Ireland's largest  
professional association

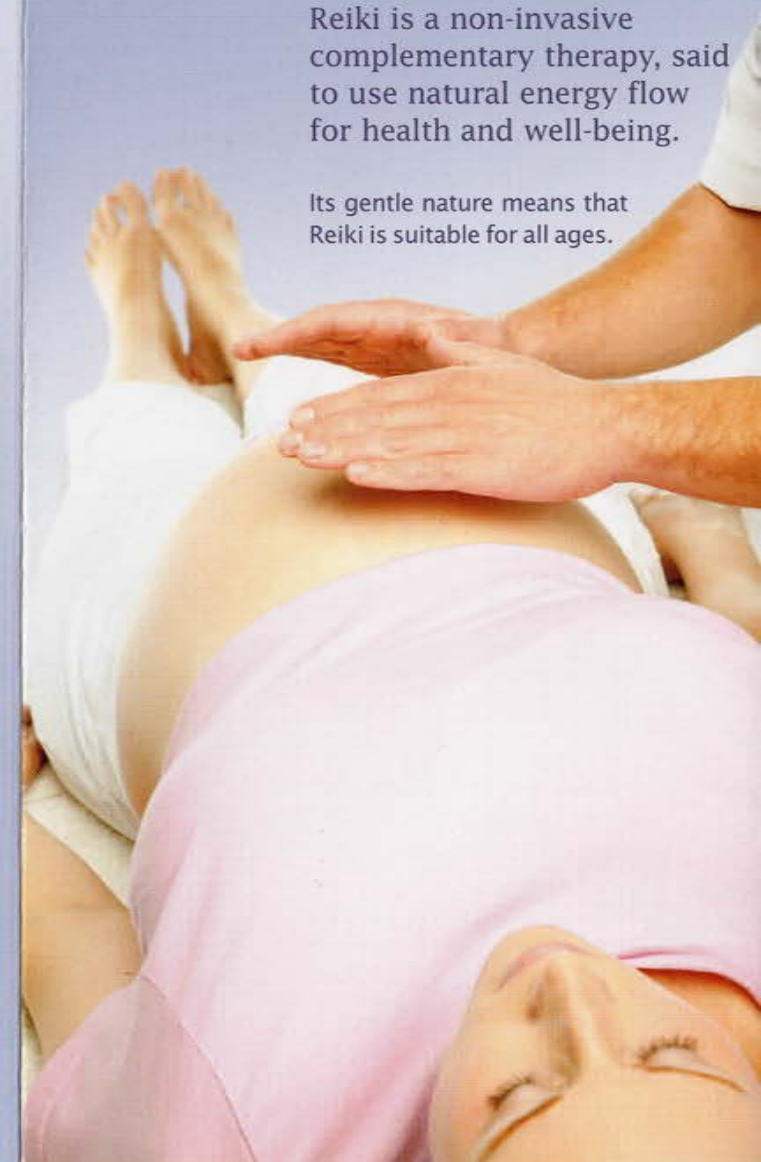
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# Reiki

## About Reiki

Reiki is a non-invasive complementary therapy, said to use natural energy flow for health and well-being.

Its gentle nature means that Reiki is suitable for all ages.





## Origins of Reiki



Reiki was developed in Japan by Dr Mikao Usui in the early 1900s. After some time on Mount Kurama in meditative retreat, he experienced 'satori', which can be translated as 'enlightenment'.

The Reiki Council ([www.reikiregulation.org.uk](http://www.reikiregulation.org.uk))

defines Reiki as 'Universal Life Energy', which describes the many systems of natural balancing.

### Kanji

The Japanese Reiki Kanji is made up of 2 parts: 'rei' meaning universal or spirit and 'ki', meaning energy or force.



Reiki is a non-invasive therapy, said to use energy flow from the Reiki practitioner's hands, when placed on or near the recipient.

## Can everyone enjoy Reiki?

As Reiki is gentle by nature, it is suitable for all. However, as with all forms of complementary therapy, a full consultation is required.

Anyone may benefit from Reiki as it covers a range of conditions but it should not be regarded as a cure. Reiki is said to complement and enhance other forms of treatment.

## What happens during a Reiki treatment?

Reiki may be used on the whole body or can be localised to a specific part of the body.

A full body treatment can last between 45 to 90 minutes, with a localised treatment lasting approximately 20 minutes.

You will remain fully clothed and typically be asked to lie on a massage table or be seated in a chair. Your therapist may need a few moments to enter a calm state and will then place his or her hands on or near various parts of the body, including the head, torso, knees and feet. The hands will remain in each position for up to three minutes before moving to the next position.

Some practitioners may follow a fixed set of positions while others will use their intuition to guide movements to areas needing attention. You may feel warmth, tingling and deep relaxation.

## After your treatment

After your treatment, you may feel deeply relaxed. As Reiki is used to stimulate natural re-balancing, try to rest and enjoy the overall sense of well-being. Any tiredness or lack of concentration will soon pass.

### Attunement

Reiki is taught by Reiki Master Teachers. The tradition is passed from Master to student, attuning them to the Reiki energy.

Your sleep pattern may improve, becoming heavier. If it becomes disturbed, it will quickly settle.

Drink plenty of water – this helps flush away toxins. Try to avoid alcohol and tobacco for at least 24 hours. If you have any queries, don't hesitate to ask your therapist for advice.



Thanks to Lorraine Davis, Vice President of FHT, for assistance in producing this leaflet.