

Healing reiki



Often misunderstood, reiki is a gentle touch therapy that works on both physical and spiritual levels to release tension.

It's easy to understand why the idea of a spiritual healing would bring about uneasiness in many. Turmoils and nuisances that don't manifest physically are best left alone – or so we think. But as spiritual theory explains, these nuisances can grow to become more significant malfunctions and problems, physically and emotionally, down the track if not addressed.

That's what reiki aims to achieve – an addressing of these internal conflicts and inhibitions to promote free-flowing life, with sound mental and physical health.

We are constantly surrounded by energy, more specifically, life energy, or ki (chi). This is where the name reiki comes from, with Rei meaning Universal Spirit and Ki meaning life energy. This universal life energy flows around us and through us. The rigours of daily life, our environment, our experiences and our thought patterns can cause blocks, leading to an imbalanced and uneven energy flow. These imbalances can lead to potential physical and mental difficulties in the future.

Through reiki, a practitioner, or healer, is able to tap into the life energy and redirect the flow to where the client needs it, to restore even movement, to promote clarity and spiritual and physical health. By tuning in to a patient's energy flow, a practitioner is also able to learn a great deal about the person – their personality, their

talents, their feelings, and even the aspects of their life that are preventing progress. This information can be relayed back to them, at the discretion of the practitioner, or at the client's request.

Of course, it's this information that can be the most nerve-racking and can make people hesitant about the process, and in the lead up to my own recent reiki healing experience, a level of nervousness began to fester inside me. Did I really want to receive the information about myself that I might be granted access to? The moment I set foot in Bohemian Soul, a place of spiritual healing in Melbourne's North, a gentle ease washed over me. Four glowing young practitioners – Deb, Fil, Charlene and Michelle – greeted me with a warmth and softness, that, despite still not knowing what was about to take place, I felt comfortable that I was in caring, experienced hands.

The room, dressed with books and other spiritual artefacts, was scented by a warm, embracing incense. Gentle music resonated and the sound of trickling water lowered my guard, as I eased onto the massage table, relinquishing all defences and opening my mind to the experience.

After measuring the energy flow in the space around me, the practitioners got to work, moving their hands over me, from my head, right down to my feet. It's not like a massage, as there

is no manipulation, but there is a soothing pressure on your body. As the practitioners moved energy throughout me, I began to see colours: soft blues, greens and at some points, yellow. These colours seemed to change orderly, as they moved to the different areas of my body. Occasionally they would comment with messages about my abilities, passions and direction, also asking me questions regarding the things I could see and the feelings I had. You can ask questions throughout if it's guidance you seek. Otherwise, just relax and enjoy the experience.

As the small bell tolled, I slowly opened my eyes and sat up. I felt a degree of evenness, like a knotted string that had been untangled. All aspects of my life, my current turmoils and coming complications seemed to be placed into perspective, and I could approach the days ahead with clarity.

If you feel like there is disorder in your life, depriving you of a free-flowing existence, then reiki may offer some amazing insight. I'd like to personally thank the ladies at Bohemian Soul, for their time, gentility and genuine openness throughout the experience. **NH**

Bohemian Soul, 14 Rochdale square,
Lalor, Vic. Phone; (03) 9464 1006.
Or see; www.reikiaustralia.com.au.