

Lorraine Cusack

I was introduced to Reiki through a friend a number of years ago and this healing experience lead me to further develop my understanding and interest in energy healing as well as other holistic therapies. Having benefited greatly from this therapy I became interested in becoming a practitioner. I have Reiki Level 1 and 2 and have continued to attend and update my knowledge through additional research, training and development seminars. Like a wheel in movement, we continue to develop, learn, change and evolve and our energy drives us to continue. Sometimes we are faced with obstacles that block our way, barriers we have to over come however like the wheel of life, our lives continue to move forward. The more we are aware of ourselves, body, mind and spirit as well as maintaining the work life balance we can deal with this blocks and barriers.

Reiki is a Japanese word which means Universal Life Force Energy. During times when a person experiences stress or tension, the flow of energy in the body is reduced or blocked. This in turn can cause pain, discomfort or ill health. Reiki encourages this energy to flow freely again and retrieves the body's natural state of balance.

It is a non invasive hands on healing technique, which promotes a feeling of well being and it facilitates the body to heal naturally by bringing balance to body's energy system.

A reiki session usually lasts from 45 to 60 minutes. The practitioner begins by placing their hands in seven specific positions that cover your head to your feet. The practitioner holds each position from three to five minutes and then the practitioner may target the specific areas of the body where you are experiencing pain or discomfort.

Reiki is usually done while you lie down on a table. After a reiki session, some people describe experiencing a calm, uplifted, clearer mentally and in a relaxed state of well being.

Reiki is a gentle but powerful hands on healing practice, which complements conventional therapies. It helps a person restore balance and harmony to the mind and body.

Other reported benefits:

- Increased energy levels
- Supports the immune system
- Enhances self-confidence levels
- Reduces stress and anxiety