



Work Smart Live Smart

What Is Reiki?

**By
Lee Copland, Touch Works**

Reiki is an ancient Japanese Healing Art that channels energy through the hands. The energy of Reiki is defined as Universal Life Force, from the Japanese interpretation of REI = Universal and KI = Life Force.

Reiki helps you relax, grow and heal on all levels; physically, emotionally and spiritually. Reiki acts through your Divine Consciousness, also referred to as your Higher Self or Inner Wisdom. The recipient guides the energy and do the healing, as the energy of Reiki flows to where it is most needed.

The practitioner of Reiki exists as a channel through which Reiki can be more fully directed to you. The will and intention of the Reiki practitioner is never paramount. As such Reiki is completely non-invasive and very safe and gentle. Reiki is additive. Your energy is being added to, not manipulated or moved round by the practitioner.

This added energy, helps bring the body into balance thus accelerating and enhancing the body's natural healing process. It is not the energy of the practitioner that is being transferred. Receiving Reiki is simply receiving more of the Universal Life Force that is necessary to live.

Reiki may be enjoyed on it's own or as an addition to alipathic or complementary therapies. It can be enjoyed by anyone, all ages, denominations and life styles.

The average session is 60 minutes but can range from 15 to 90 minutes. Reiki is usually received lying down and fully clothed, although it can be received in the sitting position. It is usually a "hands-on" technique but not manipulative. It can also be given without touching; which means that it can be given at a distance, remotely. The hands are generally placed over the major energy centres and organ systems of the body. All the recipient needs to do is close their eyes, relax and enjoy the experience! Comfortable clothing is suggested rather than more formal attire. It is often sensible to book several session fairly close together, to allow the body to become fully balanced in order to enhance the healing process. Regular sessions work very well with more chronic health conditions.

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Lee Copland has attained the 3rd Reiki level, sometimes called Master level and offers treatments either in the workplace or in the home. Reiki is often used in conjunction with the seated acupressure massage which Lee's company **Touch Works** provides to corporate clients in the Greater Toronto area. **Touch Works** is now in it's 4th year of providing some of the necessary ingredients for corporate wellness in the workplace.

Stress and wellness specialist, **Beverly Beuermann-King** translates current research and best practices information into a realistic, accessible and practical approach through her dynamic stress and wellness workshops, on-line articles, e-newsletters and media interviews and through a collaboration called *Awakening The Workplace*. Visit www.WorkSmartLiveSmart.com for more on Beverly and her wellness work.

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