Harmony Farm™

Reiki

Reiki healing is an ancient hands-on energy healing art where the practitioner accesses and serves as a channel for the life force (ki or chi), placing their hands in different positions on or just above the client's body in order to activate healing energy.

Blocked energy flow in the body (often caused by stress) may lead to physical disease and/or emotional disorders. During a Reiki treatment, the energy blockages are cleared creating physical health and spiritual harmony. Reiki treats the whole person including body, emotions, mind and spirit and creates many beneficial effects including relaxation and feelings of peace, security and well-being.

Some indications for Reiki may include facilitation of wound healing, reduction of pain, decreased anxiety and stress, enhancement of spiritual development, supportive deeper sleep, preparation for medical treatment and procedures, managing side effects of treatments and support for the dying.

Sessions last an hour. The client remains fully clothed, lying on a massage table. As the practitioner slowly moves from one hand position to the next, the client might feel a warm or tingling sensation, see colors or white lights, feel their bodies twitching slightly as blockages are released or simply fall asleep because it is so relaxing.