**Healing Through Hope**

**Divine Messages Reiki Services**

***\*Appointments for Reiki services can be made with Jennifer McGee at (269) 556-5116. Home visits are available.***

**Energy Medicine-Reiki FAQ**

It is important to note that Reiki is not intended to replace medical treatment or professional advice. It is best used as a complementary therapy alongside conventional medical care. Before starting Reiki or any alternative therapy, it is recommended to consult with a qualified healthcare professional, especially if you have specific health concerns or medical conditions. The practitioner should also be experienced and trained in providing Reiki therapy.

**What is Energy Medicine-Reiki?**

Reiki is a form of energy medicine that aims to promote healing and balance within the body, mind, and spirit. It operates on the belief that there is a universal life force energy that flows through all living beings. When this energy is depleted or blocked, it can lead to physical, emotional, and spiritual imbalances. Energy medicine is a broad term that encompasses various healing modalities based on the belief that there is an underlying energy that influences our health and well-being. It recognizes that the body is more than just physical matter and acknowledges the existence of subtle energy fields that can be influenced to promote healing. What happens in a

**Reiki session?**

During a typical Reiki session, a trained practitioner places their hands gently on or near the recipient's body, allowing the energy to flow through them and into the recipient. The practitioner acts as a conduit, channeling the healing energy to areas where it is needed most. It is important to note that Reiki does not involve physical manipulation or the use of any substances. The energy transferred through Reiki is said to have an innate intelligence that knows where it is needed and how much is required for the person's well-being. It can help to release stagnant energy, dissolve energetic blockages, and promote a state of deep relaxation and inner peace. Some people describe the experience as a warm, soothing sensation or a gentle tingling. Reiki is often used as a complementary therapy alongside conventional medical treatments. It is not meant to replace medical advice or interventions but rather to support the body's natural healing processes. It is considered safe and can be received by people of all ages and conditions.

**What are the benefits of Reiki?**

The potential benefits of Reiki include reduced stress, relaxation, improved sleep, enhanced overall well-being, and a sense of inner harmony. While scientific research on Reiki is still ongoing, many individuals report positive experiences and find it to be a comforting and supportive practice in their journey toward healing and self-discovery.

**How can Reiki help support my journey?**

Reiki can assist in releasing stagnant energy and emotional blockages, which are often at the core of unhealthy patterns. These blockages can hinder personal growth, self-awareness, and the ability to cope with challenges effectively. By working on the energetic level, Reiki can help individuals become more aware of their emotions, triggers, and underlying issues, thus empowering them to make positive changes and break free from self-destructive patterns. Additionally, Reiki sessions can provide a safe and nurturing space for individuals. The supportive presence of a Reiki practitioner, combined with the gentle and non-invasive nature of the practice, can foster a sense of trust, relaxation, and self-compassion. This nurturing environment can be especially beneficial for those who may have experienced trauma or have difficulties with self-care. Reiki can promote a deeper connection with oneself and a greater sense of inner peace. It can enhance self-awareness and help individuals develop a more profound understanding of their own needs, desires, and values. This self-discovery process can be instrumental in building resilience, self-esteem, and the motivation to stay committed to the recovery journey.

**Is Reiki safe?**

Reiki is generally considered safe and non-invasive, with minimal contraindications. However, there are a few situations in which it may be necessary to exercise caution or avoid Reiki altogether. Some contraindications for Reiki include:

*Open Wounds or Infections:* Reiki involves gentle touch or hands placed near the body. It is advisable to avoid treating areas with open wounds, severe burns, or active infections to prevent potential cross-contamination or discomfort.

*Mental Health Conditions:* While Reiki can be beneficial for many mental health conditions, it is essential to approach it with caution in certain cases. Individuals with severe mental illnesses or acute psychiatric episodes may require specialized mental health interventions and should consult with their healthcare provider before undergoing Reiki or any complementary therapy.

*Sensory or Touch Sensitivities:* Some individuals may have heightened sensitivity or discomfort with touch or specific sensory experiences. It is important to communicate any sensitivities or concerns with the Reiki practitioner beforehand to ensure that the session can be tailored to the individual's comfort level.

*Personal Beliefs and Comfort*: Reiki is an energy-based practice that involves a level of openness and receptivity. If an individual has strong personal beliefs or discomfort with the concept of energy healing, they may not fully benefit from the experience. It is essential to respect individual preferences and beliefs when considering Reiki or any complementary therapy.