



What Reiki Is

Reiki (pronounced “ray-key”) is a Japanese energy healing practice developed in the early 20th century by Mikao Usui.

- Anyone can receive Reiki - it is open to all. It does not judge, it is not religious and it is open to anyone !
- It is based on the idea that there is a life force energy (called ki in Japanese, chi in Chinese) that flows through all living beings.
- When this energy is low, blocked, or imbalanced, it can lead to physical, mental, or emotional discomfort.
- Reiki practitioners channel this energy through their hands to the recipient to restore balance, promote healing, and reduce stress.



What Students Can Expect in a Reiki Session

1. Setting the Space

- Calm, quiet environment (often with soft music or candles)
- Comfortable treatment table or chair

2. The Practitioner’s Role

- Practitioner acts as a channel for energy, not actively “fixing” anything
- Positive energy (think like a million wishes of good for you!) are visualized over the student

- Practitioner doesn't touch you and often times does it from a distance
- Reiki can never hurt you and you cannot receive it wrong

3. Recipient's Role

- Relax, breathe deeply, and let your body respond
- Wear comfortable clothing
- Bring things to lay down with and get comfy - the studio provides mats, blankets and eye pillows - it's encouraged to bring your own plus pillows, bolsters or anything to keep you comfortable
- Sessions can also be done in a chair if you can't lay down comfortably
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- Sessions are from 30-60 minutes
- No special preparation required

4. Sensations You Might Feel

- Warmth or tingling in hands or areas being treated
- Feeling of deep relaxation or heaviness
- Emotional release (sometimes tears or relief)
- Mental clarity or calm
- Occasionally, subtle shifts in energy or body awareness

Important: Everyone experiences Reiki differently. Some feel intense sensations, some feel subtle calm.

How Reiki Is Done

1. Preparation

- Practitioner and recipient may take a moment to set intention
- Breathing and grounding techniques are used

2. Hand Placement

- Although some practitioners do put hands on the student, YWS style is to visualize or let hands hover above the energy body. Community sessions are done in a group setting - private sessions are just you and the facilitator - both have the same energetic effect

3. Energy Flow

- The practitioner remains relaxed and focused
- Energy flows naturally; the practitioner does not push or manipulate

4. Completion

- Practitioner ends
- Recipient rests for a moment before getting up
- Often includes a brief discussion of experience or leaves messages and cards for the student to read

What's Happening in the Body (Science and Theory)

While Reiki is an energy-based practice, scientific studies suggest several measurable effects:

1. Nervous System Relaxation

- Reiki activates the parasympathetic nervous system (rest-and-digest mode)
- Reduces heart rate, blood pressure, and cortisol levels

2. Stress Reduction & Pain Relief

- Deep relaxation reduces tension in muscles and fascia
- Can reduce perception of pain through neurological pathways

3. Mind-Body Integration

- Encourages mindfulness and body awareness
- Helps regulate emotions and improve mental clarity

4. Energy Flow (Subtle Body)

- Traditional view: Reiki balances chakras (energy centers)
- Practitioners feel shifts in energy patterns that correspond to physical or emotional states

Benefits of Reiki

Physical

- Reduced tension, stiffness, or discomfort
- Supports immune system function

- Promotes recovery and healing




Emotional / Mental

- Deep relaxation and stress relief
- Improved focus and mental clarity
- Emotional release and balance

Spiritual / Subtle

- Increased self-awareness
- Sense of connection and balance
- Personal growth and inner calm

What Reiki Is Not

-  Not a replacement for medical care
-  Not magic—healing is supported by relaxation and balance
-  Not painful or invasive

Reiki complements conventional medicine and other holistic practices.



Why Students Should Try Reiki

1. Stress Relief: Calm the nervous system in our high-pressure modern world
2. Emotional Balance: Release stored tension and process emotions
3. Physical Recovery: Support healing after injury, illness, or exercise
4. Mindfulness Practice: Deepen awareness of body and mind
5. Gentle & Accessible: No movement required, safe for all ages

In short: Reiki is about restoring balance, relaxation, and energy flow so you feel lighter, calmer, and more in tune with yourself.



Tips for Students Before a Reiki Session

- Wear comfortable clothing
 - Come with an open mind
 - Breathe and relax—don't “expect” anything
 - Drink water after the session to support energy flow
 - Journal or reflect afterward if you feel emotional shifts
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Extras YWS does

Some Reiki sessions may include:

- Chakra balancing
- Aromatherapy or crystals
- Oracle cards
- Channeled messages if called
- Sometimes - Guided meditation before or after

1. Reiki works on multiple levels simultaneously

Reiki is often described as “energy healing,” but it affects:

1. Physical body – relaxes muscles, reduces tension, supports healing
2. Emotional body – releases stored emotions, helps manage stress and anxiety
3. Mental body – improves clarity, focus, and calm
4. Spiritual/subtle body – increases sense of connection, balance, and inner peace

This is why some people feel emotional releases, others feel physical warmth, and some just feel calm—it all depends on what their body-mind system needs most at that time.

2. The mind plays a big role in how Reiki works

Even though Reiki is energy-based, the recipient’s mental state affects the experience:

- Open, relaxed, and receptive mind → stronger sensations and deeper relaxation
- Skepticism or tension → subtler effects (still beneficial for nervous system regulation)

Tip for students: Relaxing expectations can actually enhance the session.

3. Reiki is cumulative

- One session can be deeply relaxing, but multiple sessions build energy balance over time
 - Regular practice (weekly or biweekly) often leads to:
 - More consistent calm
 - Reduced stress responses
 - Improved sleep
 - Greater emotional stability
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4. Reiki can trigger unexpected emotional or physical responses

- Emotional release: tears, laughter, or sudden insight
- Physical sensations: tingling, warmth, or lightness
- Mental shifts: clarity, vivid imagination, or new ideas

Why: The body stores stress, trauma, and tension, and Reiki encourages the system to process it naturally.

Important for students to know: “All reactions are normal and part of the healing process.”

5. Reiki is safe for everyone

- Children, seniors, pregnant people, and even pets can receive Reiki safely
 - Non-invasive and gentle
 - Can be done in person or even remotely (distance Reiki)
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6. Reiki complements other therapies

- Works alongside medical treatment, massage, physical therapy, meditation, or yoga
 - Supports faster recovery, stress reduction, and emotional resilience
 - Not a replacement for medical care—always follow physician advice if needed
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7. Science supports Reiki’s effects on relaxation

Studies (though limited) show Reiki can:

- Reduce heart rate and blood pressure
- Lower cortisol (stress hormone)
- Improve sleep quality
- Decrease anxiety and pain perception

Even if energy is “invisible,” these measurable effects show real physiological changes.

8. Reiki can teach self-awareness and self-care

- Students often feel more in tune with their body after a session
 - They may notice tension patterns, emotions, or thoughts they normally ignore
 - Many people use Reiki as a gateway to mindfulness or meditation
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9. There is an intention component

- Reiki isn't “magic hands” – the practitioner's focus and intention matter
- Practitioners often set intentions for:
 - Healing
 - Stress release

- Emotional clarity
 - Students benefit more when they bring their own openness and intention to the session
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10. Reiki fosters long-term balance, not quick fixes

- It's not a one-off “energy zap” that instantly fixes problems
 - Reiki supports balance and resilience over time
 - Think of it as tuning an instrument: consistent, gentle, and cumulative
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11. Students can integrate Reiki into their life

- Self-Reiki (learning basic hand positions for personal use)
 - Daily mindfulness or breathwork before or after Reiki sessions
 - Journaling about experiences for emotional integration
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12. Reiki is subtle but powerful

- You might not feel dramatic effects immediately—and that’s normal
- Subtle shifts in mood, energy, or awareness are part of the healing process
- Trust the process, even if it feels “quiet”



13. Reiki is about balance, not “fixing”

- Reiki doesn’t “fix” problems in a mechanical sense.
- It supports the body’s natural ability to heal and regulate itself.
- Think of it like a gentle nudge to your own energy system rather than a treatment that does it for you.

Students benefit most when they release the idea of “I need this to work immediately.”



14. Timing and integration matter

- Reiki is most effective when your body is relaxed and ready to receive.
 - Doing it after stressful events, workouts, or emotional upheaval can help integration.
 - Some students may feel benefits immediately; others notice gradual changes over days.
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15. Reiki encourages mindfulness in daily life

- Even short daily practices (like self-Reiki or mindful breathing) help reinforce calmness and focus.
 - Students often report they become more aware of tension, posture, and emotional states throughout the day.
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16. Reiki can enhance other practices

- Yoga, meditation, and breathwork combine well with Reiki.
 - Receiving Reiki before or after physical practice can:
 - Calm the nervous system
 - Improve body awareness
 - Support recovery from workouts or intense yoga
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17. It's subtle but measurable

- Studies show Reiki can reduce:
 - Anxiety
 - Pain perception
 - Blood pressure
- It can improve:

- Heart rate variability (stress resilience)
 - Sleep quality
 - Even if the energy itself is subtle, the physiological effects are real.
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18. Reiki may bring emotional release

- Some students cry, laugh, or feel unexpected emotions.
 - This is normal and part of energy clearing.
 - Encourage journaling or reflection after sessions to integrate these experiences.
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19. Everyone experiences Reiki differently

- Sensations vary: warmth, tingling, calmness, mental clarity, or even subtle nothingness.
 - Students should trust the process, not compare to others.
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20. Reiki is safe for all ages and conditions

- Suitable for children, seniors, pregnant people, and even pets.
 - Non-invasive and gentle.
 - Complements medical care, therapy, and other holistic practices.
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21. Mindset matters

- Coming with openness and curiosity enhances the experience.
 - Stress, skepticism, or tension may dampen sensations but does not prevent benefits—even subtle shifts support relaxation and balance.
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22. It's a holistic practice

- Reiki is not just “energy work”—it impacts:
 - Physical tension
 - Emotional release
 - Mental clarity
 - Subtle energetic balance

This is why it's often described as gentle but profound, supporting the whole person.

