



Healing by Dee

Healing for yourself & your pet.

Cultures from all over the world have their own ancient traditions of healing which balance energies of spirit, mind and body. Reiki is an ancient art of Japanese healing which offers people and animals an addition to modern conventional western medicine and for some it supplies answers that orthodox medicine cannot provide.

Healing by Dee offers Reiki healing for you or your beloved pet, be that your dog, cat or horse. Now, the question on all your minds is "What is Reiki"? Well, I am hoping that this article will answer that question for you.



WHAT IS REIKI?

The word Reiki means Universal Life Energy, Rei means Universal and Ki means Life Force Energy. This energy flows through all things; we are completely surrounded by this energy. Without this life force energy we would not be here, in fact, all life on our planet relies on this energy to exist.

Dr Mikao Usui rediscovered the ancient art of this Japanese healing in the mid 19th Century. The Usui system of Reiki is a very natural form of healing and possibly one of the simplest forms of healing around today.

Reiki is a gentle but powerful way to support and enhance physical and emotional wellbeing. It is not reliant on any particular religion or faith of either the therapist or the receiver. It is an independent therapy in this respect, making use of symbols to activate the Life Force Energy. Reiki can be used separately or in conjunction with just about any other form of therapy or conventional medical treatment.

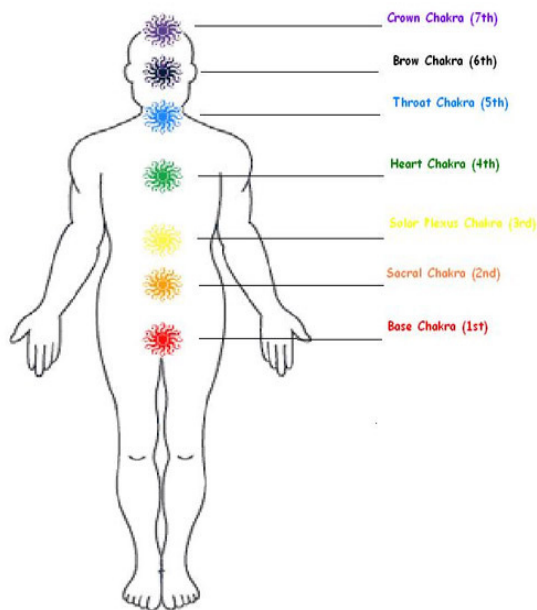
As a natural form of therapy a person receiving Reiki will only accept as much or as little as is needed on that particular occasion. It is suitable for any age group and all states of health – you do not have to be ill to experience the benefits of Reiki. This is what makes Reiki one of the safest therapeutic methods known today with very few contra-indications to treatment.

THE REIKI TREATMENT.

Reiki is not a form of massage as the hands remain still.

The Reiki therapist is a person who has become a channel for this energy and it flows through them and they can direct and concentrate this energy towards others through their hands. The energy that is channelled through the Reiki therapist can affect people or animals on many different levels; each recipient's experience is unique to themselves. The energy works on what the recipient already has within themselves spiritually, mentally, emotionally and even on the blueprint of the body's cells, the DNA. This can have a positive and beneficial outcome on the person's well-being and health.

The Reiki treatment involves the recipient lying or sitting down in a comfortable position while the Reiki therapist either places the hands on, or hovers over the body in a passive way. The Reiki therapist will then move through the average of 15 different hand positions down the body from head to toe also they may work on the chakras.



- Allergies
- Anxiety/Nervousness
- Wounds/Injury
- Arthritis
- Depression
- Coat or Skin Problems
- Inflammation
- Muscular Aches, Pains or Strains
- Post Surgical Recovery
- Lack of Energy

The chakras are located along the centre of the body from the top of the head to the base of the spine. The word chakra comes from the Sanskrit for wheel. Each chakra is a circular spinning vortex of energy. Organs and glands close to each chakra are regulated by it and supplied with energy so maintaining our physical, psychological and emotional health. Ill health can arise from a chakra that is not in harmony or is blocked. The therapist will work on these areas of blockage or concern throughout the course of treatments. Once the entire body has been treated then the therapist may feel that they should go back to a specific area of need before ending the treatment.

REIKI FOR THE ANIMAL.

All animals, including wild animals, intuitively recognise and appreciate Reiki's ability to heal. Animals often respond more quickly to Reiki Healing than people do and positive results are usually seen in a relatively short period of time. This is due to animals not being swayed by society as humans are. The treatments for animals do not alter very much from that of a human, in that the treatment is still started at the head and followed along through the relevant hand positions for the individual animal.

HOW CAN REIKI HELP HORSES?

Horses, ponies and donkeys can benefit from Reiki in several ways. Some of the conditions which it can be beneficial in the treatment of include:

Stress

It also helps with emotional problems caused by past trauma & boosts the immune system.

Reiki heals on all levels of an animal's being and does not cause stress, discomfort or pain. It is an effective form of complementary healing and using it alongside veterinary treatments, can accelerate the healing process, ease pain, and improve, or help to continue, quality of life.

MY STORY.

I must be truthful here and say I actually fell into Reiki by accident. I am a qualified crystal healer and was informed by my now Reiki master that Reiki works well with crystal healing and that it would be good for me to learn Reiki. So one weekend I did my Reiki level 1 and from then on I was hooked and I went on to do my Reiki level 2.

I have given treatments to both human and animal and I have seen and felt many different experiences working with both. I feel that Reiki can help anyone or any animal feel more at one with themselves and each other and in this day and age how can that be a bad thing.

I hope this article has opened your eyes to the possibility of Reiki Healing and if you wish to book a treatment or just find out more information please contact me through my website www.healingbydee.vpweb.co.uk. I look forward to speaking to you.