

Energy FAQ

REIKI

Q: What is Reiki and what does it feel like?

A: Reiki, pronounced "Ray-key", is an ancient Japanese stress reduction and relaxation therapy that may also promote healing. To translate it literally, Reiki means Universal or Higher Power ("rei") Life Force Energy ("ki"). While spiritual in nature, Reiki is not tied to any religion and one does not have to believe in the power of Reiki to benefit from it. During a Reiki session, the client simply lays comfortably and fully clothed on a bed or table as the practitioner lays his or her hands on different energy centers (or "chakras") of the body. The practitioner's role is to "channel" the Life Force Energy (all the positive energy in the atmosphere) into the body through the palms of his or her hands. The client may experience anything as subtle as deep relaxation or sleep to more profound feelings of intense warmth, sudden muscle twitches, changes in breathing pattern, tingling sensations in the body, and even colorful and often very meaningful visions. Some clients say it is very difficult to explain how it feels, but it has been described as feeling like you are physically becoming One with everything around you – a very warm and comforting feeling. No two people react alike to Reiki – it is truly an individual gift for each client.

Q: What are "energy centers"?

A: There are seven major energy centers in the human body known as "chakras". They are the "Wheels of Life" that keep our body operating at a healthy vibration. [Click here](#) for detailed information about chakras.

Q: How is the energy "channeled" into the body?

A: A Reiki practitioner is someone who has gone through an attunement process – a sacred, almost ceremonial energy alignment that opens the person to be a conduit of Universal Life Force Energy. Once they are opened to the energy, it flows through the crown of their head to the palms of their hands and into the client's body. The energy does not come from the therapist him/herself but from the Universe and the auric atmosphere.

Q: How will I feel after a Reiki session?

A: Reiki affects everyone differently. Some are extremely relaxed and even fatigued after a session, while some are energized. Often times a client's mind may feel more at ease after a session, and the body can even feel just as relaxed as if it had just been massaged. Some clients may experience deeper sleep and can receive meaningful dream messages after a session, while some may experience sleeplessness the night of a session. Again, it affects everyone differently every time, but is most always a positive experience.

SOUND VIBRATIONAL TUNING FORK THERAPY

Q: What is Sound Vibrational Tuning Fork Therapy and what does it feel like?

A: Like a piano, when our bodies are “in tune”, they are able to operate on a healthier, more vibrant level. Sound vibrations help to awaken an energy system in our body that opens our natural energy flow, clears us of blockages, and moves us into a higher state of consciousness. Tuning Fork sessions involve the use of various frequencies that are activated and waved over the etheric body or placed on certain points of the physical body. This treatment has received gracious reviews from clients who have experienced feelings of deep relaxation, immediate release of sinus pressure, improved mobility of stiff joints, and even profound emotional and physical warmth and comfort.

Q: What do I do during a Sound Vibrational Tuning Fork Therapy session?

A: Simply put, lay down and relax! If you are receiving tuning fork therapy as an independent session, you will be fully clothed to your comfort level and will lie on a comfortable bed for the duration of the session. Depending on the length of your session, you may be asked to start out lying on your stomach, turning onto your back about halfway through (if this is to your comfort level). It is best not to talk during your tuning fork session, but rather to lay back, relax, and listen to the frequencies as they balance your body.

Q: What do you mean when you say “frequencies are activated”?

A: Each tuning fork (yes, the same kind you may have seen your grade school music teacher use) has a different frequency (or musical “note”). To sound the note, the tuning fork is activated by one of three ways: being gently struck against another tuning fork, against the practitioner’s palm, or against an activator such as a hockey puck. Forks are re-activated after several seconds, but even when you cannot audibly hear the sound, know that frequencies are still vibrating and bringing benefit to your body.

Q: What is the “etheric body” that the forks are waved over?

A: Your etheric body is also commonly known as your “aura” or your “energy field”. We all have an etheric body that extends anywhere from a quarter of an inch to several inches beyond the physical body. This energy field has a range of colors that are visible to those with a trained eye, and can change with certain activity, illness, injury, etc. Energy work such as Reiki and Sound Vibrational Tuning Fork Therapy works mainly with the etheric field, as it helps give vitality, health, life, and organization to the physical body.

CRYSTAL THERAPY

Q: What is Crystal Therapy and what does it feel like?

A: Crystal Therapy is an ancient practice using crystals and gemstones to aid in balancing the body and its energy field. Every crystal and stone has a specific energy vibration which is geared towards balancing a specific ailment (i.e. clearing negativity, strengthening intuition, bringing peace, etc.) Crystal Therapy uses a combination of the stones' natural earthen vibrations and color therapy, as each chakra in the body responds more to certain colors. In a Crystal Therapy treatment, the practitioner and yourself will do an analysis of your goals and discuss current physical/mental/emotional issues you wish to focus on. The crystals and/or stones will then be placed on certain areas of the body, usually within the specific chakra locations, with which some recipients may feel a physical vibration or other tingling sensation or temperature fluctuation. The stones will remain in their position until their energy work is complete.

Q: What do you mean "until their energy work is complete"?

A: When a crystal or stone is providing healing vibrations, it will stay or go where it is needed. This means that if the "energy gods" decide that your stone is not needed where it was placed, it may simply fall off of the body. It is also possible that, for example, if a stone is placed in the middle of your chest, but it is needed over your heart, it may in fact slide itself into place over the heart location.

Q: How do you know if the stones are working?

A: Crystals and stones are always working, whether you feel the vibrations or not. Every piece used during your session is personally "programmed" with blessings and intentions specific to you, and are cleansed of your energy when the session is complete. If the stone chooses to no longer work with you or its work is finished, it will simply fall away from the body.

Q: What crystals and stones do you use?

A: The variety of crystals and stones used for energy treatments is ever changing and always different depending on your needs and what you are drawn to. While the practitioner will offer advice on which pieces may benefit you best, it is *your own* intuition, perhaps which piece simply catches your eye, that will ultimately determine which stones will be used.

GENERAL ENERGY HEALING TREATMENT QUESTIONS

Q: How do I prepare for an Energy Healing treatment?

A: Before any Energy Healing treatment, you must absolutely mentally prepare yourself. This simply means – RELAX and ENJOY! Energy does its best work on a body and soul that is ready to mentally cooperate by being *open minded* and ready to work with your Guides/Angels to “*help you help yourself*”. Upon arriving for your session, set your own intentions for what you want to achieve out of your healing session. You may keep this information private or share it with your practitioner. Some people also believe and feel that eating a natural diet (no processed foods or meat) before a session will cleanse your energy and provide a stronger channel for healing. Physical exercise, meditation, and positive music are all ways to raise your body’s vibrations, as well. If nothing else, just be ready to calm your mind and body, and ask for all the highest good to be a part of you and your session.

Q: Is there anything in particular I should do following an Energy Healing session?

A: Please, continue to relax and create a peaceful environment for yourself. Surround yourself with positivity in all aspects. Write down what you experienced during your session, and what you continue to experience afterwards. Also, take note of any questions that arise and contact your practitioner if you would like to talk about it. Drink plenty of water and eat healthy foods to stay grounded, and remember to thank the Universe for your health and healing!

Q: Will Energy Healing cure my ailments and prevent me from having to take medications?

A: No alternative health practitioner should ever state that any energy therapy is a cure or replacement for medical treatments. Some alternative health followers claim that these therapies have without a doubt made vast improvements in giving them a healthier life. However, energy therapies have not been scientifically proven to be a “medical cure” so should not be treated as such. It has been stated by many recipients, though, that alternative therapies do compliment medical treatments well. While it is entirely up to every individual of what healing path to take, please continue any prescribed medications and always work with your medical physician in making important decisions regarding your health.

Don't see your question?
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