



# Direct energy

**To de-stress and rebalance your mind and soul, turn to Reiki**

Lack of energy is a common complaint for many of us. So we turn to external boosters like caffeine, which inevitably offer a quick jolt followed by a slump. But there are more natural ways to stay energized. The time-honoured Japanese practice of Reiki, for example, takes the energy stored in your body and rebalances it to relieve stress and “get the mind chatter to stop,” in the words of Bonnie Smith, president of the Canadian Reiki Association.

Many clients, including celebrities such as Nicole Kidman, swear that Reiki (which means “universal life force energy”) helps them attain a level of relaxation unlike anything else. Why is it so popular? “People are looking for the stillness,” says Reiki practitioner Alana Dalglish of Sage Health and Wellness Clinic in Toronto.

Clients lie on a treatment table, similar to receiving a massage, with soothing music playing in the background to help them relax, while the practitioner works his or her magic. Alana holds her hands in a series of positions four to six inches above her client’s body to feel for “energy imbalances,” which she senses as tingling or hot and cold in her hands. She corrects

those imbalances by channelling healing energy to lacking areas through her palms. The result: “relaxation and a state of great stillness.” By returning energy to where it is lacking, the body can even heal itself. Treatment sessions vary in length, although they typically last one hour. Within about 15 minutes, the client will usually heave a sigh of relief, surrender to the wave of relaxation and even fall asleep – which in no way impedes the process.

According to Russ Littau, a Reiki master from the Healing Centre in Red Deer, Alta., our bodies have a physical aspect and an energetic aspect. “They are not two separate entities,” he says. “They’re intertwined and really the physical is a manifestation of the energetic.” Now a practitioner and teacher, Russ says he first turned to Reiki after hurting his back in the gym. “I went through the whole gamut of every kind of treatment you could think of. I couldn’t get any relief anywhere.” A friend of a friend had read about Reiki and offered to try using it to relieve Russ’s searing sciatica pain. “So I said, ‘What the heck! What have I got to lose?’”

## Did you know?

- Energy healing has been practised for thousands of years.
- Mikao Usui, a Buddhist monk, developed Reiki in 1922 while meditating for 21 days.
- Reiki relaxes the body into a meditative state, thereby relieving stress.
- It is used to treat people with various illnesses, and can be particularly helpful to those undergoing chemotherapy.
- Reiki’s five principles: Just for today, I will not anger; I will not worry; I will be grateful; I will work hard on myself; I will be kind to every living thing.

After two treatments, Russ explains, “My back just got better.”

While it may sound otherworldly, Reiki is “spiritual, not religious,” Alana explains. “At first, I thought it was very hokey, but after I did the training and worked with a Reiki master, the experience was profound.”

It’s also grounded by professional standards. Practitioners registered with the Canadian Reiki Association must sign a code of ethics and a disciplinary action before joining. After a session, allow yourself some time to come back into your awareness. *For more information:* [www.reiki.ca](http://www.reiki.ca), [www.sageclinic.ca](http://www.sageclinic.ca), [www.abirc.com](http://www.abirc.com).