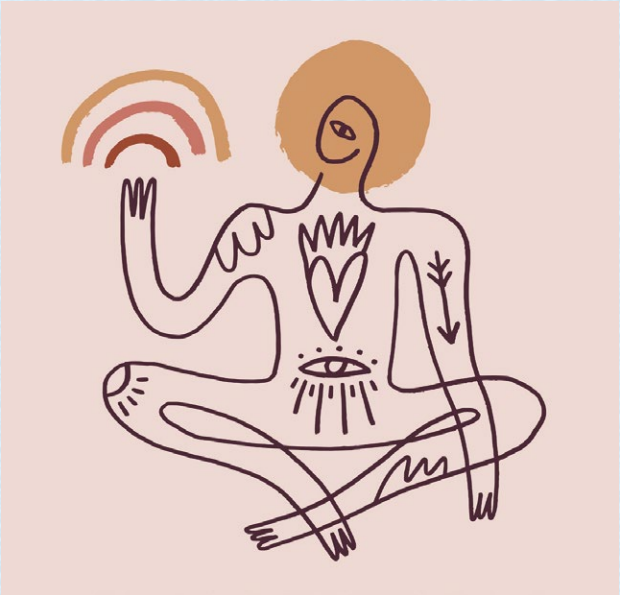
Reiki Healing

Grace Cummins experiences an hour of reiki with Carol McLoughlin

A few months back I had the privilege of experiencing my first reiki session with practitioner Carol McLoughlin at Chelsea Natural Health Clinic in London. Her approach is one of gentle nurturing, helping her clients to heal from whatever life has presented them with, providing guidance for our inner energies in a judgement- and pressure-free space.



WHO REIKI IS FOR AND WHAT IT CAN HELP WITH

Reiki is a Japanese holistic healing technique that channels energy from practitioner to client to promote the client's own healing systems. The modality works with bringing balance to the body and releasing any energetic blockages within. As a healing modality it has been known to be supportive to those suffering from a wide range of challenges, from chronic pain and insomnia to hormonal challenges, and as reiki is a complementary form of healing, it is suitable and safe for all ages and most medical conditions.

Reiki places its focus on the life-force energy that we all have within us, and the belief that if this life-force energy gets too low, or blocked, we are more prone both mental and physical illness. *Rei* means 'universal life' and *ki* means 'energy', and reiki is the practice of spiritually guiding energy to promote the patient's own self-healing. The aim is that patients will leave feeling peaceful, relaxed and invigorated, now that their energy is flowing more freely.

WHAT TO EXPECT DURING THE SESSION

Sessions are usually between 60 and 90 minutes long, starting with the practitioner describing what the session will involve and what may be felt, if there is a particular area that feels like it is needing extra support, and if the reiki to be used is the hands-on or hands-off approach. As the recipient of the treatment you will lie on a massage table, with your warm and comfortable clothing kept on, to help aid in the relaxation and sense of calmness from the healing experience.

My experience of Carol's session was deeply relaxing, balancing and grounding. She explained that she would be working with a touch-free reiki method, and that it would give my inner wisdom and healing systems a nudge to start nurturing themselves where it was needed.

As Carol placed her hands near my head, there was an instant feeling of connection between her hands and the crown chakra, despite there being no physical contact. The sensations I felt were like strong vibrations and strength flowing from the two points of focus. Even though it was intense, I felt calm and relaxed as Carol worked with my personal energy.

I was aware of my mind clearing and focusing more on singular thoughts, rather than running around from thought to thought like an excited, bouncy child. This spaciousness in the mind lasted for the full session, with the sense of freedom and relaxation moving to the body post-session.

As Carol moved her attention to other areas of my body, I experienced moments of deep awareness where I sensed her presence, from a very clear sensation of being held on my left lower arm to other moments of complete relaxation and oneness between mind and body, where it was like I was floating in a bubble.

Experiencing this led to sleepiness and feelings of complete calmness. Eventually, my attention was brought back to the soft music gently playing in the background throughout the session as Carol guided me back to the room after the treatment.

FINAL THOUGHTS

Carol advises going carefully for the few hours following a session, and to drink lots of water to help the body carry and transport the shifted energy around and to aid in releasing old stagnant energy that has now been shifted.

As a standalone appointment, I am still feeling the benefits of the reiki session a few weeks later, and I would recommend everyone to give it a try. It is a session that I found to gently nourish and support my whole being, and was the invitation to remind myself of the inner wisdom and power that the body holds through our energy. ●

Find out more...

• Carol McLoughin works at Chelsea Natural Health. Single 60-minute appointments can be booked for £55, or three appointments for £150.
• chelseanaturalhealth.co.uk