

Guide to Feeling Energies

Everyone senses, feels and perceives energy in different ways. The following is a guide to impressions of energy you may encounter; however, all healers may interpret reactions as their intuition senses.

- Visual** Sometimes visual images or thoughts will enter into your mind as you work with someone. At times it may be appropriate to discuss these with the client but not always.
- Heat** Feeling heat in an area could mean this is an area in need of healing. The Reiki energy is drawn to these areas producing heat. At times it can be very hot and a break in treatment may be called for.
- Coolness** This usually suggests a block in the area. Energy is not flowing and the corresponding chakra may be blocked. Coolness often is present where there is an emotional or spiritual block.
- Tingling** Tingling can indicate the presence of inflammation. Many times tingling may be felt in the jaw area or knees as anger and stress are often stored here.
- Drawn to** This is an area needing your attention. Sometimes we will hold hand positions longer at some points than others – often we're not aware of doing this. This is how it should be and Reiki will flow as needed.
- Repelled** An energy blockage is likely to be here and is resisting at all costs. If there is fear the person is not ready for clearing – use your intuition and speak with the person.
- Dull Pain** This would be the result of an old injury, physical injury or scar tissue which has built up energy. The Reiki treatment will accelerate clearing this area.
- Sharp Pain** This would be an area which needs immediate releasing. Concentrating on this spot will allow the free flow of energy but a whole body treatment is recommended.
- Vibration** This could mean the chakra is over or under functioning and energy is being drawn to balance it. Your hands will not be moving, but the energy flowing will vibrate. At times, the person will feel it and not the Reiki giver – or vice versa.