

E.H.O.P Update:

From Carrie Miller (Enhancing Healthy Options Program Coordinator)

Many activities have taken place during the past few months such as a client dinner, film festival, computer training, as well as a support group. There are on-going monthly sessions of Healing Touch, Yoga/Relaxation, Chiropractic Care, BodyTalk, Massage and Reiki at no charge for PHA's. The first planning meeting for this year's Fall PHA Retreat will be on Monday June 9th at 2pm at ATB. If you would like to have a say in what activities take place at the Retreat come and join the planning committee. For more information call Carrie at 345-1516 ex.16.

The following articles are reproduced from the website www.about.com:holistichealing

This information is presented as a point of interest; it does not necessarily reflect the opinion of AIDS Thunder Bay.

What to Expect During a Reiki Treatment

What is Reiki?

Reiki (pronounced Ray Key) is a combination of two Japanese words *rei* and *ki* meaning [universal life energy](#). Reiki is an ancient laying-on of hands healing technique that uses the life force energy to heal, balancing the subtle energies within our bodies. Reiki addresses physical, emotional, mental and spiritual imbalances. This healing art is an effective delivery system. The Reiki practitioner serves as a vessel that supplies healing energies where they are most needed. Reiki's ki-energies flow out of the practitioner's body through the palms of the hands while they are touching the recipient's body.

What to Expect During a Reiki Treatment

You will be asked to lay down on a massage table, couch, or bed.

You will be fully clothed except for your shoes. You may also be asked to remove or loosen your belt so that your breathing is not restricted in any way. It is best to choose loose-fitting garments to wear on the day of your appointment. Wearing natural fabrics is best (cotton, wool, or linen). You may also be asked to remove any jewellery (rings, bracelets, pendants, etc.) prior to the session, so consider leaving these items at home.

Relaxing Atmosphere

Reiki practitioners will often create a relaxing atmosphere for their Reiki sessions, setting the mood with the use of dimmed lights, meditative music, or bubbling water fountains. Some practitioners prefer to be in a place that is completely silent, without distraction of music of any kind, to conduct their Reiki sessions in.

Healing Touch

The Reiki practitioner will place his hands lightly on different parts of your body. Some practitioners will follow a predetermined sequence of hand placements, allowing their hands to rest on each body placement for 2 to 5 minutes before moving on to the next. Empathic practitioners will freely move their hands in no particular order to the areas where they "feel" Reiki is most needed. Some Reiki practitioners do not touch their clients. They will hover their lifted palms a few inches above the reclined body. Either way, Reiki energies flow where they are supposed to. Reiki is a smart energy that automatically flows where the imbalances are in your body regardless of where the practitioner's

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