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# Healing intentions



Starting a New Year can be treated as a very significant event. It is an opportunity to bring change, hope and positive energy into a new cycle of life.

## did you know?

Reiki comes from a Japanese word the first part 'Rei' meaning 'God's Wisdom' or 'Higher Power' and the second being Life Force Energy. We can think of it as spiritually guided life force energy.



**I**t is a great time for clearing away old problems, starting afresh and inviting a new way of being. There are many practices, rituals and ways we can commemorate this event. Besides having a party or popping open some champagne a visit to a healing centre can be deeply moving and a perfect way to invite the kind of year you want in a truly intentional way. We sent a journalist to try out Charmaine Haig's 'My Urban Retreat' in De Waterkant - it proved to be an unforgettable experience of renewal, clarity and healing. This is her report.

Being in a healing situation is very personal and can make you feel vulnerable, so for me, it's very important to choose a healer you feel comfortable with. I felt entirely reassured when I met Charmaine - she has such peaceful energy and compassion. Besides that, she has a wealth of healing experience and knowledge and easily facilitates a trusting space for emotional release where one might feel vulnerable.

Charmaine left an incredibly demanding career and after a near burn out chose a new career in the healing arts. After passionately studying Reiki for several years at Master Level she realised the dire need for people to have a place they can retreat to for peace

of mind and recuperation. Determined to create a space away from the rigours of the outside world, she created a beautiful space easily accessible in the city that provides a safe sanctuary and has huge recuperative energy. As Charmaine says,

*“a gym for the mind and soul.”*

Daily life can be overwhelming, simply driving in traffic, being subjected to depressing news headlines, answering numerous phone calls and dealing with day to day pressures is enough to topple anyone. A successful and happy life needs a daily period of calm and introspection to rebalance and recharge the mind and body. Soft lighting, gentle transformational music, candles, calming fragrance and beautiful décor is all used to maximum effect at My Urban Retreat. The 4-storey day retreat is set in one of the elegant Georgian houses in colourful Loader street. Once inside you feel a million miles away from the outside world.

Although there are many different treatments, workshops and practices available including weekly meditation classes, breath and chakra work, massage and much more, Charmaine recommended a Reiki treatment using Master Energy with chakra balancing. She works with crystals placed on the body to magnify the harmonising effects. Before we began Charmaine recommended I set an intention for the healing experience, it could be to help a specific ailment, an emotional issue or simply to feel regenerated or to bring a sense of balance and clarity. Asking for what you want opens the participant to receive the energy optimally.

Reiki is a technique originating from Japan for stress reduction, healing and relaxation. It uses 'life force energy' explained as the energy that flows through us and causes us to feel alive. When our life force energy is at a high we feel happy and healthy when it is low we are likely to succumb to sickness or stress.

When Charmaine started it felt like a wonderful, glowing radiance settling over me - like a sacred presence of charged energy both wholesome and nourishing. Reiki treats individuals on many levels including the emotions, the body, mind and spirit. People experiencing Reiki have reported hugely beneficial effects that include deep relaxation, a feeling of internal

balance, groundedness, security and a sense of overall wellbeing.

Reiki works by putting back displaced energy in the body through the chakra system although the body will naturally draw the energy to where it is needed most. A Reiki healer works as a catalyst in conjunction with the principle that each of us has the ability to heal ourselves. The work is done through channelling Universal energy to the chakra points. The energy does not come from the Reiki Healer themselves. There is very little contact with the body, as it mostly transfers through the practitioner - sometimes you may feel slight temperature changes or mild tingling.

It motivates gentle changes by opening doors in the mind or switching on lights to enable us to see how we might be blocking or undermining the healing energies and keeping ourselves 'stuck' in anything from unhealthy thoughts, beliefs, actions, habits, addictions, relationships, circumstances or jobs. It offers an avenue for expressing our openness and acceptance to these healthy changes.

During the session you are fully clothed on a massage bed. I went into such a deep state of relaxation I felt I had slept for 12 hours non-stop. The session lasted two hours and I wasn't quite sure whether I fell into a deep sleep or if I was just suspended in time. Towards the end, Charmaine put crystals on my body along the chakras, I didn't realise how much of an impact Reiki can have - I seriously felt a huge emotional shift and very deep healing. It was such a nourishing experience, I feel safe to say it was a life changing experience and I would readily recommend it to anyone. When we finished I had time to recuperate before having to get up. She had placed a little bowl of salt under the table to absorb any negative energies during the process, which I was to symbolically throw away under flowing water to represent cleansing and new beginnings. Reiki can be given over a number of sessions or you might feel that one session is enough to achieve the healing you need as it is quite potent. There are so many reasons to have Reiki and can vary from individual to individual.

To contact Charmaine, book a session or find out more about My Urban Retreat log on to [www.myurbanretreat.co.za](http://www.myurbanretreat.co.za), call 021 418 4080 or email [info@myurbanretreat.co.za](mailto:info@myurbanretreat.co.za) By appointment only.

## THE PRINCIPLES BEHIND REIKI

Reiki is transferred or 'passed on' to students through attunement by a professional Reiki Master. This transference allows the student to tap into an unlimited supply of life force energy used to improve life circumstances, well being and wholeness for themselves or others when attuned to the higher degrees of Reiki. While Reiki is deemed spiritual, it doesn't have a religious bias and doesn't require the participant to have any specific beliefs. It works whether you believe in it or not. Mikao Usui, the founder of Reiki merely advises the practice of simple ethical ideals for peace and harmony - ideals which are universal across all belief systems. He also recommends that Reiki practitioners live in accordance with ideals that promote their own self development and improvement. It is a practice studied over time and encourages students to live with integrity and honour and the secret art of inviting love and happiness in as the miraculous medicine for all diseases.

NB: All Reiki Practitioners and Masters should be able to show you the chronological lineage from their Master Teacher to teachers dating back to the founder Mikao Usui in the late 1800's - this means that they have been trained properly to carry out Reiki Healing and have been attuned in person and taught the correct principles.

Only practitioners with a Reiki Degree 2 and above may professionally practice on other people.

Unfortunately many people claim to be Reiki Practitioners after doing an on-line course, which hasn't given them time to properly digest the study and practice behind it nor be attuned in person.