



*My* URBAN RETREAT™

Traditional Usui Reiki Energy Healing Info



DISTANT REIKI  
ENERGY HEALING  
INFORMATION  
2018



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## Traditional Usui Reiki Energy Healing Info

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## Traditional Usui Reiki Energy Healing Info

### WHAT IS REIKI ENERGY HEALING?

#### Holistic Explanation

Reiki is an 'energy healing' practice originating from Japan, which is based upon the balancing of life force energy. This is known as 'ki' in Japan, as 'chi' or 'qi' in China & as 'prana' in India. Reiki healing is facilitated by strengthening or balancing blocked energy flow.

Reiki practitioners are attuned to life force (universal energy) and act as a vessel for the energy to flow through which is powered by the clients intention to want to heal, release or shift something in their lives. The healer may not impose their will or desires on the client and only work to their highest good. However, the practitioner may give guidance or advice post session.

We work along the main 'energy centers' of the body known as the 'chakras'. Chakras can be blocked, overactive or underactive. Energy is also sent within the aura (etheric energy field) to help return it to it's natural protective full state as it can become permeated or flattened through exhaustion, negative situations or other people, illness and abuse of alcohol and substances. The energy goes to where it is most needed first and will heal the client in the right sequence to bring them back into homeostasis either immediately or over a few weeks depending.

A more experienced 'active' practitioner will be able to either feel or intuitively sense what is going on with each chakra and give feedback. However some 'passive' practitioners will just carry out the healing as the energy stills flows through via the intention of the client. It still works.

Reiki is 100% safe as it works for your highest good and can be used to heal all including pregnant ladies, children & animals. It works very well as a complementary therapy along side allopathic medicine. Reiki is not a religion and therefore does not interfere with anyone's beliefs.

#### Science Based Explanation: (Quantum Physics)

The first law of thermodynamics: the law of conservation of energy states that the total energy of an isolated system remains constant—it is said to be conserved over time. Energy can neither be created nor destroyed; rather, it transforms from one form to another.

In Layman's terms, displaced energy can make one feel out of sorts or unwell, healing moves the energy back to where it should be at the right frequency for one to function properly.

<http://www.collective-evolution.com/2016/03/11/how-reiki-actually-works-the-science-part/>

[http://www.equilibrium-e3.com/images/PDF/The\\_Science\\_Behind\\_Distant\\_Healing.pdf](http://www.equilibrium-e3.com/images/PDF/The_Science_Behind_Distant_Healing.pdf)



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### PERMISSION

All energy healers must follow code of conduct, morals & ethics. We never infringe on anyone's free will or cannot send healing to anyone without their permission. However, we can send our healing wishes for people's highest goods without informing them but with a clause 'should they accept it' meaning the energy won't go to them should they not want it as sometimes people need to go through the motions of whatever plagues them as it's part of their life journey & lessons to overcome it themselves.

We also don't psychically spy on people and no matter what comes about in a session & what we see - any good healer will bear no judgment whatsoever as everybody's journey is different. We understand and have compassion for anything that a client may feel guilty or ashamed about. Everyone has skeletons and again this is all part of life experience and growth. Without dark there can be no light. Balance is being in the centre of both. We always work in complete confidence too.

### THE ENERGY EXCHANGE & WHY HEALERS CHARGE?

Reiki Energy Healing does not use the healers energy.... Simply, they are a channel for universal energy so you cannot drain them. However, they can get drained if they don't prepare properly but not from you.

Due to the Universal laws of **giving and receiving** & to keep things in balance, energy healers should not be shy to be paid for their services as they need to eat too. There is a lot of controversy around this where people feel that healing gifts should be given for free or in service. I would say yes if you are priest and the church looks after your daily needs but also as we energy healers know - everybody has healing/ intuitive gifts from birth, however some dedicate more of their time & energy to developing these gifts to help others, just like dedicated studying in any field of work.

Obviously healers that are more studied & experienced would charge more as they have gained more knowledge.

When healing energy is given away for free, the healing intention from the client is much less, as they haven't really asked for it and created the need for the energy pull. Therefore, it won't draw the energy through as much as if someone has gone searching for a healer because they really want to shift. The self-wish to change is how the magic works as all healing actually comes from the self.

Therefore the following ways are acceptable as an energy exchange:



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**Money:** i.e. a set fee OR donation OR given to reiki healers charity of choice

**Barter:** i.e. service for service, time for time.

**Healers Detailed Case Studies:** i.e. client will participate fully in a extensive study (1-3months)

**Loved Ones:** Healers can work on loved ones & close friends for free as there is usually a daily exchange of loving actions between them.

**Charity:** It's at the healer's discretion to give free healing services to the needy such as the homeless, the poor and the sick. Most healers do their part for community as way of giving back to their environment anyhow and in most cases if they are asked, they wouldn't say no.

Again, the healer has to look at whether giving away for free is ego based, which would take them out of spiritual balance. As part of our ethics we may not use our gifts of channeling to feel powerful. We don't do any of the healing part - that comes from the universe and yourself. However, we do guide and coach.

### SETTING YOUR INTENTION FOR HEALING

It's best to set your intention in the form of an 'affirmation' i.e. saying something in the present tense and as if you already have it and always in the positive.

Most simply you can say: **"I accept this energy healing for my highest good and trust that the universe (or you higher power) will send the healing to exactly where it needs to go to bring me back into full balance and health"**.

Also: **"I now release all that doesn't serve me for my highest good"**.

Or **"All is now well in my world"**

You can also state a specific intention: **"My energy levels are at optimum level and I'm full of vitality"**

As Reiki works through your intention (not the healer) to self heal and transform... Be a little careful for what you ask for and how you word the request as ultimately you are asking the power of the universe or saying a prayer for yourself... It is not a good idea to try and impose will on others without making a loving statement along side it and not directing it at them".

For e.g.: **"I want (insert name) to be out of my life forever"** (this would usually entail that there is negative emotion behind this)



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If this were the case, it would be best to say the following even if you are not feeling this emotion so not have any repercussions as the universe takes things literally:

**"I lovingly release the connection between me and (insert name) from my life and wish them well in theirs"** (this way you are setting intention for yourself in a positive sense and without harm to another whatever you think they may deserve – it is not your call!)

Sometimes just adding the word "gentle" to the healing intention makes all the difference. Try to be as positive as you can in your intention & speak in the present tense.

For e.g. you may say: **"I want all this hurt and pain to go away and feel happy again:"**

It could be better to say: **"I now release all pain, hurt and anger that no longer serves me and I open my life to new positive & happy opportunities"**

OR **"I now feel at peace with myself"**.

If you find this difficult, you can add on **"for my highest good"** after each intention:

Also, I always say at the end that **"I am thankful and grateful for all the good I have in my life now and also for all the good that is coming to me."**

Lastly, sometimes we can get transfixed on one area of our life that is not working for us and then forget about the others i.e. we could be going through a financial crisis and want to heal our money energy but then forget about our health and happiness (it would be no good to manifest a whole lot of money and then be sick or still unhappy)

Therefore saying something like:

**"I welcome abundance in all areas of my life, especially my health & happiness". Would be a good call.**

Remember these are your intentions and not those of your Energy Healer although your healer may prompt you at the beginning of the session after finding out what your needs are – your Energy Healer is only allowed to work to your highest good and cannot pass their own will for what they think is best for you. They are there to act as a vessel to receive and transfer the energy and only give notice to what they feel in your session.



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### HOW DISTANT HEALING WORKS?

Reiki Practitioners connect to clients (with permission) via projective thought, aka telepathy, as thoughts are energy in themselves. The client is given instruction to allow the energy healing to connect to them and an energy bridge is made via the practitioner in which to send the healing. Intuitive healers will be able to assess the client's energetic make up through viewing, where as a non-intuitive healer will be able to only send the healing. Distant Reiki can be sent to anyone in the world.

### HOW YOU SHOULD PREPARE (Distant Reiki)

- 1) Book in for a time when you won't be disturbed i.e. in the evening, before bed or at the weekend.
- 2) You can choose whether you'd like work with Charmaine via Skype/ Face Time etc.... in which case, she'll take you through a breathing exercise, guided meditation in person... (or perhaps send you an MP3 to play). She'll then ask you to switch off you phone/ computer (and perhaps cut you off as she goes into a deep meditation and call you back when finished (unless you'd prefer an email from her as you may wish to sleep).
- 3) Buy some Epsom, Sea or Pink Himalayan Salt (for a bath/ salt scrub before shower post session). Also make sure you have a note pad or journal.
- 4) Do not drink alcohol on the day of your healing or any other toxic substance. The energy healing will always go to what needs to be healed first in priority order. Therefore, it will go directly to detoxing your body rather than your intention.
- 5) Make sure your last light meal/snack was an hour or more before the session. Do not be overfull or hungry. Go to the loo before the session if need be.
- 6) Wear loose fitting comfortable clothes, no belts, shoes or jewelry. Perhaps have a blanket handy and/or some warm socks. As the energy in your body will be drawn towards your chakras along your spine, your limbs, hands and feet may get cold as your circulation pulls into your body for the session.
- 7) Turn off your phone (if not skyping) and move away from any chargers, electrical equipment to help clear interference.
- 8) Lie down (flat pillow, rolled towel under scoop of neck or nothing); sit in a chair or meditation



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pose. As long as your spine remains straight and you feel comfortable.

- 9) The healing works whatever you are doing but most people like to try and feel the sensations that come through and therefore like to find a quiet spot to relax. This is also helpful for you to make a note of afterwards to compare to my report.
- 10) If you have some, burn some incense to cleanse your space (sage is best) and light a candle for soft light.
- 11) It is a good idea to get into the zone by either meditating for 10mins prior to the session (or for however long you wish), you can stay in meditation throughout the session too (as long as you have stated your intention and have accepted the reiki healing to come to you distantly by saying it out loud.
- 12) If you don't do meditation or it doesn't come easily, close your eyes and take some deep breaths. If you can, breathe in for the count of 6, hold for 4 and exhale for 6. These are called diaphragm breaths, which help ground you and connect to your higher self. Do this 4 to 6 times focusing on the breath and then go back to a comfortable breathing and let go.
- 13) Alternatively, perhaps play some very soft classical or healing music to set the tone.
- 14) When you feel ready say **"I give my permission to accept the distant energy healing from Charmaine Haig in Cape Town (think of my face or look at my picture) for my highest good."** (You can then state any of your intentions after this).

## WHAT HAPPENS DURING THE HEALING?

### Distant Session

Some of my clients report that they feel sensations in different parts of their bodies (knots in stomach released, headaches disappear, energy moving from place to another. Some like to draw and write without focus (automatic writing), some connect to their higher selves and have internal questions answered. Some feel a big release and may need to cry. Others go to sleep and just want to hear the feedback I have for them.

Everybody is different, it's best to have no expectations of what may or may not happen but to just trust the process and be open to it and do what feels right to you.



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75mins is usually as long as it takes for the healer to engage into the process & carry it out and then will need time afterwards to write up any notes. Therefore, it will take the healer approx. 100mins for a complete before you get any feedback but you will only be charged for a 60min session at anytime for distant reiki. The time you should take out for yourself is 60mins including your 10min mediation or prep.

### WHAT HAPPENS AFTERWARDS?

Again it's different for everyone.... I would suggest you write down anything and everything you felt during the session straight away before you forget - body sensations, thoughts and feelings. Some may have nothing to report but may just feel reflective, energized, lighter or deeply relaxed. Some may need to sleep.

By engaging in this deeply relaxing holistic process, individuals may experience feelings of peace, clarity and overall improved well-being directly after a session. It is a natural, safe and gentle practice.

But everyone must have should drink a glass of water to help dilute and release any toxins in the body that may have come out of the body as Reiki works at cellular level.

Make yourself a salt bath with at least 1-2cups of salt and try and stay in it for 20mins. At the end of the bath, only if you want to, you can pull the plug and watch the water drain away whilst still in the tub and visualize that all that doesn't serve went down the plughole where it will be recycled back into something positive on the next leg of it's journey. You may now want to shower yourself down.

Try and stay in your post session feeling for as long as you can, i.e. don't go out, engage in heavy conversations, watch something hectic on TV – just try and nurture yourself and listen to your body.

If your healing is during the day you may like to go and take a leisurely walk somewhere in nature to have some reflection time.

### HOW LONG DOES IT TAKE FOR THE HEALING TO WORK?

Again, it's different for everyone, some people have immediate affects but generally anytime between the date of your first session and 21 days, which is known as a healing period of completion. Most within a couple of days when the body, mind and spirit has time to fully detox. Within this this time symptoms may get worse as they come to surface and leave the body. This is known as a healing crisis (more info below).



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### HOW MANY SESSIONS SHOULD I HAVE?

It depends on how deep your issue is? Some people only need one session to catalyze their own inner self-healing. Some clients like to come back for a second clearing session just to give themselves an extra healing boost. People with deeper issues may need 3-6 sessions. Those with chronic disease or severe trauma may need anything up to 8-10 sessions.

Generally you will feel if you need more and when you've had enough, as the energy will cease to flow as you come back into equilibrium.

### HEALING CRISIS (POST SESSION)

- Sensation of fatigue or restlessness
- Unusual body odor, sweating and discharge from skin
- Frequent urination, constipation or loose motions
- Feeling of numbness
- Pain in any body part(s)
- Emotions coming up & restlessness
- Vivid dreams
- Flu like symptoms (comes and goes very quickly)
- Sore throat or cough
- Headaches
- Joint or muscle discomfort.

The healing crisis may occur for a few hours to a few days. The symptoms might depend on your present condition. If your body has many blockages, it will require stronger clean up and show up different discharge reactions. It is possible to have several healing crisis over 21 days from your first Reiki session.

The elimination process may bring up previous troubles momentarily to then be able to discharge of from your system. Healing crisis can bring accumulation of better healthy conditions in the body and even makes better modes of improvement of body as you may suddenly get clear mental clarity and feel the need to nurture yourself such as changing your lifestyle, diet, nature, detoxification, leaving addictions, giving more time for yourself, adopting meditation techniques or exercise.

There is actually feeling of well-being and balance during healing the crisis in one's attitude. There is usually a good feeling hidden behind the healing crisis that things are shifting and changing for the better.



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Since you have made the decision to start your healing journey, be good to yourself, retreat for a while if you can. Keep away from potentially energy draining situations.

### WHY WOULD IT NOT WORK?

The only reason energy healing would not work is if you are already in complete balance and happy. Or if you are not open to the idea of being healed and therefore you would naturally block it as a defense mechanism as it is only your 'will & intention' that brings the energy through.

In this case, you wouldn't book for a session in the first place.

Also, an energy healing wouldn't be able to work through it's process if you continue to put yourself in potentially (energy) harmful situations such as extreme partying, returning to people & environments who drain your energy. Engaging in arguments. Put yourself first and say no to these things. It will just clear negative energy each time.

However, most people are good to themselves after healing as the energy usually goes to the heart, the place of self love and nurture as for many people, this is where problems start from.

### MY FEEDBACK/ YOUR REPORT

For distant healing, a report is sent with a chakra & aura assessment, what happened during the viewing and after care to work on yourself at home.

For a one to one session, most of the feedback is given verbally straight after the session, you may request this to be voice recorded and sent to you.

Also you will be sent any specific aftercare notes and practical exercises you can do at home.

For those on packages, continued support is given throughout your healing sessions (usually 3 weeks) and a more detailed holistic plan is put in place.

**NB:** Charmaine Haig at My Urban Retreat is a Level 4 Reiki Master/ Teacher



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### ABOUT CHARMAINE:

Founder & Owner Of My Urban Retreat,  
(EST 2012)

Intuitive Reiki Master Teacher (Level 4) | Shiatsu Practitioner | Touch for Health® Kinesiologist  
Meditation, Mindfulness & Well-being Workshop Facilitator

### 9 YEARS EXPERIENCE

(7 of which, working as a full-time healer, 6 at Master Level, 2 years as a teacher as of July 2018)

Charmaine owns and runs [My Urban Retreat](#) (Est. 2012) & My Boutique Retreat (Est. 2017) and is a dedicated, full [time energy-healing therapist](#), & workshop facilitator with an International client base.

She is also the Principal at 'The Cape Town Reiki School', which encompasses the Traditional teachings Of Dr. Usui & practice of the Japanese Spiritual Healing Arts amongst other holistic practice and courses.

In early 2009, Charmaine suffered from Chronic Fatigue, Executive Burnout & Severe Exhaustion after years of running her very demanding London businesses. She was advised by her Doctor to retreat for 2 months as her overall health was in a devastating state and to leave the industry she was in.

During this respite, Charmaine refused any pharmaceutical medicine as she re-discovered the benefits of natural healing therapies but in particular, Reiki Energy Healing. This form of healing brought her back into functioning health in a matter of months, which astonished the Doctors. This was the catalyst of her own well-being and healing journey, which she decided to take up as her full-time dedicated profession when she moved to Cape Town in 2011 after studying & practicing for the previous 2 years to open her retreat.

Charmaine has been interested in the metaphysical world since her young teenage years but only started to develop her intuitive gifts properly since 2009 when she took the Reiki 1 Course. She has always been spiritually guided in her healing work, however, since becoming a Reiki Master Teacher in March 2015 (being attuned to highest frequency of Reiki Energy) the intuition connection has increased. She has been empathic since childhood and is now able to help other people who are 'sensitive' to protect themselves and function properly.

To read more about where Charmaine has studied and received her accredited certificates from, pls click below <http://www.myurbanretreat.co.za/reiki-master-teacher-charmaine-haig>



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Charmaine is an accredited Reiki Master Teacher by the Energy Healing Association, SA.

Also globally accredited by Federation of Holistic Therapists, UK.  
She has full global insurance to practice.

You can contact her directly at [chaig@myurbanretreat.co.za](mailto:chaig@myurbanretreat.co.za)



### THE DIFFERENCE BETWEEN REIKI LEVELS

Always ask your practitioner what level they are at, how long they have been practicing, their lineage from the founder of Traditional Usui Reiki, how many clients they see per week and which accredited healing association they are with. Do you research and ask yourself "Does my healer look like they are healthy and in balance?"

Reiki is a healing art and as with any artist, a healer will develop their knowledge, their own style and their own reiki language over the time they practice.

#### **Level 1 – Reiki Student:**

Can only practice of themselves, close friends and family. They may not charge.

#### **Level 2 – Reiki Apprentice/ Practitioner**

Attuned to a light level of universal energy, may charge clients for healing sessions but

are still learning and must stay within guidelines as they learn the energy. Clients require more reiki sessions to get the same affect of a higher-level Reiki Practitioner. There should be at least 6 – 12 months of learning before being attuned to the next level & depending on how much practice they have had.



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### **Level 3 – Reiki Advanced /Practitioner:**

At this level the practitioner has been attuned to a stronger current of energy and should be by now well equipped on how to use it and how to interpret what comes through. At this level the advanced practitioner should be practicing the Reiki way of life and incorporates daily disciplines of well-being and balance in order to be able to have further knowledge for their clients. More healing energy is carried through in a shorter period of time.

### **Level 4 – Reiki Master/ Teacher:**

A Reiki Master Teacher is dedicated to the Reiki Way of Life and at a higher awareness of consciousness. At least 12 – 18 months of holistic self-study post Reiki Level 3 & should have been digested in order to open more channels of wisdom and interpretation, before being attuned to this highest level of energy. A Master/ Teacher dedicates their lives to further study and the Reiki way of life. A Reiki Master Teacher can achieve a much more in-depth & shorter healing sessions with their clients and can also give out attunements to their students.