



Energy Healing FAQ

Solveig Caroline's answers to your energy healing/Reiki questions

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What is disease?

Dis-ease, meaning any emotional, mental and physical problems, in human beings result from resistance to that person's life purpose and soul plan. The person is most likely in resistance or even outright opposition to their soul contract without knowing that they are.

Any sort of discomfort in an individual's life is a tell-tale sign that something isn't right, that the human being isn't honouring their soul contract. These signs should not be ignored, even though the prevailing way of dealing with discomfort is to "tough it out."

Signs include, but are not limited to:

- any physical discomfort, acute or chronic
- unhealthy relationships
- uncomfortable living situations
- boredom at work
- frequent accidents
- money problems

A new definition of health

How about a radiant smile, a spring in your step, sparkling eyes, waking up in the morning ready to face an exciting new day? Playfully engaging the challenges of life and happily dancing the dance of your soul? Happiness and the ability to laugh at the curve balls life throws us? Fear-free relationships and open communication?

To me, HEALTH ultimately boils down to the energy level in my body.

And for that, I have learned to strive for balance of my body, mind and spirit.

What is Reiki?

Reiki is an ancient energy healing method that works on the soul level.

As such, it is a spiritual healing modality more than anything.

Reiki uses the universal life force energy - or unconditional LOVE - to heal and balance the physical, emotional, mental and spiritual aspects in a human being. Reiki brings balance. This balance assists our natural healing processes and helps us to handle the challenges of life more effectively and calmly. Ultimately, this leads to a fun life experience without fear and worries. Which is, in essence, what each and every one of us came here to experience.

What is your qualification as an energy healer?

All of my trainings and initiations are based on the Reiki tradition according to Dr. Mikao Usui. My Reiki teacher is Reiki Master Teacher and Tibetan Energy Balancing Master Teacher Martina Sager, who is based on the island of Koh Samui, Thailand, and has been practicing Reiki since 1998.

Shortly after my first encounter with Reiki in September 2010, I received the training and initiations required for Reiki Level I, which allows for self-treatment and hands-on treatment of others. Since then, energy healing has been a constant companion in my life. After treating myself frequently, and occasionally others, and after partaking in intensive yoga teacher training in the tradition of Swami Sivananda throughout 2011, I was initiated by Martina into Level II and the Master Practitioner Level in May 2012. I became a Master Teacher in May 2013 - again attuned by Martina.

Ever since receiving the first initiations, I have been living the life of an energy healer. Always on the look out to maximize my own energy, as well as that of those around me. As an empath, I am acutely aware that we are all connected. It is, after all, that connection that allows me to channel the Reiki energy across the globe to everyone who is open for it.

I have years of experience in sending energy session over the distance.

Very importantly, please note this disclaimer: I am not a trained physician or other primary medical care provider. Hence I do not and will not ever make any diagnosis or healing promise. It is of your free will and in your own responsibility to peruse this site, apply the principles discussed here and/or sign up for my services. I cannot be held liable for any and all health consequences you may face. Certain jurisdictions also require the following note: Reiki is for entertainment purposes only.

How is Reiki applied?

Reiki can be applied in two ways:

- in a personal one-to-one session, similar to a massage. However, Reiki does not require the client to undress! It is also possible for the practitioner to give Reiki by keeping Reiki hands at a small distance from the client's body. The energy will still flow.
- across distances in space and time via the energetic matrix that connects all of us. This is the method I apply at eMateria.

How can you send energy to me?

I tap into what I call the universal energetic matrix, to connect your higher self to the unlimited source of Universal Life Force Energy. We are all connected, all one. Some call it the morphogenetic field, other the universal consciousness, oneness. Either way, as an empath, I can feel that connection, and have learned to act as a channel for the energy.

There are more and more people who turn to energy healing & Reiki in particular. There are traditions, such as the Ayurvedic or Traditional Chinese Medicine ones that use that field through massage, acupuncture etc. So while energy healing modalities are not yet fully accepted by mainstream science, there is abundant empirical evidence of this connection, however you choose to name it.

What does a distance Reiki session with you look like?

I practice distance Reiki every day by going into a special kind of meditation, consciously opening myself for the universal energy field, and then consciously contacting the

energetic bodies of those who have requested it - and all of Earth, because my purpose on this planet is to help Earth and her inhabitants (plants, animals and humans) heal through sharing the energy of love. For this purpose, I apply the Reiki symbols and mantras that I was given and initiated into.

For my distance programs, I have a list with the names of my clients that helps me establish the energetic connection. During the daily session, my hands start to pulse and get warm. The top of my head normally starts to tingle more than it normally does, and the part of my body corresponding to the chakra I work with that day also activates noticeably. That's how I know the energy is flowing to my clients.

Do I need to do anything special to receive distance Reiki?

No, you do not need to do anything special. Just be open. And relax if possible. The beauty of this life force energy is that it doesn't care what you do or where you are when I channel it to you. You may be sleeping, playing sports, at work, at the movies or driving a car. You get the idea, the possibilities are endless. As the life force energy is intelligent and always serves your highest good, it will not distract you from anything complicated. It will find its way to you in the intensity needed and at the time needed. It will also go to work in your energy system where it is needed the most.

Please note: Reiki is an intelligent energy, meaning that you cannot overdose or receive it in the wrong parts of your body. Reiki does have a detoxifying effect, however, so **please make sure you drink plenty of water following a session.**

How do the distance group programs work?

All my distance Reiki offerings are group-based Reiki experiences. They have been designed as ongoing program to support my clients in their daily lives. Participants benefit from the amplification of energy that comes with including a greater number of recipients. The more people are included, the easier these changes actually get for everyone, as a larger portion of universal consciousness is being shifted in a similar healthful direction. Make no mistake, this does not mean every participant in these programs will be experiencing the same for the duration of their program. Rather, it means that the energy simultaneously clear and lifts up each participant – the more people participate, the better the energetic momentum, actually. The real life experience for each individual will differ markedly and be completely in line with their life plan as supported by each of their individual souls. At the same time, all these different experiences and life challenges that are being healed, greatly contribute the overall healing of humanity and Earth.

How do I know Reiki works?

Don't be surprised if you don't feel anything when you first receive a Reiki transmission. Try not to expect any specific feeling. Look for subtle signs in your life that something is more in balance. That some stuck points you had are less stuck or fully disappear to make room for more ease in all you do and are. It is also possible that the first sign that Reiki is working is a physical symptom of discomfort. If that's the case, rest well and, above all, drink water to help your body adjust to the new energetic frequency that Reiki introduces.

Experience shows that this is a passing sensation, if it happens at all.¹

People who are more familiar with their chakras and energetic bodies will be able to feel quite a bit when I channel the energy. But don't expect it this to happen immediately. And do not worry, even when you can't feel it, the energy is still flowing.

Do I have to believe in Reiki for it to work?

Yes, you do. This doesn't mean you have to KNOW that it works right away. The prerequisite for a satisfactory energy healing experience is an open mind that allows for the possibility that this energetic connection may be a reality that you just hadn't heard of or consciously experienced before. If you are convinced that it doesn't work, please save your money and spare yourself and me the time and effort, and look for another healing modality that you know or believe works for you.

Is Reiki dangerous?

Reiki in and of itself is not dangerous. It always serves your and everyone else's highest good. What you make of it in your mind, however, is a different story.

I have a chronic illness or I am taking medication - can I still sign up for Reiki?

Yes, you can safely sign up for and receive Reiki. Reiki works as a complementary healing modality, and can help ease side effects of medications you are currently taking or otherwise speed up healing processes in your body. Reiki is an intelligent energy, meaning that you cannot overdose or receive it in the wrong parts of your body. Reiki does have a detoxifying effect, however, so **please make sure you drink plenty of water following a session.**

I feel so much better after having Reiki - can I stop taking my medication?

Now that's such good news! Congratulations on your more balanced state of being!

Please note that I am not qualified to give this kind of advice, and cannot be held liable for medical decisions you make without consulting your primary care provider. It is therefore your responsibility to contact your medical doctor about your progress and about any changes you'd like to make in your current medical regime.

What are the origins of Reiki?

Reiki is an ancient healing method, one of the oldest known to mankind. Originally from Tibet, Reiki was rediscovered by a Japanese monk named Dr. Mikao Usui in the 19th century.

Dr. Usui was the director and Christian priest at a small university in Kyoto in Japan. He gave up his position at the university to study the ancient Buddhist teachings in a quest to seek out methods of healing.

¹ There is a difference, though, between a slight discomfort and an emergency situation. If the latter arises at any time in your life, it is your responsibility to seek emergency care.

During his research he became aware of the Symbols and Mantras (sayings) which are key to Reiki healing. However, Dr. Usui didn't know, at that time, how these symbols and sayings could be used in healing. During his research Dr. Usui spent a lot of time in a Buddhist monastery where he became close friends with the head Abbot. The Abbot suggested that Dr. Usui should take a trek up a holy mountain close to Kyoto as this might reveal the answers to his questions. He suggested that Dr. Usui should spend 21 days on the mountain during which time he should fast and meditate.

Dr. Usui took the Abbot's advice - but for the first 20 days and nights, nothing happened, no matter how much Dr. Usui focused on his meditation.

But on the last day of his fast, Dr. Usui went deep into meditation. He saw a bright light shining in the sky. This light quickly moved toward him, striking him in the middle of his forehead.

He felt this light enter his body and he felt as if his whole body was awash with this bright light. In front of him, he saw vivid colored lights followed by an almost blinding white light. In the center of the white light, he could see the symbols he had discovered during his research into the Buddhist teachings.

Dr. Usui now knew how these symbols and mantras could be used to provide healing. He felt an enormous energy boost, his body overflowing with a powerful healing force. This incredible occurrence had given him the answers he had so keenly wanted to find.

Dr. Usui rushed down from the mountain and in his haste stubbed and badly cut his toe. He wrapped his hands around the bleeding toe and was amazed that the blood flow stopped and the pain disappeared straight away. This proved to him that indeed he was now able to bring about rapid healing.

He returned to the monastery where he spent several more weeks, developing and working with his newly found healing powers. After a while, Dr. Usui left the monastery and spent the next seven years healing the sick in the slum areas of Kyoto.

Although he had numerous successes, he realized that there was something more important than just healing his patients' physical symptoms. People should actually want to be healed. Moreover, the sick person's beliefs about themselves and attitude toward life were an important part of sustainable healing.

As a result, Dr. Usui developed The Reiki Principles, as guidelines for a life in awareness, love and gratitude. Although these principles were established more than 100 years ago, they are still very relevant and of great importance today.

Read more about the history of Reiki:

Reiki is an ancient healing method traditionally used in Tibet. It was rediscovered in the 19th century by Dr. Usui, a Japanese monk, Western-trained physician and scholar. Reiki is pronounced "ray key" and is Japanese for "Universal Life Energy."

Reiki is a healing-by-touch method that works with the energetic body of the human being, much like acupuncture, yoga, and qi-gong. All these techniques access the universal life energy that is Reiki. This energy has many different names, such as prana or qi, depending on the tradition.

The word Reiki is based on the Japanese “Rei” which means “universal” or “spirit” and “Ki”, the “life force energy”. This life force energy is non-physical, surrounding and circulating through all living things. It is an electromagnetic energy that connects each of us to the overall GRID OF LIFE - as I like to call it. Another word for Reiki energy is LOVE.

If an organism’s life force is low or restricted, that organism will be prone to illness. When life force is high and flowing freely, the organism is less likely to get sick. Life force not only animates the body, it is also the primary energy of our emotions, thoughts and spiritual life.

Healing with energy is one of the oldest forms of healing on Earth and has been practiced in one form or another in almost every culture. In Japan, this energy is called “Ki”, in China “Chi”. In Sanskrit it is known as “Prana”, the Hawaiians call it “Mana”, the Russians “Bioplasma” and in the Christian religion it is known as the “Holy Spirit”.

Life force flows into the physical body through energy centers called chakras, and through energy pathways in the body by the name of meridians or nadis. It also flows around us in distinguishable form in a field of energy called aura that is close to our bodies and differs from human being to human being. This life force energy nourishes the organs and cells of the body, supporting them in their vital functions. Whenever this energy flow is disrupted, it causes diminished functionality in one or more of the organs and tissues of the physical body. This diminished functionality in turn leads to decay in the respective body part, which then calls forth a “clean-up” action, because life wants to continue living and weeds out the bad parts. Even IF this means ultimately killing off an entire human body that has been tilted toward decay beyond return.

Reiki helps the body heal itself by flowing through the affected parts of the energy field and charging them with a life-giving energy. It raises the level of vibration in the energy field in and around the physical body. This will inevitably lead to letting go of lower vibration realities, and hence a detox reaction of the body is to be expected initially. Once the debris is cleared, higher levels of vibrancy and energy are a given.

Reiki - just like many other energetic healing modalities - clears, straightens and strengthens the energy pathways, thus allowing the life force to flow in a healthy and natural way.

What are the Reiki Principles?

These are the principles that Dr. Mikao Usui established to enable more comprehensive healing through Reiki rather than just being satisfied with the short term cure of a symptom:

Just for today, I will not worry.

Just for today, I will not anger.

Just for today, I will work honestly.

Just for today, I will show love and respect for everything.

Just for today, I am grateful for all my blessings.

It is important for EVERYONE - Reiki Teacher, student and anyone alive - to integrate these principles into daily life. This is a living and breathing mantra that connects all of us

back to our internal power and gradually helps us let go of the fear mentality that always has us looking to an external expert for any question of healing we have, in any life situation.

You may want to write these Reiki principles down for yourself. Or turn them into a piece of art that you put in a place in your house or apartment where you can see it often. Daily or several times a day preferably. Another method I like to use is to program these affirmations into my iPhone as daily reminders. Since there are 5 principles, one could turn this into 5 reminders spread evenly throughout the day.

What are chakras?

The word “chakra” is Sanskrit for “wheel”. Clairvoyants perceive chakras in the human body as colorful wheels or flowers with a hub in the middle. The seven main chakras begin at the base of the spine and finish at the top of the head. Though attached to the central spinal column, they are located in the front and back of the body, and work throughout the body. Each chakra vibrates at a different speed, and is associated with a different color.

If the chakras in your body are not balanced or if the energies are blocked, the basic life force energy will be slowed down. You may feel tired, out of sorts, depressed or sad. Physical functions are affected, allowing for dis-eases to appear in the body. In addition, the human mind, emotions and thought processes are affected by this energetic imbalance or blockage. That is when negative attitudes, fears, doubts, anxiety and the like are prone to get to you.

A continuous balance of the workings of the chakras promotes health and a sense of well-being.

For more details on the seven main chakras, please check out the **soulROOTs** Program, which focuses on a different one of the seven main chakras each week, and then spends week 8 harmonizing all chakras again.

This is a bit spooky - is Reiki a religion or cult?

I had exactly the same question when I first came across Reiki. Be assured that Reiki is neither a religion nor a cult. Sincere Reiki practitioners - including myself - will never force anything on anyone, and your free will is always fully respected. In fact, I do not want to work with clients who consciously close themselves up to the energy. That would be a waste of universal resources... ;-)

How did you find out about Reiki?

My first encounter with Reiki was while I was vacationing in Thailand in 2010. I was staying at a very nice hotel, and looking for massage that I didn't know yet. My plan was to find one that I couldn't get at the beach for 10-20% of what the hotel was asking in terms of prices. There was only one: a Tibetan energy massage.

I was curious, having done some yoga before. So I was vaguely familiar with the concept of us humans having energetic bodies. Oh, and I did go to see an acupuncturist regularly at home at the time for excruciating neck pains, with noticeable improvement. So I booked an appointment for this Tibetan energy massage, and had a surprisingly enjoyable

experience. It was very different from the typical Swedish or Thai massage. Very gentle. Yet so effective. I could feel the soles of my feet pulsating during the massage and after. The following night, I slept much, much better than I had in a long time. So I went back for more. At that point, the therapist said that I might want to consider learning Reiki, which works with the same energy, as the chakras in my feet were responding so noticeably... I did take Reiki I training at that time - and I can honestly say it's been a life-changing experience!

My question is not listed here...

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