

The Reiki Dojo Newsletter

Reiki and Animal Communication with Kate Jones, Reiki Master

Helping you to be confident and supported in your Reiki practice

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Four Days of Reiki



In June I participated in facilitating a Reiki Association workshop, which was based around four Reiki treatments on four consecutive days. It took place in Suffolk, so the setting was beautiful countryside and we were also very well nourished with plenty of home cooked vegetarian food (which included lovely cakes at tea time)!

So the question often asked is: why four days of Reiki? Where did this idea come from? In Helen Haberly's book "Hawayo Takata's Story" we learn that Takata would often give people Reiki daily until their problems were resolved. The four-day treatment is a shorter version of this, which she recommended, especially to begin a series of treatments for a chronic condition.

I have given and received several 4-day treatments and have seen how beneficial they can be. One of the effects of giving a Reiki treatment on consecutive days is that the energy received goes on working continually, since with each treatment the Reiki works for 24 hours in the body. So with the first treatment people usually relax, with the second and third the Reiki can go deeper and shift whatever needs to be healed at that time, which can often be deep seated blocks. The fourth and final treatment is usually a consolidation: comforting and reassuring.

The shifts that can occur on the second and third days are sometimes uncomfortable: there can be physical reactions like stomach upsets, headaches, pain. Other times the reactions are more emotional ones. By the end of the process, however, most people experience a

sense of renewed energy and peace. I received 4 days of Reiki during the recent workshop and found that it stirred up physical pain. During the second and third days I gained insights into the emotional causes for this. On the fourth day I had no pain at all and a sense of completion and joy.

Giving and receiving the 4-day treatment requires commitment, both on the part of the recipient and on the part of the practitioner. The commitment is of time and also financial, where that is the how the exchange is made. This, I feel, adds to the effectiveness of the process, because it is a way of saying: 'I am really worth this investment of time and money in my healing and I know Reiki will help me.'

Four-day treatments are also a good way to introduce someone who has never received a treatment before to Reiki, because if they haven't felt something or seen some result by the end of the four days, Reiki may not be the best treatment for them.

When I have received a 4-day treatment, I usually miss receiving Reiki on the 5th day and indeed some people at that point do decide to continue having daily treatments. There was an excited discussion at the workshop about what happens when you do have Reiki continuously for more than four days.

So whether or not you have learned Reiki, I highly recommend receiving a four-day treatment. If you are offering Reiki to other people it is also a good thing to offer and experience giving.

Please contact me if you have any questions or comments.

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