



#HEALTH &amp; FITNESS

# HANDS-ON HEALING

## The art and science of Reiki

It is often described as palm healing or hands-on healing. Through Reiki, practitioners believe they can channel energy into a patient, activating the natural healing processes to restore physical and emotional well-being. The roots of Reiki trace back to Japan, but its branches have spread worldwide, touching the lives of many seeking holistic wellness. One such Reiki practitioner Shadin Haque shares his journey and insights into this transformative practice.

"Reiki is an ancient spiritual healing practice of channelling universal energy to harmonise mind, body, and spirit," says Haque. He details that during a Reiki session, the healer acts as a conduit for this energy, focusing on 24 primary energy points in the human body associated with various physical and emotional functions. This process aims to clear blockages and promote a free flow of energy, improving overall well-being.

Haque's path to Reiki began with his exploration of yoga and meditation. "My journey into mindful and spiritual practices began with learning yoga. As I deepened my practice, I was drawn to meditation, seeking something more profound and healing," he recalls.

His curiosity led him to Reiki, introduced by a yoga teacher. Haque's pursuit of knowledge took him to Reiki Masters in Bangladesh and India, where he learned Traditional Usui Reiki.

"In any spiritual practice, it's essential to follow your inner calling. It will guide you to your destined path," he reflects.

Haque shares an important experience that deepened his connection to Reiki during a 21-day self-healing practice required for his initial degree.

"I felt incredibly rejuvenated, which deepened my connection to Reiki even



further," he recalls.

Staying with his Reiki Master, Bharati Dey, in Kolkata, provided him with invaluable guidance and nurturing, enriching his learning and bonding with

the practice.

Describing a typical Reiki session, Haque notes, "It is a relaxing experience where you lie fully clothed while a practitioner gently places their hands on or above your body."

Clients may feel warmth or tingling as the energy flows, with sessions typically lasting 60 to 90 minutes. The outcome is often a deep sense of relaxation and peace.

On the effects of Reiki, Haque observes significant benefits across physical, emotional, and spiritual domains. "Reiki positively impacts physical health by reducing pain, improving sleep, and supporting the body's natural healing processes."

Emotionally, it can alleviate stress and negative emotions while increasing self-awareness. Spiritually, it enhances the connection to one's inner self or a higher power, providing clarity and energy balance.

He shares, "Reiki has profoundly deepened my connection with myself, offering a sense of inner peace and clarity." This practice has allowed him to find a serene space to reconnect and recharge, continually nurturing his inner well-being.

So, if you want to be a Reiki practitioner, Haque's advice for you is to start by experiencing it first-hand and seek out a qualified teacher.

"Progress through the levels at your own pace, practising regularly to develop your skills," he advises.

That said, Reiki remains a mystical and intriguing practice, nestled on the fringes of mainstream medical science. While definitive clinical evidence is still evolving, the anecdotal testimonies of many, like Shadin Haque, who have found solace and healing through Reiki's gentle touch are persuasive.

If you want to enjoy a Reiki session offered by Shadin Haque, visit: <https://www.facebook.com/BodyTreeBd?mibextid=LQQJ4d>

**By Ayman Anika**  
**Photo: Shadin Haque**