

Introduction

For this thesis I will be comparing the results of non-energy massage and Reiki massage. As a professional Reiki masseuse, it is my personal belief that Reiki massage is more beneficial to the client. The Reiki system offers many benefits to the person receiving it, and this will be discussed further in this thesis.

I will be delivering one Reiki massage and one non-energy massage to each of the six clients and by comparing the results, I hope to support the hypothesis that Reiki massage is more beneficial to the client.

By comparing blood pressure and heart rates before and after each massage and collecting information on well-being and health of each client, which will support my hypothesis. Also, I will reflect upon each client's belief system, whether they understand and believe in Reiki and whether this has any impact on their massages. With this data I hope to piece together a strong argument that Reiki massage is more beneficial.

First, I will be introducing the reader to the energy systems of Reiki, its history and evidence of the healing properties of Reiki. I will further be exploring the concept of the Masculine and Feminine energy theory and its application to massage; massage being the masculine form and Reiki massage being the feminine form of massage.

Followed by the profile of the six clients, that includes their medical background, state of well being and suggested improvements from a professional masseuse's perspective....

Following the client's profile, I will compare the collected data; which will be the blood pressure and heart rate, before and after the massage and a summary that reflects their well-being and health.

Also, I will be exploring the concept that a clients belief system may or may not have an impact on the outcome.

In conclusion I will sum up my overall outcomes from the data and present my findings, supporting my belief that Reiki massage is more beneficial to the client than non-energy massage.

Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing and comes from the universe/ higher plane to the crown chakra then to heart and then expelled through the hands. Reiki is administered by laying on of hand on the body or over the person's energy field.

The word Reiki in Japanese means, Re is "higher knowledge or spiritual consciousness" and Ki means life force (energy) (Rand, "Reiki the Healing Touch" pg.,....)Therefore, Reiki is laying on of the hands with the intention of giving energy and healing.

The act of laying hands on the human or animal body to comfort and relieve pain is as old as instinct. When experiencing pain, the first thing most people do is to put their hands on it. Human touch conveys warmth, serenity, and healing.

"The true purpose of the Reiki method is to correct the heart-mind, keep the body fit, and lead a happy life using the spiritual capabilities humans are endowed with since birth."

According to Diane Stein Author of the worlds best selling Reiki book, "Essential Reiki"

One does not need to believe in Reiki for it to work. Very rarely will you encounter someone who does not notice the benefits of a Reiki treatment. Provided the practitioner has received the Reiki attunements and known how to apply the methods, with ongoing treatments, benefits (in all but a few cases), will result.

The benefits of Reiki also effect the person giving the energy, it works as an energy vessel so it transfers through the persons crown chakra in through their hands and the light also transfers in their body and after the treatment they also coming out feeling a shift. Reiki represents a matrix of non-dualistic energy, it works to permeate all of life.

HISTORY

Reiki was discovered and developed by Dr. Mikao Usui in the early 1900's who was a Japanese buddhist monk. He studied Kiko at a Tendai Buddhist temple on sacred Mt Kurama, north of Kyoto.

Usui wanted to discover if there was a way to heal without having to be depleted at the end after a healing session. He decided to take a 21 day meditation on Mt Kurama for enlightenment. There he fasted, chanted, prayed and meditated, towards the end of his retreat a great powerful spiritual light entered the top of his head, and he was enlightened. The light was the Reiki energy coming to him in the form of an attunement. His awareness was then greatly expanded and he realized that a greater power had entered him. He knew he could heal others without his energy being depleted (Rand, "Reiki the Healing Touch", pg.,....)

Anyone has the ability to learn and give Reiki, there is no prior training needed in any other form of healing to become a Reiki practitioner, the system is universal in its nature so all a person will need is an energy body (which we all do) this is how energy is activated.

Usui developed the original Reiki system based on what he received on Mt Kurama (north of Kyoto) in Japan in the early 1900's.

There are 3 levels of initiation, first, is to self heal, second, is to send healing and third is to become a Master and teach the arts, the master is the highest form in the system of the Usui Reiki, by being a master you have the strongest form of Reiki and to become a master you need to have your level one and two achieved first.

The exchange of this system is transferred via a Reiki teacher, someone who has been trained and knows the precise methods for creating the ability of Reiki to become accessible by passing the symbols onto the student learning the system. Once attuned the student can use the energy to revitalize the soul, mind and body and this works and heals pain body's and deeply suppressed emotions bringing them out to heal and be addressed.

People are lead into Reiki for many various reasons, they say when the student is ready the teacher will appear.

Reiki can be looked at a step into transition as the person who is receiving it will change their life in some way. There are millions of Reiki practitioners in the world and hundreds and thousands of Reiki teachers and it is growing everyday.

The need for Reiki is growing as people in these times are looking at being able to help themselves and heal their pain and Karma.

Reiki has five Principles that Usui developed and they are:

1. I will not be moved by anger
2. I will show honor
3. I will deal honestly in all things
4. I will show gratitude for that received
5. I will live today for today

Experiences in Reiki can be...

- * Warmth or heat in the hand
- * Pulsing or tingling down or up the arms in the body.
- * Cool or cold energy through the palms
- * Feeling of inner peace and mental stillness
- * Sensation of deep relaxation
- * Seeing colors, images or lights
- * Feeling of your hands being guided to an area.
- * Hands being inside the body.
- * Dull or sharp pains in the hands
- * Mild vibration in the hands

(more this down to health benefits ??) xx

Health benefits

There are many claims about the benefits of Reiki and In my practice I use Reiki daily to enhance my therapies, I use Reiki as a modality in my massage. I believe by using the Reiki modality it helps me to give my massage a deep sense of relaxation and wellbeing to my client.

Reiki has been medically proven to reduce blood pressure, lower respiration and heart rates, slows bleeding and reduces stress and these are things that Reiki practitioners can legally claim.

Studies also show that Reiki works on a deep state of relaxation acts through the autonomic nervous system to relieve tension and anxiety.

This state of relaxation also augments the abilities of the immune system to defend against bacteria and viruses, and it stimulates the brain production of endorphins, natural opiates that acts to decrease the perception of pain and creates a state of well being.

(Quote Reiki energy medicines Libby Barnett Book)

Reiki accelerates your body's natural ability to heal physical ailments. If you are feeling on top of everything but like to maintain wellness Reiki is also a wonderful preventative medicine as it balances the mental, emotional and spiritual planes before illness has a chance to settle into the physical realm.

Reiki works on all body systems and is therefore useful for any chronic or acute illness. In its long history, it has aided in healing plants, animals, humans and virtually every known illness and injury. You can use it for everything from headaches to heart disease. Reiki also increases intuition, clarity and peace, leading to a more purposeful direction in life.

Quote Options natural health magazine June 2010 1 issue 49 "Healing Hands" the power of reiki, Sally Griffiths.

According to medical dictionary Reiki claims to provide many of the same benefits as traditional massage therapy such as reducing stress, stimulating the immune system, increasing energy, and relieving the pain and symptoms of health conditions. Practitioners have reported success in helping patients with acute and chronic illness, from asthma and arthritis to trauma and recovery from surgery.

(Do i need this, or have i already said it? xo)

Reiki is gentle and safe, and has been used successfully in some hospitals. It has been found to be very calming and reassuring for those suffering, Reiki can be used by doctors, nurses, psychologists and other health professionals to bring touch and deeper caring into their healing practices.

The benefits of Reiki

* Heals the physical body, it treats the cause of the problem going to its source.

- * This energy is successfully combined with other modalities i.e. massage, bower, and acupuncture any form of body work.
- * Reiki has no religious beliefs so it is attainable and used and practiced by any faith.
- * Reiki actually enhances medications and does not interfere with western medicines.
- * Reiki is used for manifesting positive outcomes for the physical, emotional and spiritual body.
- * Reiki can be used on any living being, children, animals and even plants.
- * Reiki calms fears, helps contain negative emotion and also helps nervous tension.
- * Reiki is said to be the highest form of healing energy, it is safe and can never harm.
- * Reiki is used to self empower bringing into your life a greater self-reliance which leads to independence.

Reiki accelerates your body's natural ability to heal physical ailments. If you are feeling on top of everything but like to maintain wellness reiki is also a wonderful preventative medicine as it balances the mental, emotional and spiritual planes before illness has a chance to settle into the physical realm. Reiki is gentle in its nature, it can be relaxing so much so you can fall asleep, like massage Reiki can be received every week for optional results, by doing this you will find you have a clearer energy field and help your health, vitality, joy and peace. When you receive it regularly you will notice balance more mental clarity in your life.

(maybe cut this section let me no??) xo

As we no stress and the everyday up's and down's can interfere with flow in our lives, this is where Reiki will support as KI is a life force energy which flows through our bodies, energy is what keeps us alive, so when our energy is depleted we can get very sick, without energy our internal organs suffer, brain function is effected and our ability to cope with stress is low, this will ef-

fect our work life, family life and personal life possibly leading to the need for medication and leading to more doctor visits.

Reiki can be perfect for anyone and everyone as it brings energy to the unbalanced areas of the body.

Healing evidence

Case study 1

This first Reiki study was published in a peer reviewed scientific journal. The study involved 45 healthy people who were divided into 3 groups of 15 each. One group received Reiki and rest, another group received placebo, Reiki, and rest. The placebo treatment was given exactly the same way as the Reiki treatments were given in the first group except that those who gave them had not had Reiki training. The third group received only rest. The study recorded a number of vital statistics, including heart rate, systolic blood pressure, diastolic pressure, skin temperature, and respiration rate at regular intervals.

This study revealed a significant reduction in diastolic blood pressure and heart rate in the Reiki group that didn't appear in the placebo group or the control group, thus tending to indicate that reiki created an important effect that was not caused by suggestion. This was a small study, but the quality of its design and the positive results it produced indicates that additional larger scale studies are warranted.

The journal of alternative and complementary medicines volume 10, number 6., by William Lee Rand

Case study 2

A report in 2003 of a randomized trial using Reiki touch with cancer patients showed that a relaxed state was indicated, with lowered respiratory and heart rates and lower blood pressure. The therapies also reduced short term pain, mood disturbances and fatigue.

The national centre for CAM in the USA (Excerpt from "You're Reiki Treatment by Bronwen and Frans Stiene) Journal.

Case Study 3

Reiki study done at the Helfgott Research Institute at the National College of Naturopathic Medicine, Portland, Oregon, showed that Reiki has a measurable effect on the immune system. This study examined the effect of Reiki on the white blood cell counts of volunteers who were randomized into three groups- those who received Reiki, those who relaxed, and those who neither received Reiki or relaxation. Blood was drawn for examination before the treatment, immediately, and four hours later after treatment. the study shows that Reiki enhanced the immune system by increasing the number of white blood cells in those who received Reiki.

The Journal of Alternative and Complementary Medicines- William Lee Rand)

(These case studies were from Trish's assignment, i am not sure on the referencing??)

DATA COLLECTION

How am I going to gather info to support my theory that Reiki massage is more beneficial than non- energy massage, as a practitioner I always let people no that i am going to incorporate Reiki in their massage, in my six years I have only had one person who didn't want to receive Reiki with their massage, most people believe it is beneficial to them, can we prove this and why is this so.....furthermore, I will be exploring whether Reiki massage is more beneficial on physical, emotional or spiritual well being.

For this thesis we will be assessing 6 case studies, each case study will have two massages, one massage with Reiki, one massage without, given one week apart.

In my treatment for the Reiki massage I do the following:

PROCEDURE FOR REIKI MASSAGE

6 POINT FORMS

1. Spray the massage environment with cleansing energized mist from atlantis rising also asking the reiki guides for their support and assistance. The sprays are designed specifically for this purpose, these sacred mists are

made to bring a holistic atmosphere to a space a person is in and to align to the frequency of reiki.

2. Apply the reiki symbols the first one I apply is cho ko rei, the second one is sei hei ki, the third one de ko myo and then the tam ar ra sha symbol
3. Laying of the hands on the body of the client to activate the energy for the first 5mins.
4. Receiving instruction from the Reiki energy to the areas that need work on and healing, therefore there is no set routine with this massage style.
5. At the end of the massage i spend time laying the hands on the areas with the most importance.
6. Bless dismiss and release the guides with spray on the client and end with sound bowl to bring the person back to it gently.

Below is the procedure for the **NON-ENERGY MASSAGE** in point form;

1. Lay towel over the client, warm up muscles gently mobilizing.
2. After muscle warm up apply oil.
3. Apply relaxation techniques, with long strokes, effleurage, and kneading.
4. Finish massage with warm down techniques with head massage and finish with a deep breathe.
5. Let the person know that the treatment has finished.

I have noticed a big difference between giving a Reiki massage to giving a non- energy massage.

When I give a Reiki massage I feel I can work with my intuitive abilities and give a treatment with more energy and also I feel I am more in-tune with my clients needs without having to have consistent communication with them during their time of receiving. I also feel as reiki is a life force energy that I am not drained at all after massage as i am channeling energy through me and

not from me. I no from giving a lot of treatments without using energy therapists can be drained and limited in how many treatments they give a day and also the quality of the treatment can be effected.

When I give Reiki massage I feel my heart is very connected to the person ilam giving too and they come out with a uplifted light feeling as this is what reiki makes you feel.

It is also important for the therapist to have a form of protection and white light around their own energy field as they need a form of shield so they don't absorb the clients problems which could be physical, emotional or spiritual, people get massage to feel better so it has to come from someone in some form so using a healing system and technique of reiki will make this a more balanced way of giving.

I no reiki makes me feel joy filled and satisfied so combine this with giving massage it is a great gift.

Do i need this stuff about me?? the teacher said not to bring too much of ourself into it.. xx

This study consists of two types of massage one being a non- energy masage and one being Reiki massage, there were 6 people of all religious beliefs and were given a week apart with the Reiki massage given first, each massage was for 45 minutes, I feel this time was needed as the person was able to really feel each massage and give it the best possible comparisons.

6 PROFILE CLIENT HISTORY

Ged Lowsley..

Age: 46

Height: 165cm

Weight: 60kg

Occupation. Teacher

Geraldine Lowsley perspective overall from her physical wellbeing is that she has structural issues and long term chronic issues she suffered from an accident 30 years ago which has caused strain on her neck and hip. She has a

10cm lift in her left leg, this was diagnosed from a osteopath from an Osteopath 5 years ago.

Her mental well being is strong and she has a healthy outlook on her life and believes in bringing positive energy to herself to help her physical body.

Geraldine's regular maintenance is the Osteopath 4 times a years, monthly massage, she walks for over 30 mins 3 times a week and participates in yoga occasionally, but is a big believer on its effects to the body.

Her religious beliefs are of a spiritual nature and believes in energy healing and alternative medicines.

Geraldine's blood pressure before her massage was 87/137, this shows her systolic pressure being normal and her diastolic is higher higher than normal.

Her heart rate was 74 beats per min.

Her main health concerns are her kidneys as they have had Cysts on them, this can make her feel tight in the back and also causes internal problems.

I have noticed with Geraldine that her hip and neck have been effected by her accident that she had many years ago, she needs regular massage and stretching for the maintenance of her condition.

Her chronic condition would be her inability to have full flexibility in her neck, without maintenance this area would be permanently in a dull ache sensation.

Over all Geraldine's flexibility is good for her overall body, however she needs to make yoga more of a part of her life style and needs it at least twice a week for 90 mins.

I feel massage is essential for Geraldine to keeping her body in maintenance and relief of pain from her chronic injury which is structural and physical as her muscles do suffer from the strain the skeletal puts on them.

I believe Reiki massage will help as it will relieve the physical pain and also work on the emotional aspect that the body has been through from her accident.

She is a firm believer in the healing effects of Reiki.

	Before massage	After massage	Before Reiki	After Reiki
Heart rate	106/66	96/65	129/144	94/62
Blood pressure	62	59	75	72

Summary

Ged's heart rate went down after both massages, however after Reiki massage it went down even further.

Her blood pressure went down after each massage and stayed consistent between the two massages.

Summary of comparative massage

Before Geraldine's first massage which was a non-energy massage her level of pain was 6 out of 10 with 1 being the lowest and 10 being the highest and her level of wellbeing was 10 which is the highest. The reason for her non-energy massage was for the physical body and her flexibility was 8 out of 10 which is quite high.

After Geraldine's non-energy massage she still felt the benefits of the massage were physical, her level of pain dropped down to 5 out of 10 and her sense of wellbeing stayed at a level of 10. Her level of flexibility increased to 9 out of 10.

Before Geraldine's Reiki massage which was given a week after her relaxation massage, her level of pain was 6 out of 10, her sense of well being was 8 out of 10 and her level of flexibility was 7 out of 10. She felt that the Reiki massage would relax and help her body and align and heal her. She feels the Reiki massage would help her physically, mentally and spiritually.

After Geraldine's Reiki massage her level of pain dropped down to 4 out of 10 which was lower than the relaxation massage, her sense of wellbeing stayed at 10 which is the highest and her level of flexibility stayed at 7 out of 10.

Geraldine's overall decision was that Reiki massage benefited her more, she felt that due to its spiritual element, she felt it was a bonus to have your energy field being balanced within the context of massage.

Overall Summary

Trey Lowsley

Occupation: Teacher

Age: 45

Height: 180cm

Weight: 90kg

Treys overall physical health is average he level of fitness is not high and his flexibility is low. He has been into fitness in the past however at this stage in his life he has not put time into putting mobility into his body.

Treys regular maintenance is nothing as he has not done a lot to look after his body as he has not found a sport that he feels he can enjoy and do on a regular basis.

He does suffer with back pain and gets extremely tight shoulders and also has trouble with sleeping.

His religious beliefs are apia. Is this right?? xo

Treys heart rate before the massage was 79

His blood pressure was 127/64 he is also on blood pressure medication due to it being higher than normal and has been on it for about a year.

His also suffers with lower back pain and has screws in his ankle due to an old injury and can get pain from that.

As Treys flexibility is low i suggest daily stretches of at least 15mins a day, daily fitness of walking for at least 30mins a day and also the gym 3 times a week for an hour. This will maintain and balance his level of fitness and keep his body toned and in shape.

Trey is open minded however is a bit skeptical of the lack of scientific evidence with this system of healing.

	Before massage	After massage	Before Reiki	After Reiki
Heart rate	123/75	111/75	87/137	79/123
Blood pressure	85	76	74	65

SUMMARY

Before Trey's Reiki massage his blood pressure was 87/137 and his heart rate was 74.

Before Trey's non- energy massage his blood pressure was 123/75 and his heart was 85.

After Trey's Reiki massage his blood pressure went down to 79/123 and his heart rate went down to 65, after the relaxation massage his blood pressure went down even further to 111/70 and his heart rate went down to 76.

Before the non-energy massage Trey's flexibility was 6 out of 10, his overall pain was 7 out of 10 and his sense of well being was 8 out of 10.

Before Trey's Reiki massage his level of pain was 7 out of 10, his sense of wellbeing was 8 out of 10 and his flexibility was 6 out of 10.

After the non-energy massage Trey's pain dropped down to 3 out of 10, his sense of wellbeing stayed at 8 out of 10 and his level of flexibility was 5 out of 10.

Overall Trey enjoyed the Reiki massage over the non-energy massage he felt the spiritual aspect and that it was good to calm the mental aspect of himself, he can become over loaded with stress at times so this style of massage was good for him and he also saw improvements in his physical body.

Marie Glenane

Age: 81

Height: 155cm

Weight. 70kg

Occupation: retired

Marie's general well being for her physical health is low as she is feeling that she would like a diagnosis for her problem so she can have an answer, mentally it is draining on her as she loses sleep over her problem due to her burning hot feet at night.

Marie's regular maintenance is visiting her GP and occasional massage and has a foot pedicure once a week to help soothe her pain.

Marie has strong religious beliefs and is a strict catholic.

Marie's heart rate before the massage was 79

Her blood pressure was 127/64, she is on blood pressure medication as her pressure is high and is balanced by the medication.

Her main health issue is her hot feet at night and her high blood pressure she has undergone tests recently to determine her condition which may be diabetes or Parkinson's disease.

Marie's chronic condition is osteoporosis and the effect it has on her bone density condition which can also affect her muscles.

Marie's flexibility is low as she is an elderly lady I do suggest gentle stretches everyday for at least 10mins.

She is skeptical of Reiki and does not see the benefits to incorporating a healing system in a physical modality.

	Before massage	After massage	Before Reiki	After Reiki
Heart rate	154/83	146/80	127/64	128/69
blood pressure	85	75	79	77

Summary

Marie's heart rate dropped after each massage, it dropped further after her non-energy massage.

Marie's heart rate dropped after each massage, it dropped even further after the Reiki massage.

Summary of comparative massage

Before Marie's non-energy massage her overall pain was 5 out of 10, her sense of wellbeing was 5 out of 10, her level of flexibility was 3 out of 10. Marie believes that relaxation massage works on the physical level as it gets rid of stress from the muscles, before the non-energy massage Marie felt tired.

Before Marie's Reiki massage her level of pain was 8 out 10, her sense of wellbeing was 5 out of 10 and her level of flexibility was 3 out of 10. Her expectation from the reiki massage was to feel better and see improvement in her body, she is open to Reiki but is not sure about it and has never had any pull to understand any more about it or learn the system of Reiki.

After Marie's non-energy massage her level of pain dropped to 3 out of 10 and her sense of wellbeing of well being increased to 7 out of 10 and her level of flexibility improved to 4 out of 10, she enjoyed the massage and felt physical improvement.

After Marie's Reiki massage her level of pain dropped down to 4 out of 10, her sense of wellbeing improved to 9 out of 10 and her level of flexibility improved to 5 out of 10.

Overall Marie enjoyed the non-energy massage more as she felt she received more physical support, she believes that massage supports the muscles and that she does not need the spiritual aspect in massage, this supports Lawrence Ellyard that one does not to believe in Reiki for it to work.

Sarah-Jade Sullivan

Age: 25

Height: 165cm

Weight: 53kg

Occupation: Self employed

Sarah Jade physical well being is very good, she has had no major accidents or injuries or any health conditions at all.

Sarah jade is a yoga instructor herself so she runs classes as well as doing yoga everyday, she also runs and also enjoys swimming and walking and also attends the gym occasionally.

Sarah's regular maintenance is monthly Osteopath and fortnightly massage and also see's a naturopath.

Sarah's religious belief are in the divine feminine philosophy and to self nurture and she has a spiritual teacher.

Sarah's blood pressure before the the non- energy massage was 129/80, and before the Reiki massage it was 130/82

Her was heart rate before the non-energy massage was 78, and before the Reiki massage it was 80.

Sarah's career before working in the health field was as an aerial gymnast, this was very straining on her body as it was at a young age and her bones were still developing and forming.

She has noticed strain's and pain from this career choice and needs regular body maintenance and treatments to keep her flexibility high and muscle's balanced.

Her main concern is her lower vertebrae and needs movement to continue its flexibility, as she is still young she has not noticed any effects from her ariel career, i feel with continued body support and care she will be able to have no future problems with her physical body.

Sarah is a big believer in Reiki and has been attuned to its highest level and would also choose reiki massage over non-energy massage, she understands and no's the benefits of healing the physical, mental and physical as a whole.

	Before massage	After massage	Before Reiki	After Reiki
Heart rate	129/80	125/78	130/82	122/79
Blood pressure	78	75	80	73

Summary

Sarah's heart rate dropped after each massage, it dropped even further after the Reiki massage.

Sarah's blood pressure dropped after each massage and dropped even further after the Reiki massage.

Before the non-energy massage Sarah's level of pain overall was 4 out of 10, her sense of well being was 10 out of 10 and her flexibility was 10 out of 10.

Before Sarah's Reiki massage her level of pain was 2 out of 10, her sense of well being was 10 out of 10 and her flexibility was 10 out of 10.

After Sarah's non-energy massage her level of pain went down to 2 out of 10, her sense of well being was 10 out of 10 and her flexibility was also 10 out of 10.

After Sarah's Reiki massage her level of pain was 2 out of 10, her sense of well being was 10 out of 10 and her flexibility was at it's highest.

Overall Sarah's enjoyed the Reiki massage more and felt it benefited her as she is an energy worker and also a therapist and understands it's importance to all area's of the body which are the physical, mental and spiritual. She said she felt more lighter and peaceful after the reiki massage and feels safe with the energy.

Brendan Glenane

Age: 49

Height: 5'10

Weight: 92 kgs

Occupation. manager

Brendan's overall physical well being is high, he has had no major injuries or accidents so his physical condition is good for his age, his mental well being is excellent as he is a positive happy person.

Brendan maintains his health by keeping fit, he enjoys bike riding, tennis and fishing he has done a lot of yoga in the past until he had an injury caused by over stretching his pelvis.

Brendan's religious beliefs are catholic however not strict.

Brendan's heart rate before the massage was 61

His blood pressure was 144/87.

Due to Brendan's hip injury he has to stay fit and mobile to reduce the pressure in his tightness of his pelvis.

Brendan's main issue is his hips and he seems to have found a way to manage his tension in them.

Brendan does not seem to have any chronic problems, however if he continues to exercise he will prevent any future problems with mobility and flexibility.

Overall Brendan's flexibility is high, due to his injury of over stretching which was done in the past he needs to warm up his muscles more gently and continue his yoga practice and stretch before riding and tennis.

Brendan is a believer of Reiki however he has not had much experience with it, I feel Reiki massage will help his muscles and help his lower back and support his condition of his over stretched hips, Reiki will support his body balance.

	Before massage	After massage	Before Reiki	After Reiki
Heart rate	118/79	115/72	144/87	140/75
Blood pressure	60	54	61	60

Summary

Brendan's heart dropped after each massage and stayed consistent between the two after both massages.

His blood pressure dropped after each massage and went down further after the non-energy massage.

Summary of comparative massage

Before the non-energy massage Brendan's level of pain was 4 out of 10, his sense of wellbeing was 7 out of 10 and his level of flexibility was 4 out of 10, he feels non-energy massage works on a the physical level.

Before Brendan's Reiki massage his level of pain was 3 out of 10, his sense of wellbeing was 8 out of 10 and his level of flexibility was 6 out of 10. He believes reiki works on the mental aspect and also well-being.

After the non-energy massage Brendan's level of was 7 out of 10 and his well being was 8 out of 10 and his flexibility improved to 6 out of 10.

After the Reiki massage Brendan's level of pain was 5 out of 10, his sense of well being was 9 out of 10 and his level of flexibility stayed at 6 out of 10.

Overall Brendan felt the non-energy massage helped him more as her felt more relief from the pain and of tight muscles, Brendan was open to Reiki however felt more from the benefits from non-energy massage due to it focusing more on the muscular aspect.

Carmel Glenane

Age: 58

Occupation. Business owner/ Self help teacher/ Author

Height: 165cm

Weight: 59kg

Carmel's overall health is above average she has an extremely high level of positive energy she works with and as a self help teacher she believe's in working with physical, mental and spiritual to be balanced.

She had no major accidents or injuries or any health concerns at all in her life.

Carmel maintains her body by receiving massage every two weeks and quarterly visits to the osteopath and visits to the homeopath when she feels she needs it.

Carmel keeps fit by walking jogging swimming and yoga each day, she believes the body needs at least an hour of exercise a day to stay on top of everything.

Carmel's religious beliefs are the divine feminine philosophy she is an international spiritual teacher healer and author and teaches through ancient Egypt.

Carmel's heart rate before the massage was

Her blood pressure was.

As osteoporosis runs in Carmel's family she will need to keep her body fit and mobile as much as she can, her diet could include more calcium however her level of fitness is perfect.

Her flexibility is excellent as she attends two 90 min classes of yoga each week as well as daily stretches.

Due to Carmel being a Reiki teacher and healer she would benefit extremely from Reiki massage as of course she is open to the energies and is a big believer in the benefits of all types of massage.

	Before Massage	After Massage	Before Reiki	After Reiki
Heart rate	117/80	115/78	130/87	127/82
Blood pressure	62	59	61	58

Summary

Carmel's heart rate dropped after each massage, it stayed even between the two massages.

Carmel's blood pressure dropped also after each massage and stayed even between the two massages.

Summary of comparative massage

Before the non-energy massage Carmel's level of pain was 3 out of 10, her sense of well being was 9 out of 10 and her level of flexibility was 8 out of 10, she feels relaxation will help with the physical, mental and spiritual body.

Before the Reiki massage Carmel's level of pain was 3 out of 10, her sense of wellbeing was 9 out of 10 and her rate of flexibility was 8 out of 10. Carmel's feels Reiki massage will increase her sense of peace and lightness in her massage and feels this massage will help her physical, mental and spiritual body.

After the non-energy massage Carmel's overall pain was 2 out of 10, her sense of well being was 10 out of 10 and her rate of flexibility was 8 out of 10.

After the Reiki massage Carmel's level of pain was 2 out of 10, her sense of well being was 10 out of 10 and her level of flexibility increased to 9 out of 10.

Over all Carmel enjoyed the Reiki massage more as she felt the peace and spiritual benefits of the Reiki massage, as she is a teacher of the healing system she believes in the effects and power of the energy and she said she felt sublime after her Reiki massage.

It is my belief that Reiki massage is the representation of the divine feminine and regular massage is the representation of the masculine massage which can be clinically based and the body looked at as just muscles and anatomy.

Feminine massage vs masculine massage..

By working with energy you start discovering that the body has two sides to it, one being the feminine on the left side and right side being the masculine, by knowing this it will help your treatment as you can be more in-tune with your client emotional and spiritual needs which of course is done by working with the physical body, many woman give out so much energy to their families, work life etc that they may be more depleted on right side as this is their giving side.

The right side which is the masculine is the giving side and the left side is the feminine which is their receiving side.

Incorporating Reiki and the feminine energy in massage will help this balance between the two energy body's which will help your left side receive which can be overloaded a lot of the time.

Feminine energy helps you receive renew and be more in touch with your inner self, you start to put your self first, as they say when the mother is right the world is right and we can help this by adding energy with massage for your client to receive.

I feel that masculine massage looks at the body clinically and asses's it on the anatomical level which is very important however I feel you can give more when you are giving with another frequency which works on the healing vibration which is Reiki and the feminine energy and it also will look at the physical body and it's needs.

It is important to maintain the balance and harmony between the left side and the right side of the body, the feminine and the masculine is the key to being whole.

When you work with you intuition side you work with your feminine also feelings, openness and unselfishness also govern the feminine aspect.

The masculine side is logical, works with systems, facts and self-interest, by giving too much to others to detriment of yourself this can indicate your feminine side may be overactive and your right side needing more strengthening. When you find your life is structured and rigid you may be overactive in your masculine and by receiving and developing your feminine aspect this will bring a more creative and open-ended approach to what you are dealing with.

For women hormonal balance is essential otherwise they can be needing medication for something they can have control over if they allow their own feminine needs to be met.

Imbalances can be long-standing, it can take time to balance your equilibrium. By always listening to yourself and allowing yourself to receive with Reiki you will feel the dynamic state of inner and outer harmony and peace.

DailyOM - **Masculine And Feminine** Sides Of The Body

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