

CONTRA-INDICATIONS

What Are Contraindications?

Reiki is generally safe and gentle for everyone. However, there are some situations where extra care, awareness, or consent is essential.

Absolute Contraindications (Don't Do Reiki):

- Without consent.
- On someone who is very unwell or vulnerable unless you are trained and supervised appropriately.
- If someone has asked you not to (respect their autonomy).

Situations Requiring Caution:

- Pregnancy: Reiki is safe, but always ask if they're comfortable and get informed consent. Some practitioners avoid giving Reiki during the first trimester.
- Epilepsy: Some practitioners avoid treating the crown or third eye chakras in those with epilepsy.
- Serious Illness (e.g., cancer, heart disease): Reiki can support well-being, but always make sure it's complementary to their medical care—not a substitute.
- Mental Health Challenges: Be compassionate, but stay within your comfort zone. Don't attempt Reiki if it feels overwhelming.

Additional Considerations:

- Pacemakers and implants: Avoid direct hand placement on electrical medical devices.
- Children: Get a parent/guardian's permission and keep sessions very short.
- Animals: Ask the owner and watch the animal's body language. Stop if they seem agitated.