

Travel Reiki
By Fiona Wales

As a complementary therapist and Reiki master based in Kirkwall in the Orkney Islands, my clients often need treatments linked to travel. Reiki can be particularly helpful and people will sometimes undertake Reiki Level 1 training to help themselves in stressful or trying situations, including travelling.

Many people travel frequently between Orkney and mainland Scotland, and this involves flying or catching a ferry. Nausea is quite common on these journeys but often some Reiki shortly before travel, coupled with some ginger aromatherapy oil, can be a real help. Many people are familiar with the benefits of acupuncture bands for sea sickness, and simply pressing on the relevant points on the wrist can be help too. Fear of flying, jet lag, and the traumas for children travelling for the first time are all commonplace issues both for locals, and for the influx of visitors that come to Orkney each year.

For the visitor, coping with a different climate, especially if out and about all day at local festivals, or bird-watching, can also be trying, and will often induce the desire for some pampering and Reiki treatment.

Fishing is a staple of the economy and part of the Orkney lifestyle, so many local people work on the ferries and other boats, and I recommend Reiki to help cope with land-to-sea changes and to gain ones "sea legs" when first starting out.

Reiki is brilliant for the nervous traveller – a little self-treatment can do wonders for gaining a sense of control and a feeling of calm – and also keeps the mind occupied. As Reiki can be given unobtrusively, I find it easy to help a travel buddy. For those with no Reiki training, having a session with a practitioner before travel can help set the right frame of mind and level of calm to help get you through.

On a spiritual level, therapies, particularly Reiki, are all about one's personal journey and finding your best path through life. A person's first foray into Reiki can be the most interesting journey of all. Sustained Reiki practice is a spiritual journey, inviting positive change and progress, and this, more often than not will involve coping with travelling.

For me, using Reiki to cleanse and protect my chosen mode of transport is absolutely essential, and creating the best environment in this way often mitigates otherwise challenging travel arrangements. Next time you are off on your holidays, make time for Reiki before you leave, and you might be pleasantly surprised by how enjoyable and restful you find your journey.