

## **Melding the Magic of Reiki- AcuReiki© and SpinaReiki©**

**By Jackie Segers**



Over the past 25 plus years, I have been on a quest to rediscover my Light and True Self through the practice of Reiki. I have been blessed with mentors who have opened special doors and have gone on to teach Reiki and share the energy with many animals and people.

Over the last few years, some light bulb moments happened on how I could meld Reiki with the other modalities that I practice, namely reflexology and craniosacral therapy. My workshops AcuReiki© and SpinaReiki© are the result of this blending and I have been excited to share this knowledge with the Reiki community in New Zealand.

At the core of each practice is a heart centred practitioner. A practitioner that creates a sacred, safe space to allow the body/mind/soul of the person or animal find the right pathway for them. Whether it is Reiki, reflexology or craniosacral therapy, each is an expression of the Universal consciousness, just in a different form with a different name.

AcuReiki© is a combination of Traditional Chinese Medicine, pressure points and Reiki.

When I first came back to New Zealand after living in the States for five years, the Universe introduced me to a wonderful acupuncturist, Anne Christie. She was a fellow Aquarian and cat lover so we vibed straight away.

Anne taught me the colourful love language of Traditional Chinese Medicine, from acupuncture points (that I could incorporate into my reflexology practice) to its harmonious expression of energy and wisdom. Her gentle ways of teaching and passion will always stay with me (Anne transitioned in 2007).

Unconsciously, I had been accessing pressure points with each Reiki hand position, and so AcuReiki© was developed with this in mind. The workshop is an introduction to TCM combined with a guided Reiki treatment to give you a deeper understanding of the smaller energy whirlpools we affect when we share hands on Reiki. Although Reiki flows where it needs to go, I believe this knowledge can help assist our clients even more.

SpinaReiki © melds the energy of Reiki with craniosacral therapy to enhance wellness for the spine and in turn the whole body.

Craniosacral Therapy is a holistic healing modality that stems from osteopathy. It focuses on the craniosacral rhythm, which is the flow of cerebrospinal fluid from the head (cranium) to the tailbone (sacrum).

SpinaReiki© is an adaptation of energy release and balancing techniques from craniosacral therapy with the added touch of Reiki. They are simple and can be used in a regular Reiki treatment or as a stand alone treatment for people and animals. The techniques are also versatile and can be done with someone seated or prone on a massage table.





No prior knowledge of craniosacral therapy or spinal anatomy is needed (basic anatomy is covered in class, including how the chakras link to the spinal vertebrae). I was fortunate to have a brilliant craniosacral therapy teacher who made things simple yet fun and have tried to bring some of her essence to this workshop.

Both workshops are open to all lineages and levels of Reiki.

I am looking forward to travelling around Australia next year for three months. I have never just taken off three months to travel so it is somewhat daunting and anxiety inducing. But just for today, I will not worry and let the Universe unfold its magic.

### **About the Author:**

Jackie Segers is a Reiki Master/Teacher, certified reflexologist and craniosacral therapy practitioner from Auckland, New Zealand. She is the author of two holistic therapies books for cats and dogs.

Jackie will be touring Australia in September through to November **2024**. She will be teaching Animal Reflexology, SpinaReiki© and AcuReiki© in Perth, Brisbane, Sydney and Melbourne (and other smaller places that would like to host).

If you would like to know more or can offer ideas or help with hosting please contact her at - [vitalreiki@xtra.co.nz](mailto:vitalreiki@xtra.co.nz) or [jackiesegers.com](http://jackiesegers.com)