

# Reiki

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## REIKI

Reiki is a gentle and effective system of healing, rediscovered by Dr. Mikao Usui in Japan at the turn of the 20th century in ancient Sanskrit texts. The name Reiki is made of two Japanese words 'rei' meaning 'universal' and 'ki' meaning 'energy'.

Reiki practitioners act as a channel for this universal energy by laying their hands on or just above the body of the recipient, bringing about healing on physical, mental, emotional and spiritual levels. This helps to promote deep relaxation, soothing our emotions and negative feelings.

Reiki energy is introduced into the energy field (or aura) around the recipient and is absorbed into the body via the 'chakras'. Each of the seven main chakras is a vortex of energy, which, in a healthy person, spins at optimum speed. Reiki enhances the body's own innate ability to heal itself on all levels helping to restore physical and emotional well-being. Reiki can be used on plants, animals and even crystals.

### Reyad Sekh Em (Egyptian Reiki) Sorr

Reiki energy is derived predominantly from the Earth element, whilst Reyad Sekh Em combines the Earth energy with the healing energies of Water, Fire, Air and Ether (Spirit), combined with ancient Egyptian philosophies and Sacred Sound.

### A Reiki Treatment

A Reiki Treatment is a deeply relaxing non-intrusive treatment. Your Reiki practitioner will complete a client consultation form with you and explain how Reiki works. The client always remains fully clothed during a treatment. The Reiki practitioner follows a sequence of hand positions over the body. The practitioner channels universal life force energy to the Client. The feed-back generally is that the person feels a deep sense of relaxation, heat, tingling, coolness and energy flowing during a Reiki treatment. Reiki will flow to where your body needs it. Many people go into a deep relaxed state during the treatment. A Reiki treatment lasts one hour. Someone who has a chronic condition is usually advised to have a weekly Reiki treatment for four to six weeks for the energy to build up in the system. Treatments can then be reviewed by the client and practitioner. People with acute conditions may notice lasting improvements after two treatments. No two treatments are the same, as Reiki works on physical, mental, emotional and spiritual levels.

For more information or to book a free 15 minute consultation please call the Natural Healthcare Centre on 01283 516444