

Reiki

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Reiki (pronounced Ray-Key) is the name given to an ancient and simple system of hands-on healing re-discovered in Japan last century by Dr Mikao Usui, a scholar and Monk. Reiki means 'Universal Life Energy' from the earth element. It is fundamental to all the other healing rays that can be used to the benefit of all humanity. It has the same basic meaning as the Chinese 'Chi' and the Sanskrit 'Prana'. Being totally spiritual in concept it is not attached to any religion or creed: thus it is compatible with any other faiths or beliefs. Reiki may be used for both self-help and to heal others. It is a very powerful aid to personal growth as it works on a spiritual, emotional, mental and physical level. The healing is drawn through (not from) the healer's body ensuring that their own energy is not depleted. Reiki energy is introduced into the 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.

What can Reiki do for you?

Reiki energy brings deep relaxation, soothing emotions and reducing negative feelings. Reiki can help you be the best that you can be. It can help unlock your natural creativity allowing you to reach your full potential. It brings clarity, focus and a sense of purpose back to life. We say in Reiki that problems arise because of blockages caused by negative thinking, lifestyle choices, ongoing treatments, stresses and an attitude of not loving oneself. Reiki recognises that it is not our problems that need healing but our whole self. In healing we believe that every cell of the body contains universal energy. This energy can become disordered or out of balance. Reiki rebalances this energy and once again creates order in energy of the cells.

What and who can be treated with Reiki ?

As a natural system of healing, it can benefit everyone, from babies to adults and is a safe non-invasive treatment. All diseases and ailments can be helped with Reiki and it is safe to use in conjunction with other complementary therapies and conventional medical treatments.

What happens in a Reiki session?

During the Reiki session the practitioner places his or her hands very lightly just above or on the body in a variety of positions. The patient is normally lying down and remains fully clothed.

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