



REIKI

A SAFE, NATURAL, HANDS ON THERAPY THAT PROMOTES HEALING ON ALL LEVELS

Reiki is an ancient healing therapy which is believed to have originated in Tibet, later surfacing in Japan and was introduced to the Western World in the mid 1970's.

Since then its use has spread worldwide and now millions of people use Reiki to help themselves and others stimulate the natural healing processes of the body.

Reiki has evolved as an energy medicine which can be understood through advanced physics principles. It is neither cult, religion nor belief system. It is beyond all our human divisions.

Besides the obvious use in serious illness, Reiki actively promotes the healing process in many other ways. It acts not only on physical levels, but also addresses mental, emotional, and energetic imbalances. Reiki has a similar effect on the body/mind as meditation. It promotes personal & spiritual growth, expands consciousness and stimulates intuitive, spiritual and creative awareness.

One hour of Reiki is the equivalent of three to four hours deep relaxing sleep, and Reiki is one of the most effective natural stress relief and health improvement therapies.

Activation of Reiki within a person's hands is made possible by a simple process called an "attunement". The attunement or empowerment is performed by a Reiki Master during a workshop. It is the attunement which allows the person to tap into and direct the Reiki energy. It cannot be learned from books or just being talked about. Without the attunement you may direct healing energy, but it will not be Reiki energy. No previous knowledge or training is required to attend a workshop. Once Reiki is activated by the attunement process everyone is able to radiate this gentle, nurturing, unpolarised energy from the hands at will.

[Reiki is entirely compatible with any other treatment.](#)

WHAT IS REIKI?

Reiki is a Japanese word for *Universal Life Force Energy*.

Reiki is a Japanese hands-on healing technique. Reiki treatments stimulate physical, mental and emotional healing, energetic rebalancing and spiritual growth.

The ability to use Reiki is not "taught" in the traditional sense, but is passed on during the "attunement". A person who has been attuned to Reiki has experienced a very ancient technology for fine tuning the physical and etheric bodies to a higher vibrational level. Also, the energy centres or chakras are opened to enable the person to channel higher amounts of the Reiki energy.

Reiki flows through the practitioner as the receiver draws energy to those parts of their body that require it, in amounts that they can cope with. The practitioner is also treated to a lesser extent, as he or she gives the treatment. Energy enters through the practitioner's crown chakra and passes through the upper chakras to their heart and solar plexus chakras and passes out through arms and hands to the recipient. The process does not drain the practitioner as it is not their own energy they are using.

Research workers at Stanford University using sensitive instruments were able to measure the energy flow in the body and verified that the Reiki energy enters the crown chakra (head) and exits through the palm chakras in the hands. The Reiki energy also seems to flow in an anti-clockwise manner. Furthermore, Kirlian Photography has demonstrated an increase in the emanations from the hands during treatment.

Reiki is not a religion or belief system. It works for everyone irrespective of religious / spiritual beliefs, age, gender, origins or academic abilities. Reiki will work whether or not you believe in it - it works equally well on plants & animals!

Reiki not only works on the physical level; it can relieve pain, help to regenerate organs and tissue and balance body energies. It also promotes total relaxation and works on the mental and emotional levels re-establishing well-being and equilibrium.

Reiki is a transformational tool to help the development of higher levels of consciousness and spiritual awareness. It awakens the inner self to know that we are part of and at one with all creation. It assists our ultimate path to enlightenment.

Reiki can be used for self healing. Daily self treatments will maintain well being, reduce stress and stimulate the body's natural healing abilities. It promotes confidence, self esteem, creativity and awareness.

SELF TREATMENT

The most important way you can use your Reiki hands is to place them on yourself with the intention of healing and transforming yourself. This is not selfish. We are each responsible for our own healing and the only person we can take responsibility for is ourselves. The more we bring ourselves back to balance, harmony and wholeness and use our unique gifts, the more we will contribute towards the well-being and transformation of everyone around us.

Heal the world through healing yourself!

Treating yourself to the loving attention of Reiki every day will increase your sense of self worth and your ability to love yourself. This will help you to speak and live your truth and will allow others to do the same without feeling threatened. It will enable you to give and receive more love. It therefore affects everyone you come in contact with. If you only have time to do one session a day - do yourself! After that you can do as many other people as you like. (friends & family only with Reiki I. If you wish to treat others professionally you need to take the second degree, Reiki II)

You can use Reiki throughout the day, incorporating it into your life. Set aside time specifically to give yourself a Reiki treatment, for example when you wake up or go to bed at night, or any time throughout the day - a set time each day is easier to keep to (what with us being such creatures of habit!) You can also put your hands onto yourself and let the Reiki flow into yourself whenever and wherever your hands are not otherwise occupied. You can often do this unobtrusively even when other people are around.

<p>Reiki can:</p> <ul style="list-style-type: none"> ◇ Help you relax when you feel stressed. ◇ Centre you when you feel scattered. ◇ Energise you when you feel drained. ◇ Calm you when you feel anxious or afraid. ◇ Focus your mind and help you find solutions to problems. ◇ Relieve pain. ◇ Accelerate healing of wounds, injuries and infections. <p>Improve health and energy levels.</p>	<ul style="list-style-type: none"> ◇ Increase your resistance to disease. ◇ Gradually help you release emotional wounds, negative attitudes, self limiting beliefs & fears and unhelpful behaviour patterns. ◇ Help you to heal your past and move on. It can show you new possibilities and support you in making changes. ◇ Increase your sense of confidence and self-worth. ◇ Create a state of positive well-being, health & vitality.
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WAYS TO USE REIKI AFTER FIRST DEGREE ATTUNEMENTS

Once you have been attuned, Reiki will flow through your hands whenever you touch yourself or another with the intention of healing. Once you have received the first degree attunements, you will have this ability for life.

<p>You can use Reiki for:</p> <ul style="list-style-type: none"> ◇ Yourself ◇ Other people (adults and children) who are injured, ill or stressed or well and want to change or grow. ◇ Babies, including in the womb ◇ Animals, birds, plants and trees 	<ul style="list-style-type: none"> ◇ Seeds – will increase germination rate ◇ Water for drinking, watering plants or bathing ◇ Food ◇ Situations, problems, empowering goals <p>Use your imagination and experiment!</p>
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Reiki can safely be used in combination with orthodox medical care and other complementary therapies. It combines well with many alternative therapies, including Acupuncture, Aromatherapy, Reflexology, homoeopathy, Counselling and will increase their effectiveness and decrease the time required to see positive change.

Sometimes people find that with regular Reiki treatments their dependence on medication may be reduced. It can affect our metabolism, so this has to be borne in mind for people who are on certain medication.

For example someone on thyroxine may find that the thyroid gland is kick started by the Reiki, therefore for a time they could have symptoms of excess thyroid production until the medication is adjusted appropriately. A diabetic person may find they need to adjust their food or medication. It is therefore recommended to advise people on thyroid or diabetic medication of this possibility so they can be prepared to contact their GP if necessary. It may even be appropriate to let their doctor know beforehand that they are receiving Reiki if they are on Thyroxine or diabetic medication.

Further information/booking forms from:

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