

What is Reiki?

Reiki is Love, unconditional love.

It is universal life energy, a part of every living being.

How does Reiki work?

Reiki is a hands on form of energy healing. No movement is required and client is fully clothed. One session lasts approximately one to one and a half hours. The universal energy passes through the practitioner to the receiver. The receiver is actually taking control in their own healing process by drawing on this energy themselves. The practitioner is the conduit for the healing to take place, the “bridge” between the universe and the recipient. On a cellular level the body knows exactly how much Reiki is needed and where. You never receive too much or too little. Your own body is in control, always.

What Reiki can do for you:

- at the very least, it enhances relaxation, melts away stress and brings on a wonderful feeling of peace.
- it decreases pain, either chronic or acute.
- it decreases your immune systems, allowing the body to better heal itself, a gift we all have within.
- it helps remove blockages which may impede the healing process.
- it has helped people stop smoking and lose weight.
- it helps alleviate addictions, feats and phobias.
- it assists in any psychological or emotional changes the client would like to achieve.
- diabetics have been helped, in turn being able to decrease their insulin or medications.
- it decreases blood pressure.

These are just a few of the remarkable benefits of Reiki energy. Healing can also be obtained be “absentee” treatments. If a person is physically or otherwise unable to travel, distant healing is available.

In Summary:

You receive a feeling of well-being, a lightness within. A profound serenity. It is a beginning of a wonderful journey back to peace, light and oneness with your true self.

MINE * BODY * SPIRIT

