

Why Choose Reiki?



Definition:

Reiki is an ancient “natural healing” technique originating from Japan. It is a gentle touch, energy balancing and relaxation therapy. Reiki is a Japanese word meaning Universal Life Force. Its basic principles are working with the chakras (energy centers of the body) – clearing stress, blockages, and negative thoughts and patterns so that the body is lighter, more focused, and able to naturally heal itself. It can be used to enhance lifestyle, personal healing, and complements (strengthens) effects from other healing therapies and practices.



Why Choose Reiki?

You know how people struggle with depression, burn-out, grief, health problems, pain etc? A Reiki Practitioner takes time to listen, relax you and take you to a calm relaxed state ... then open you up to receive Reiki energy. This is like plugging you into an energy source. This energy goes to where it is needed and helps to move negativity/stress/blockages. Like getting an “energy bath”. Reiki then replaces this unwanted energy with light (clear mind, peace, gentleness, contentment, hope, etc). One session with Reiki can bring you out of chaos / crisis / burnout / exhaustion time. Three sessions of Reiki can make a permanent positive change. Life can be full of all sorts of challenges. Reiki helps to strengthen you and encourage you that “You can do it!”.

Sessions

Reiki can be done anywhere, anytime, but sessions usually are on a massage table, lying back in a comfortable room setting, soft music and candles. This gives the mind and body a space to settle, relax, and surrender into allowing oneself to receive. It is a fully clothed procedure with laying of hands on or over the body. The practitioner helps the client to relax and to go into a “meditative like” state. This is the place where the body is able to recharge energy centers and release what is preventing desired health and well being.

Reiki Training is available.



Advantages to Your Health

1. Releases tension and stress and provides deep relaxation.
2. Helps to clear emotional turmoil and connect one to positive solutions.
3. Helps to clear pain, which is a build up of energy with no place to exit.
4. Especially beneficial immediately after accidents or surgery before the trauma has had an opportunity to settle in the body. It increases healing progress up to 50 % or more.
5. Symbolically it is like plugging in the body to recharge, like a battery.
6. Increases energy and sense of well being.
7. Reiki gives a more positive approach to life towards understanding, purpose and being the best one can be.
8. It is an intuitive/enlightening modality and helps one to connect to their sub-conscious, higher self, spiritual guides, etc. Connecting them deeper into their own faith and beliefs for the highest good of all concerned.
9. Love, peace, and harmony to the person.



What is Reiki to me?

Reiki along with Energy Balancing are the first therapies I practiced.

Since then I have studied many natural healing modalities.

To me Reiki is a way to connect to an energy that is peace, love and healing.

It is a thought, a feeling, a quietness connection.

Universal wisdom that is all around everyone.

Endless possibilities.

Very simple to learn.

How do I use my Reiki?

1. A therapy I use with clients.

- to relieve: stress, burn-out, reduce and clear pain, support in times of illness,
- to balance and improve overall health, physically, emotionally, & spiritually
- I offer it with all my services including Reflexology, Relaxation Massage, and Tarot Readings.

2. On my family.

- in times of illness, accidents, or surgery
- an effective technique to settle a head ache
- or as simple as to be watching TV, holding their feet, and quietly offering energy support and love.

3. My pets.

- pets enjoy receiving loving energy, especially cats
- also in times of trauma or illness.

4. On myself.

- offering energy to myself in times of meditation, or when in the bath (everyday)
 - especially in times of chaos, worry, or anxiety
- it helps me to clear my confusion, relax, and breathe calmly
- often connecting me to answers and positive choices.

5. Also with my friends, gardening, house plants, worry some situations
- and anywhere that I feel needs extra support, gentleness and healing.

Be all you can be with Reiki.