

Bring things into balance with Reiki

Find out what a Reiki treatment can do for you

What is Reiki?

Reiki (pronounced “Ray-key”) is a simple Japanese energy-balancing method that is used by hundreds of thousands of people all over the world. It is most well known as a sort of hands-on treatment technique, and many people have regular Reiki treatments.

Where is it from?

Reiki was developed by a man called Mikao Usui in the early 1900s in Japan and people use Reiki for self-healing, for spiritual- or self-development, and to treat others. Reiki practitioners carry out meditations, treat themselves, and follow a set of simple spiritual principles called the Reiki ‘precepts’. Reiki is not a religion

What can Reiki do?

Anyone can benefit from a course of Reiki treatments, no matter what your age or your state of health, and beneficial changes can take place over a fairly short space of time. Reiki can produce:

- * Deep relaxation
- * Reduced stress & anxiety
- * Boosted energy levels
- * A feeling of inner calm, contentment and serenity
- * A speeding up of the natural healing process

Reiki can also help you to:

- * Feel more positive, confident and better able to cope
- * Deal better with stressful people and difficult situations
- * Develop a strong sense of purpose and clear-thinking
- * Remove some of the ‘clutter’ from your life
- * Enjoy a better quality of life

Reiki Treatments

Receiving Reiki from a practitioner is a simple process. The client lies on a treatment table and the practitioner will gently lay their hands on the body in a series of hand positions on the head, torso, and legs, sometimes hovering the hands rather than touching. Each hand position is held for a few minutes.

During the treatment, energy (called “chi”) is drawn through the practitioner into the recipient, helping to produce a state of balance. The recipient remains clothed throughout the session.

What might I feel?

Deep relaxation, heat from the practitioner’s hands, perhaps tingling, a feeling of floating or sinking, or perhaps nothing at all. It varies a lot from one person to another. But no matter what you feel during your treatment, Reiki is giving you what you need.

How many Reiki treatments do I need?

While a one-off Reiki treatment will do something beneficial for you, bringing a sense of calm and peacefulness, and maybe producing some short-term physical benefits too, the best results come through having a course of treatments, maybe 4-6 sessions at weekly intervals.

The effects of Reiki build up cumulatively, you see, and having a course of treatments helps to produce long-term beneficial changes for you on many levels.

The Five Reiki Principles

A daily practice for balance and peace:

- ★ Just for today, I will not be angry
- ★ Just for today, I will not worry
- ★ Just for today, I will be grateful
- ★ Just for today, I will do my work honestly
- ★ Just for today, I will be kind to every living being

IMPORTANT

Reiki is not a substitute for medical treatment. If you have any symptoms of illness you should see your doctor.

Reiki is safe and will complement any form of complementary or medical treatment.

A Reiki practitioner will not diagnose or recommend any form of treatment