

# Reiki

Reiki is a Japanese word meaning “*Universal Life Force Energy*”. It is not a religion or a creed. It has its roots in a Tibetan Buddhist tradition dating back 2500 years and was rediscovered by a Japanese doctor, Mikao Usui. Reiki is a gentle, non-invasive, hands on healing technique, transferring the life force energy to the recipient through the hands of the healer in a sequence covering the main chakras (energy centres) where it works in subtle ways to balance on all levels: physical, mental, emotional and spiritual.

## **What Reiki does:-**

- **Releases stress, tension and pain and induces relaxation**
- **Adjusts itself according to the needs of the recipient**
- **Creates balance and harmony in the body to facilitate its own healing**
- **Strengthens the immune system**
- **Detoxifies the body**
- **Releases emotional blockages**
- **Balances the chakras**
- **Accelerates spiritual awareness**

A treatment lasts for between 1 and 1½ hours. The client remains fully clothed throughout the treatment. A minimum of three treatments is recommended