

Why Try Reiki?



Reiki is a totally safe, relaxing treatment. From personal experience, Reiki has had a very positive effect on every aspect of my life, I am happier, healthier and I have a more balanced understanding of life in general. My personal experience is the best recommendation which I can offer you. You have nothing to lose and everything to gain so go ahead take that step, or you may never know!



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Reiki



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What is Reiki?

Reiki is a totally safe, effective and relaxing way to experience Life-force Energy. The practitioner uses their hands to channel energy to the client, hence it is often referred to as a hands-on healing. The energy aids a healing for the client on all levels- physical, emotional and mental. It safely compliments all forms of modern medicine. Reiki originated in the East and is fast becoming very popular in the West.

In excess of 100 hospitals in the USA offer Reiki to patients.

What does the client do?

The client will need to remove their shoes and wear comfortable clothing. You will lie on the treatment table fully clothed, covered with a blanket for comfort. You will hear relaxing music. The duration of the treatment generally takes an hour. The only thing you have to do is relax and enjoy!

What does the practitioner do?

The Reiki practitioner will ensure that you feel comfortable with your surroundings and they will explain what will be taking place. They will confirm that your session is confidential. They will then place the palms of their hands on your body in various positions for a few minutes each. It is a totally non-invasive therapy carried out with the utmost respect for the client at all times, which is why every client enjoys the experience. Some clients are so relaxed they even fall asleep.



Usui Reiki teaches students to live by the Five Principles

1. Show gratitude to everything.
2. Earn your living honestly.
3. Just for today do not worry.
4. Honour your parents, teachers and elders.
5. Just for today do not anger.

How qualified is the practitioner?

In the traditional Usui system of Reiki there are four levels which students learn.

Level 1 teaches students to treat themselves only.

Level 2 teaches students to treat others.

Level 3 is called Master level and the energy is strongest at this level.

Level 4 is Master Teacher and this enables students to teach others.

When choosing a Reiki practitioner for yourself the primary criteria should be that you feel comfortable with the person. This will have a considerable bearing on how you experience your session. So it is expected by the Reiki practitioner that prospective clients will want to meet or talk with them prior to the client committing to a appointment.

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