

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.

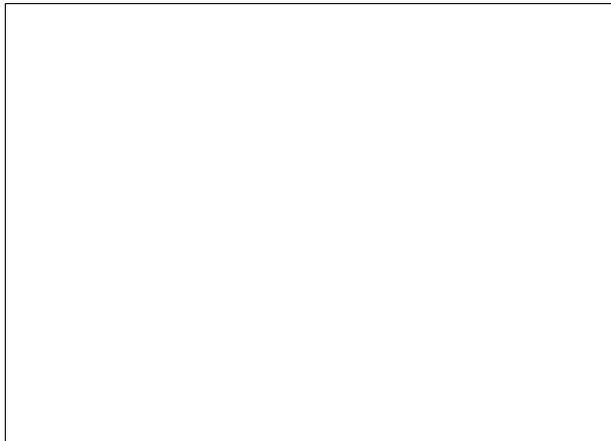
The effects of Reiki build up cumulatively, you see, and having a course of treatments helps to produce long-term beneficial changes for you on many levels.

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

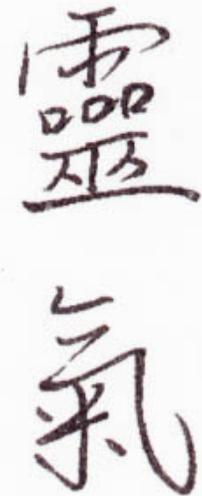
Reiki is safe and will complement any form of complementary or medical treatment.

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

To find out more about Reiki and what it can do for you, and to book your first Reiki treatment, please contact:



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.