

What is Reiki?

Reiki is a Japanese form of energy healing where trained Reiki practitioners use a technique where universal energy is transferred through the practitioner to the client in order to encourage emotional, physical, mental or spiritual healing.

The word "Reiki" comes from the Japanese words "rei," meaning "universal," and "ki," which refers to the vital life force energy that flows through all living things. Reiki works by balancing the flow of energy in the body, which can lead to a number of health benefits, including:

- Reduced stress and anxiety
- Improved sleep
- Increased relaxation
- Pain relief
- Improved circulation
- Enhanced immune function
- Faster healing of injuries
- Promoting the bodies natural ability for self-healing
- Healing holistically - Body-Mind-Spirit
- Adapting to the natural needs of the receiver
- Clearing toxins
- Balancing the energies in the body by working with the chakras, meridians and the auric field
- Promoting creativity
- Treating symptoms and causes of illness
- Releasing blocked and suppressed feelings
- Enhancing personal awareness
- Reiki is a safe and non-invasive therapy that can be used for people of all ages and health conditions. It is often used as a complementary therapy to traditional medical treatments.