

Reiki

Energy Healing For You!



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Definitions



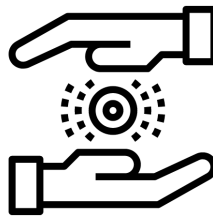
The word Reiki is composed of two Japanese characters

“Rei” means universal.

“Ki” means life energy.

Reiki is the life force energy that flows through all things.

What is Reiki?

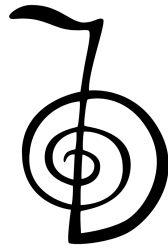


Reiki is a safe, ancient healing technique that can facilitate healing, promote relaxation and restore balance.

Trained practitioners support the flow of energy through your body using various symbols and hand placements.

Reiki can be done seated, lying or from a distance.

History of Reiki

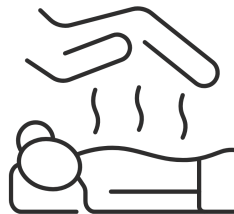


Dr. Mikao Usui is credited for the discovery of Reiki in the 1900's.

His system has been passed along through a long lineage of grandmasters.

Usui Reiki remains the most commonly practiced of the several forms that exist today.

What to Expect



The Reiki practitioner may apply light touch and/or hold their hands over your body while you are comfortable and fully

clothed. You may wish to close your eyes or soften your gaze.

You may feel warmth, tingling, relaxation, other sensations, visualizations such as color or nothing at all.

Regardless of your experience, the energy is still there.

What Reiki is Not



Reiki is not associated with any religion.

Reiki is not massage.

Reiki does not involve any suggestion, persuasion or special power.

The Reiki practitioner is the conduit that helps energy flow.