

REIKI

The channelling of universal energy

The Reiki healing system was founded at the beginning of the 19th century by a Buddhist monk and spiritualist named Makao Usui. It works by allowing the recipient space to rejuvenate their own healing powers.

It is a holistic session for mind, body and spirit. Repeated sessions will boost your sense of wellbeing, ease depression, strengthen the immune system and help alleviate physical ailments. It can release trauma in the body and therefore helps to ease emotional holding.

The depth of healing is regulated by your own needs and may bring increased awareness that will help you.

Reiki or universal energy will be directed to the seven major energy centres of the body (root, sacral, solar plexus, heart, throat, third eye and crown) by placing the hands on or directly above the body. This channelling of energy to the recipient helps to balance the energy in the centres. Some other areas and minor energy centres are also included in a balancing session.

The session is usually given with the recipient lying or sitting, fully clothed except for shoes. It is good to take time to relax afterwards and drink water or herbal tea.

