

## Reiki - A Definition

REIKI is a Japanese word meaning "Universal Life Force or Energy"/ When further broken down into its component parts. "Rei" and "Ki" respectively, the definition reads "Transcendental Spirit, Mysterious Power, Essence".

Simply put, Reiki healing is the transmission of energy through the practitioner to the client in order to heal, restore and renew body, mind and spirit.

### What can Reiki do?

Reiki may be used on self, people, animals, plants and even inanimate objects, directly and over distance and time

Reiki activates and enhances your healing process - on physical, emotional and spiritual levels

Reiki can help alleviate pain

Reiki reduces stress, anxiety and fear

Reiki produces a profound sense of relaxation

Reiki revitalizes

Reiki nurtures

### What Reiki is not.

Reiki is not a religion nor is it a cult. It does not require any specific belief system on the part of the recipient other than a sincere wish to experience it and the intention to accept the healing offered.

Reiki is not massage. Reiki is non-manipulative and non-invasive and is suitable for all ages. It is not a substitute for medical treatment but rather an holistic complementary therapy.

### What is a Reiki treatment like?

A Reiki session takes place with the recipient fully clothed. The Reiki practitioner acts as a channel for the healing energy, She receives it and then transmits it through her hands which she respectfully and gently places upon the body in a series of configurations. It is also possible to perform Reiki healing entirely without touch if preferred. A Reiki Level II practitioner is also able to perform this healing in absentia.