

LEARNING REIKI

Reiki is simple to learn and anyone can learn it. You do not need to have any prior experience, just an interest in learning a new technique for relaxation, self-care and healing.

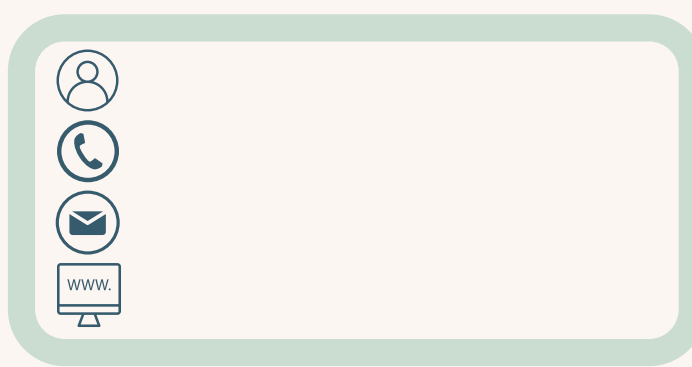
On an introductory “First Degree” course you will learn how to tune back into the life-force energy around and within you and learn how to use Reiki to find balance. You will also learn a simple set of ‘rules to live by’ set down by Reiki’s founder. Reiki is not a religion and it is practised by people from all walks of life.

CAN I USE REIKI ALONGSIDE MEDICAL TREATMENT?

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.



BRING THINGS INTO BALANCE WITH REIKI

Find out what learning Reiki or receiving a Reiki treatment can do for you



WHAT CAN REIKI DO?

Anyone can benefit from a course of Reiki treatments, no matter 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

TREATING YOURSELF

Once you have learned Reiki, you will be able to treat yourself. This is a wonderful relaxing process that will leave you feeling content, comforted and at peace with yourself and the world. You can "self-treat" every day!

WHAT IS REIKI?

Reiki (pronounced "Ray-key") is a simple Japanese energy-balancing method that is used by millions of people all over the world. It is most well known as a hands-on energy treatment technique, and many people have regular Reiki treatments.

Reiki was discovered by Dr Mikao Usui in the early 1900s in Japan. People use Reiki for relaxation, self-healing, for spiritual- or self-development, and to treat others.

Those that practice Reiki are called Reiki Practitioners or Reiki Masters.

Reiki is not a religion and is open to all people regardless of race, religion or gender.

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 is drawn through the Practitioner into the recipient, helping to produce a state of balance.

You might experience deep relaxation, tingling, heat from the Practitioner's hands, or feel like you are floating. You might feel nothing: everyone is different. Please note that the recipient remains clothed throughout the session.