



WELL-BEING CLINIC

RECOVER • RECHARGE • RELAX

What is Reiki?

It's a non-invasive Japanese energy healing system that restores balance to the body. Putting the body's energy centres to a healthy state to eliminate toxins, conflicts within the mind, body and spirit. Reiki cleanses and balance health and wellness. It's a natural way to assist and enhance the body's natural ability to heal itself.

Reiki reduces stress and help promote relaxation that promotes healing. It is administered by 'laying on hands' which is based on the idea of unseen life force energy flows through us and what causes us to be alive. If one's life force energy is low then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

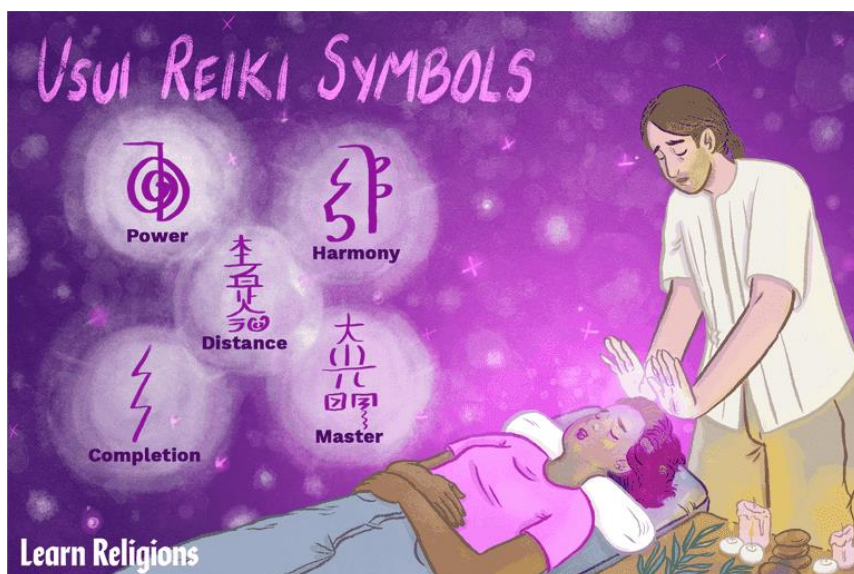
The word Reiki is made of two Japanese words Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy".



A treatment gives a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit to create many beneficial effects. They include relaxation and feeling peace, security and wellbeing.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.



Written By Laura