



How Can Reiki Help

Healing for everyone begins with releasing the stresses and traumas of life because these are what create energy blocks which in turn can cause physical pain, emotional distress, mental confusion and much more.

Choosing Reiki as an Alternative Healing method is accepting responsibility for your well being, embracing change in your life, and accepting Divine Guidance. Healing begins with you.

People use Reiki to relax and strengthen their wellbeing; reduce pain, anxiety, and fatigue; help manage symptoms; reduce side effects of medications; and support recovery after injuries or surgery.

Reiki can:

- Accelerate healing
- Assist the body in cleansing toxins
- Balance the flow of subtle energy by releasing blockages
- Help the client contact the 'healer within.'

Reiki may help ease:

- Pain
- Sleep problems
- Nausea
- Anxiety
- Depression
- Tension
- Grief

Afterward, some people have a slower heart rate, lower blood pressure, and a drop in stress hormones. Also, their immune systems seem to work better.

Because of this, Reiki can be used to help conditions like:

- Cancer
- Chronic fatigue syndrome
- Infertility
- Disorders that affect your brain, like MS, Parkinson's or Huntington's disease