



What is Reiki?

Reiki (pronounced Ray Key) is a combination of two Japanese words, Rei and Ki meaning “Universal Life Force Energy” or “that which is of God”. Reiki is an ancient laying-on of hands healing technique that uses the life force energy to heal, balancing the subtle energies within our bodies. Reiki addresses physical, emotional, mental and spiritual imbalances.

When we are ill or in disease, we actually find ourselves “out of ease” or imbalanced. This imbalance is our mind-body-spirit out of alignment with the Divine Spirit, the Universal Life Force Energy. Our illnesses are symptoms of underlying causes, be they emotional, physical, or spiritual baggage that we tend to carry and store. The fact is that we do not practice how to let things go very well. The stresses and traumas of our lives create blocks in the flow of our energy which can create physical pain, emotional distress, mental confusion and much more. Reiki goes to the source, unleashes, and cleanses the dark energy and allows balance to be re-established. Reiki energy flows through the practitioner’s body and hands.

What is a Treatment Like? What Can you Expect from a Healing?

The client either lies on a table or sits in a chair and remains fully clothed. The Reiki practitioner will place his hands lightly on different parts of the body or slightly above the body. Reiki energy flows where it is supposed to flow and will feel hot, warm, cold or a vibration sensation depending on what is needed.

A Reiki Healing will bring calm, peace and a feeling of rejuvenation and well being. The Reiki Energy will help to unleash unresolved emotional stresses and traumas and help the client deal with those unresolved issues. Reiki is gentle and non-invasive and combines well with and supports traditional medical treatments.

Is Reiki Safe?

Reiki is a gentle energy healing which is safe for everyone, including infants, children and seniors. Seated Reiki Treatment is possible for clients who have mobility restrictions.

What is the duration of a Reiki Session?

A Reiki Session will vary in time from client to client. Children and infants require much less time. An average session will be approximately 1- 1 ½ hour, including discussion and consultation.