

# REIKI

Reiki is a Japanese energy technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is 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.*”

Reiki feels like a wonderful glowing radiance that flows through and around you. Many times in a Reiki session, a client may feel temperature changes, the feeling of a warm breeze blowing over the body, or sometimes a tingling. Reiki can focus on the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.



Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. Actually, many traditional medical facilities are beginning to use and acknowledge the benefits that Reiki can bring. 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.

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