

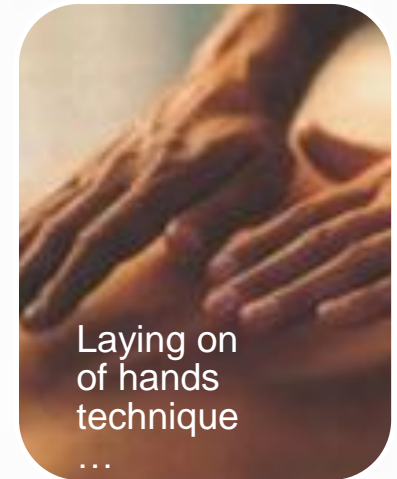


# Reiki Therapy

By  
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# The Word Reiki

- Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki is a “laying on of hands” technique, and techniques such as this have been used for thousands of years throughout many cultures and belief systems.
- The term Reiki comes from two Japanese words: *Rei* and *Ki*.
- The word *Rei*, in the most general sense, means “universal” or “present everywhere”. As used in the term Reiki, however, it more specifically and accurately refers to universal higher knowledge or spiritual consciousness. It is the all-knowing wisdom that comes from God/ the Higher Self/ God-Consciousness and understands each person, including the roots of their problems and difficulties and how to heal them.



Laying on  
of hands  
technique

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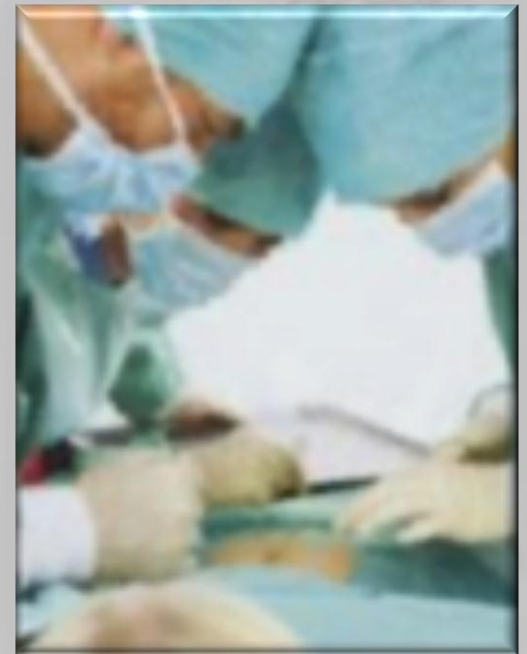
## ... The Word Reiki



- The word *Ki* is synonymous with the word *Chi* or *Qi* in Chinese, *Prana* in Sanskrit, *Ti* or *Ki* in Hawaiian, and many other names in other cultures and traditions. No matter the term or culture, *Ki* is the universal life force, the non-physical energy that animates all living things. All living things have *Ki* flowing through and around them, and this *Ki* departs at death. When *Ki* is low or its flow is restricted, we are more vulnerable to illness.
- Conversely, when *Ki* is high and flowing freely, we are less likely to get sick or be in a state of dis/ease. *Ki* is the primary energy of our emotions, thoughts, and spirit or spiritual life. This field of *Ki*, or life energy, can be photographed through a technique called Kirlian photography and includes what is referred to as the aura.

# Healing powers of Reiki

- Reiki is powerful and gentle. Throughout its history, it has aided in healing virtually every known illness and injury. It is always beneficial and will improve the effectiveness of all other types of therapy. You can continue to receive regular medical and psychological treatment while receiving Reiki, but with improved and accelerated results.
- Reiki is also successfully used to complement psychotherapy and other forms of therapy to improve and accelerate the healing of emotional trauma and other related issues. Its psychological benefits can include improved memory and self-confidence, the cleansing of emotional scars and pain, a greater sense of peace, and the facilitation of your therapeutic process.



# Helpful, powerful, spiritual

- Besides enhancing the results of any medical treatment, Reiki will reduce negative side effects, shorten healing time, reduce or eliminate pain, reduce stress, and help promote optimism. It has been regularly noted that in cases where Reiki is used in conjunction with regular medical treatment patients leave the hospital earlier than those who don't.
- Reiki is not a religion, nor is it associated with any religion. Reiki does not require belief in Reiki or any other spiritual or religious beliefs to be effective. It simply is. However, many report a deeper connection to their own religion or spiritual tradition through the cleansing process of Reiki therapy
- To learn more about Reiki – [Click Here](#)
- To talk to a Reiki Practitioner, or Book a Reiki Session – [Click Here](#)