

REIKI

Reiki is a Japanese 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 ones “life force energy” is low, then we are more likely to set sick of feel stress. 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 feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person – including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of 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.

Because Reiki is such a gentle therapy, it is suitable for everyone, from the newborn to the frail and elderly, during pregnancy and after surgery, regardless of your state of health. Reiki is safe and effective and can be used together with both conventional and complementary treatments. It can help to accelerate healing of physical problems, balance your emotions and mentally calm and soothe you, relieving symptoms and addressing the causes of even long term problems. It is deeply relaxing and allows you to experience a profound sense of peace and contentment.

Reiki can also be used to encourage and support positive personal change you wish to make, such as adopting a healthier lifestyle. It can help you improve the quality of any relationships, whether at home or work and allow you to enjoy a more resourced state of being.

AVAILABILITY

Counselling is available at Emery House Clinic. Phone for the days and times of the practitioner.

PRACTITIONER

Sarajane Starmer, [Reiki 3 Master Practitioner], practising at Emery House Clinic