



# **REIKI**

## ***treatment***

**Do you need a Reiki treatment? Or do you long for peace, balance, awareness, healing, vitality or enlightenment ? Then Reiki is definitely for you.**

### **WHAT DOES A TREATMENT INVOLVE ?**

The first time we will have a short conversation to get to know each other, have a word and to know your reason for coming and your expectations.

The room we are in is surrounded by candlelight, possibly a touch of incense and some appropriate background music.

During a treatment you lie with clothes on a comfortable massage table, and I place my hands on different parts of your body.

Through my hands, Reiki energy flows to those areas of the body most in need of recovery and harmony.

A treatment takes about one to one and a half hours.

### **WHAT IS REIKI ACTUALLY?**

Freely translated, the Japanese term Rei-ki means Universal life Energy (Chi, Prana, Light).

Reiki is a healing method that uses directed life force energy, a therapy based on the transmission of healing, soothing, loving energy through the hands.

The universal energy flows within each of us, it is the primal energy created for all of us.

It flows continuously through all living things and strengthens our physical and mental health.

With Reiki we can replenish our used energy.

Reiki is directed by a higher power and cannot harm.

A Reiki treatment helps to relax, it makes you feel nice and blissful and reduces stress.

When we are healthy we feel strong, satisfied and in harmony with ourselves, when we fall out of this harmony, our body responds with a disturbance or illness.

This disturbance begins first in the mind and only later reveals itself in a physical symptom. Our body reflects our state of mind.

Reiki helps balance the energies in the body and mind, and treats the symptoms and the cause of complaints. It removes blockages, promotes the natural self-healing process and brings the body back into harmony.

Reiki strengthens the immune system and drains toxins, also promotes self-awareness and meditation. The Reiki energy connects you to a loving source of healing on all levels.

Reiki is not linked to faith, religion or suggestion!

### **WHEN DO WE USE REIKI?**

To cleanse the body of toxins.

Reduction of stress.

To ease symptoms during the menopause.

In students with exam anxiety.

For all skin complaints.

To ease aches and pain.

Before and after surgery.

For a faster recovery, good detoxification of medication.

For sleep problems.

During pregnancy.

In preparation for childbirth.

Treatment in children makes them calmer, reduces fears, gives more self-confidence.

In addictions.

For fatigue, lack of energy.

And numerous other issues.

For further questions, reiki treatments, reiki initiations, chakra and aura healing,...

Contact us at the email address below:

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