

REIKI

Reiki – A time honored, sacred method of bringing balance and harmony to the body – physically, mentally and spiritually.

Reiki – Has been in the oral tradition during it's history, so there is little about it but records of this ancient therapeutic date back almost three thousand years.

Reiki – A Japanese word meaning universal life force. It's described in Buddhist text as a practice that heals the body using energy that is present throughout the universe.

The technique is simply placing ones hands on oneself or another. The healing energy flows from the universe into the one that's placing the hands by way of the top of the head and flows out through the hand to the recipient.

One of the unique happenings is that the giving hands become sensitive or aware of imbalances in the receiving body. The person receiving may find the giving hands warm or hot, even possible tingling, in areas they are touching. The individual receiving may also become very tranquil, stress free or sleepy.

Everyone's experience is different and unique to each individual.

REIKI is a not a cure for any disease but we find that by harmonizing the energy flow in the body, your state of well-being improves.