



Reiki

Your Hands Can Heal

“Reiki” is an ancient healing technique which balances the body, mind and spirit. It is a non-invasive treatment which reduces stress, allowing the body to heal itself. It has a direct effect on the endocrine system and the chakra system, which in turn has a positive energetic effect on the functions of the body’s organs.

The client remains fully clothed, only removing their shoes. The client is lightly covered with a blanket in order to maintain the body’s temperature for comfort and to provide a protective barrier between themselves and the healer.

When the healer places their hands on or near the client, there begins an immediate flow or transfer of healing energy/ki or prana. This energy may feel hot, cold, pulsate or tingle; every treatment varies. This experience is extremely relaxing, calming and natural.

During the treatment, the healer will scan the chakra system in the body in order to feel where there may be blockages. These blockages residing in the client’s energetic energy field will then be removed. At this point of the treatment the healer will then channel universal energy to the body, which in turn boosts the body’s energetic physical condition.

The treatment may last from one to two hours depending upon on the practitioner. When the treatment has been completed, the client is then grounded - this is extremely important - then

encouraged to drink a glass of water; this assists the body in eliminating any toxins that may have been shifted during the treatment.

On completion of the treatment the client may feel that they need to discuss their experience and at this point the healer may be required to discuss findings during the treatment. Adequate time needs to be set aside for this.

An explanation should be given to the client on how often treatments should be administered for the best results.

After an initial treatment it is recommended to receive a course of at least four treatments for maximum benefit. These should ideally be spaced at 3-4 day intervals. Thereafter a “maintenance programme” either twice monthly or monthly is advised depending upon the severity of the condition being treated.

Information supplied by Victoria Gosher, Your hands Can Heal School of Reiki, Wadhurst, East Sussex Tel: 01892 784012

What the clients say...

“I must write and tell you that having undergone a course of twelve Reiki treatments, I am very pleased with the outcome. As you are aware when I came to you I was somewhat sceptical of how you would be able to help, with my particular problems of stress and physical pain. In the course of my treatment you managed to localise my pain, isolate and eventually cure it, but more important and of particular significance is the fact that reiki managed to remove all tension with the result that I am now a much more relaxed individual with added benefit of being able to sleep soundly at night.” **Morrison**

“After a year of aches and pains and a fair few sleepless nights, I thought I would try Reiki....Wow! The results speak for themselves” **Graeme**

“ I have found Reiki invaluable for managing stress and anxiety. Reiki has helped me to relax and to banish negative thoughts, and was of enormous help to me when my mother died recently. Because Reiki treats both the mind and body it is a completely healing experience; I would recommend it to anyone, stressed or not!”