

REIKI



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What is Reiki?

Reiki (Ray-key) is an ancient art of hands on healing. Its origins are Indian but it is more widely associated with Japanese culture.

The holistic approach of Reiki enables the body to use its own natural healing abilities.

Reiki uses the life-force energy or Ki that flows within and all around us like wind or water. There are many different names for this energy. It affects our life and our well being.

When this energy becomes low or unbalanced we may not feel as well as we should. Reiki activates the energy to balance and improve our health and well being.

Reiki can help to alleviate many symptoms when incorporated into a healthy lifestyle, relieving stress, assisting relaxation and promoting a more positive attitude.

The Treatment

A full Reiki treatment lasts about an hour. The practitioner places the hands, for about five minutes at a time, over the head and the body, front and back, on the Chakras, or main energy centres.

The patient remains fully clothed and may sit or lie down comfortably while listening to gentle music. Although relaxing, the treatment can also be energising.

Each experience of Reiki is individual and may be different for everyone who receives it. Sensations such as heat, coolness or tingling may be felt. Sometimes the beneficial effects can be felt long after the treatment is over. Some patients return for regular treatments, others come as they feel the need.

Reiki is a very gentle form of treatment. It has no association with any religion, faith or belief system and can be given to anyone who is willing to receive.

Reiki is not intended to be used as a substitute for professional medical treatment or advice.

Bev is a trained Nurse and Midwife and also a fully qualified Homeopath, if you need further advice or information, or wish to make an appointment please telephone 01275 877335. Gift vouchers are available.

Or contact The Oakspring Natural Health Clinic, Melbourne Terrace, Clevedon. Tel: 01275 874832