

What is Reiki?

Reiki is a natural healing energy that is accessed by every living thing. Reiki is channelled and amplified by the practitioner to help the body heal itself. It works on the physical, emotional, mental and spiritual levels. The practice of Reiki was developed by Dr Mikao Usui in Japan in the early 20th century.

The Japanese word Reiki means 'Universal Energy'. Eastern medicine has always recognised and worked with this energy, which is vital to wellbeing; known as 'ki' in Japan, 'chi' in China and 'prana' in India. Acupuncture, Tai chi and Yoga are also based on the free-flow of this energy in a person.

Reiki is a non-invasive therapy whose aim is to treat holistically and to restore homeostasis (harmony in the body).

Safety

Reiki is a gentle yet powerful complementary therapy that may be used with confidence alongside orthodox healthcare. As such, it expands treatment options.

Reiki is not, however, an alternative to conventional medicine. You should therefore always consult a GP about acute or infectious conditions, and in connection with problems of an urgent nature.

What Happens During a Session?

A Reiki treatment is non-diagnostic, non-invasive, non-manipulative and no pressure is applied.

There is no need to remove any clothing as Reiki energy passes easily through all materials, including plaster casts.

The practitioner places their hands gently on or over the body. The recipient automatically draws in only as much energy as is needed, using it in whatever way is most appropriate to the body at that time.

Reiki may be experienced as a flow of energy, mild tingling, warmth, coolness, other sensations, or nothing at all.

Reiki is deeply relaxing and has a profoundly calming effect. It is a good idea to rest for a while afterwards and drink plenty of water over the next few days.

Be responsive to your body's needs eg: resting if tired, and allowing the energy to continue its work in the days following the session. The beneficial effects may be felt for several days.

Frequency of Treatments

Even one single Reiki session may make a difference; however a course of regular treatments may be more effective. These could be weekly, fortnightly or less often, depending on individual needs.

A treatment plan will be discussed with you, and reviewed as necessary. This will always be subject to your own preferences, and can be changed at any time in line with progress.

Choosing a Practitioner

All practitioner members of the UK Reiki Federation (UKRF) and the Complementary & Natural Health Council (CNHC) have insurance, and choose to adhere to comprehensive Codes of Ethics and Standards of Practice. These are available on request.

What are the Benefits?

Illness can be a time of great stress. Reiki can help us cope by encouraging relaxation and bringing balance to both mind and emotions. Benefits reported by clients/Patients include deep relaxation promoting a calm, peaceful sense of well being; on all levels.

Reiki encourages and supports positive personal choices such as improving diet, taking more exercise, devoting time for rest or leisure activities, and may reduce the need for alcohol and tobacco. Engendering greater inner harmony and balance, regular Reiki treatments promote a calmer response to life's challenges.

Reiki is being used in various locations including private practice, complementary therapy centres, GP surgeries, hospitals, hospices, cancer support groups, post-

operative recovery, drug rehabilitation, prisons, HIV/AIDS centres, and in the care of the elderly.

Why not treat a friend or a member of the family?

Gift Vouchers are available for those who are difficult to buy for – what better than to give a gift that will benefit their health and well-being too.

We can offer Pamper Parties - let us arrange a pampering party for you and your friends with a therapy of your choice and a card reading each.

For more information about this or other therapies we offer, please contact us:

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Client Information

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