

靈氣

REIKI

"THE SECRET ART OF HAPPINESS"

by
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WHAT IS REIKI ?

Reiki is an ancient system of natural healing based on the Eastern premise that there is a universal life-giving energy all around us and within us. The Japanese word "Reiki" actually means "universal life force energy". This life force energy or "ki" is given to us at birth and we use it up in the business of ordinary daily living; consequently, we need to create fresh supplies of this energy on a daily basis. When we are unable to make up for our energy consumption for a prolonged period, we may become physically or emotionally ill. Similarly, if our supply of life force energy is very low or depleted, we can suffer from physical, mental and emotional exhaustion and can become irritable, bad-tempered and depressed as a result.

You can replenish your supply of this energy by having a Reiki treatment, during which the therapist simply acts as a channel through which your system can receive the extra energy it needs.

You can learn how to treat yourself by taking a Reiki Level 1 course which is normally run over two days or equivalent with pre-course study pack. This first level course provides a wonderful standalone introduction to the process of self-healing in particular, helping us to greatly enhance our health and wellbeing. You need no previous experience whatsoever to attend.

WHAT HAPPENS IN A REIKI TREATMENT?

As there is no belief system attached to Reiki, anyone can receive or learn to give Reiki. The only thing you need is a willingness for healing to take place. During a treatment, you simply lie fully clothed on a couch (or sit in a chair) and relax. The therapist then gently places their hands in a non-intrusive way and in a sequence of positions on or above the body. Apart from relaxation, some of the feelings you may experience during a treatment include: absolutely nothing at all / warmth from the therapist's hands / coolness / tingling or floating sensations / an awareness of beautiful colours in your mind's eye / deep calm and restfulness.

HOW CAN REIKI HELP YOU?

Reiki can often help to ...

- Relax you when you are stressed
- Bring about deep relaxation
- Centre your thoughts when you are confused
- Energise you when you feel drained
- Calm you when you feel afraid
- Focus your mind and help you solve problems
- Relieve pain
- Accelerate the natural healing of wounds
- Enable your body to release toxins
- Dissolve energy blockages
- Prevent the development of disease
- Release emotional wounds
- Enable you to change negative conditioning and behaviour patterns
- Support you through times of challenge and crisis
- Increase your self-confidence and creativity
- Awaken you to new insights and possibilities in your life

The benefits of learning about Reiki by taking a Level 1 course are limitless because by increasing our awareness of how the energy of the universe works, Reiki enables us to become more consciously aware of how we can best use our own individual supply of the universal energy. In my experience, this growing awareness is deeply empowering as it enables us to strengthen and improve our capacity to respond positively to change. As life is ever-changing - particularly in the times in which we are now living - this is a most precious skill to develop and build upon, not only for ourselves but for the sake of others too. For me, the experience and practice of Reiki has brought countless benefits including the wherewithal to change my life and become more and more my true self. In my view, the Usui System of Natural Healing serves as a most wonderful aid to self-healing, self-development and to sustaining us on our soul's journey. Equally, as an immensely versatile and practical tool in everyday life - (especially for the giving and receiving of healing treatments) - reiki is a gift of inestimable value and truly "the secret art of happiness".

HOW MANY TREATMENTS WILL I NEED?

Although a single Reiki treatment will be beneficial, a course of three treatments is usually recommended to provide a sound introduction to the full benefits of Reiki. Your therapist will suggest and discuss with you a treatment plan to suit your needs.

IS REIKI SAFE?

As Reiki simply supplies the body with additional energy to heal itself it can be used with complete safety on people of all ages and irrespective of whatever illness may be present. Reiki is not in any way diagnostic. NB: It is important to be aware that Reiki is not a substitute for treatment by a doctor. /END