

Reiki

When the flow of the "Life Force Energy" is disrupted, weakened or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, including fear, worry, doubt, anger, anxiety, negative self-talk, toxicity, nutritional depletion, destructive lifestyle and relationships, neglect of self and lack of love for oneself or others, from emotions that are not expressed in a healthy way...

Reiki is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results.

One of the greatest Reiki healing health benefits is stress reduction and relaxation, which triggers the bodies natural healing abilities, and improves and maintains health. Reiki healing is a natural therapy that gently balances life energies and brings health and wellbeing.

Reiki is a specific type of subtle energy work in which healing is performed by the touch of the hands, allowing the flow of the energy from a limitless source to the patient via the Reiki practitioner.

When we are relaxed, stress-free, we are able to restore our natural ability to heal. Long term practice of whole-body reiki will restore the general condition of the body. It will open the energy channels and this will allow the body to deal properly and naturally with stress and build-up toxins and cope with anxiety and depression.

When a person is in good health, regular therapy will increase the bodies built-in defences. This will manifest itself as confidence and outward harmony in dealing with everyday events. The person will gain a positive outlook on life.

Reiki will also provide additional energy required to recover from illness.

Some of The Reiki healing Benefits

- Creates deep relaxation and aids the body to release stress and tension,
- It accelerates the bodie's self-healing abilities,
- Aids better sleep,

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Written by REIKI

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- Reduces blood pressure
- Can help with accute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions,
- Helps relieve pain,
- Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony,
- Assists the body in cleaning itself from toxins,
- Supports the immune system,
- Raises the vibrational frequency of the body,
- Helps spiritual growth and emotional clearing

1 Hour \$99