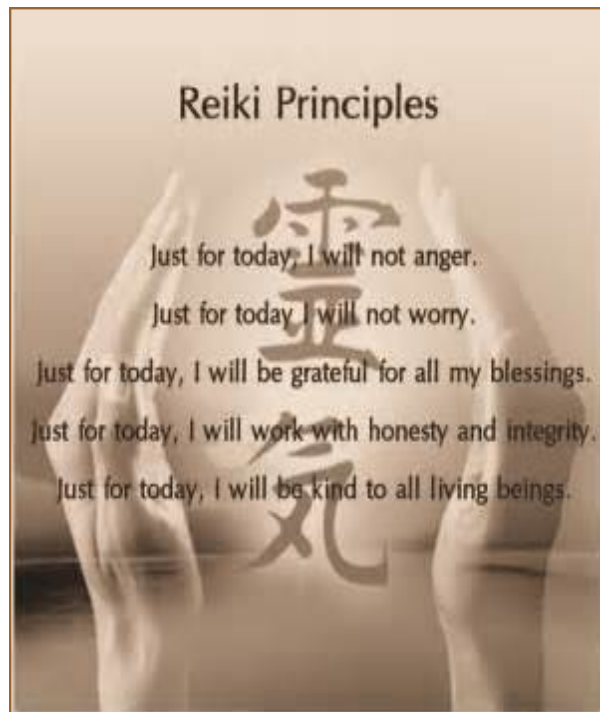




Mikao Usui 1865—1926



CAROL BANTICK
Reiki Practitioner

£30 PER HOUR

(Includes consultation and health history)

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GIFT VOUCHERS
&
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Reiki

Reiki (霊気)

What is Reiki ?



Health Benefits

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

It is administered by the “laying on of hands” and is based on the unseen “life force energy” that flows through us and is what causes us to be alive.

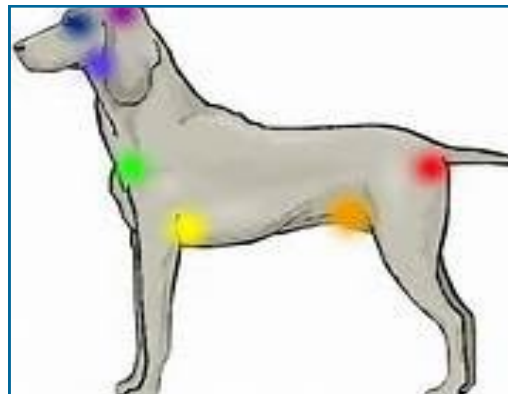
The word reiki is made up of two Japanese words— Rei which means “ wisdom or the higher power/spiritual consciousness\” and Ki which is “life force energy”. So reiki is actually “spiritually guided life force energy”.

Reiki is a simple, natural and safe method of spiritual healing and self improvement that everyone can use. It has been effective in helping virtually every known illness and disease and also creates a beneficial affect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promotes recovery.

A treatment of reiki feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.



Chakras (energy centres)
must be balanced
for good health



- Creates deep relaxation and aids the body to release stress and tension
- It accelerates the body's self healing abilities
- Aids better sleep
- Reduces blood pressure
- Can help with acute (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 cleansing itself from toxins
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy
- Supports the immune system
- Increases vitality and postpones the aging process
- Raises the vibrational frequency of the body
- Helps spiritual growth and emotional clearing