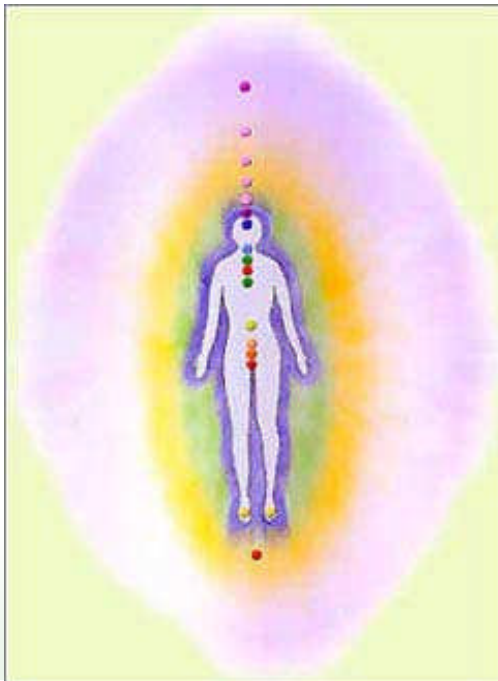


CHAKRAS

Vital Energy Centres

There are seven main Chakras that govern our physical, emotional, mental and spiritual well-being.

Living in today's society it is common place for our Chakra energy to be blocked. Balancing and harmonising of the Chakra's can be incorporated into a Reiki treatment



REIKI PRECEPTS

Just for today release all anger

Just for today release all worry

Just for today honour your parents, teachers and elders

Just for today do your work with honesty and integrity

Just for today be kind to every living thing

It's easier to act yourself into a new way of thinking—than think yourself into a new way of acting

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REIKI



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(Practitioner)

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Peace of mind, body and spirit



WHAT IS REIKI?

REIKI originated in Japan by Dr Mikao Usui who was inspired to develop this healing system after many years of meditation and study.

REIKI is a natural hands-on healing treatment and translated means—
'Universal Life Energy'.

Dr. Mikao Usui dedicated his life to practicing and teaching Reiki and today Reiki continues to be taught by Reiki Masters who have been traditionally trained by Masters themselves



BALANCE

REIKI TREATMENT

A Reiki treatment is a very simple process. The client is fully clothed and can receive a treatment laying down or sitting in a chair. The most important consideration is that the client feels comfortable and relaxed. The Reiki practitioner, using his / her hands will place them non-intrusively in various positions which will cover the whole body. The treatment can last for up to an hour



HEALING

For further information or to book an appointment please call Theresa on:

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MOBILE: 0781 256 6940

SESSIONS FROM £15

HOW DOES IT WORK?

Reiki (pronounced Ray-Key) can be defined as energy which exists in all creative matter (animal, vegetable and mineral)

A Reiki Practitioner has received attunements to transmit this life-energy through their hands to the recipient.

This activates the body's natural ability to heal itself; it works wherever it is needed most and can help to release blocked energies and

reinstates a sense of balance. Reiki is a natural way of working and is very safe.

It can support mental, emotional, spiritual and physical well-being in a non-invasive, gentle and peaceful way



SPIRITUAL STRENGTH