

USUI SHIKI RYOHO

Usui System of Natural Healing

What is Reiki?

Reiki (Ray –Key) Is Japanese for Universal Life energy.

Reiki is Hands on Healing, balancing the Emotional, Physical, Mental and Spiritual system of a person.

The Reiki treatment is done by the Reiki Practitioner channelling Reiki energy and then placing their hands on the recipient at different locations on or above their body. The recipient takes what they need to balance their system.

Reiki can pass through clothes, bandages, plaster casts or a suit of armour! The recipient may experience heat, cold, tingling or pulsating from the Practitioners hands during treatment.

Reiki can do no harm and does not interfere with other treatments or medications

The Benefits

- A Reiki treatment releases blocked energy and promotes relaxation and reduces stress.
- It increases vitality and stamina
- It helps to cleanse the body of toxins
- It gives you a sense of wellbeing
- It restores the natural balance of the body
- It accelerates the bodies ability to heal physical ailments
- Reiki also benefits animals, plants and the food we eat.

Usui Shiki Ryoho (the Usui System of Natural Healing), known as **Reiki**, is a form of healing received and developed 100 years ago by a Japanese man, Mikao Usui, and brought to the West via Hawaii in 1937. Usui System is a way of working with Reiki for healing of self and others.