

# Reiki for People



The name Reiki (pronounced “ray-key”) comes from the Japanese words “Rei” meaning spirit and “Ki” meaning energy. Energy is all around and within us this can sometimes become blocked so causing imbalances on the Physical, Emotional, and Mental or Spiritual level.

The Therapist acts as a pure channel for energy to pass through to the recipient, REIKI will only work for the greatest and highest of good it cannot be pushed upon the recipient and will go to the levels that need work.

A simple science-based definition: By Dr. James Oschman

*“Healing energy, whether produced by a medical device or projected from the human body, is energy of a particular frequency or set of frequencies that stimulates the repair of one or more tissues.”*

[www.equilibrium-e3.com](http://www.equilibrium-e3.com)

Treatments can be couched based or seated with the client remaining fully clothed; you will be asked to remove jewellery (necklace, watch, bracelets) so this will not interfere with the flow of energy. I practice hands on which means the placing of hands on traditional points throughout the body (**dignity & respect maintained at all times**) REIKI involves **NO** manipulation of muscle or skeletal.

Before starting any treatment the Therapist will set their intention to work with the client, the Therapist will then make a connection with the client by starting at the crown and then working down each side of the body, you will not be required to roll over if couch based as energy flows where it needs to go.

## Consultation and Aftercare

Before any treatment can take place a consultation will be needed, during this time you can discuss about the treatment and all aftercare advice will be given.

## What to Expect During a Treatment

Everyone will have a different experience from warmth to cold, to sensing bright light to a release of emotions, there is no right or wrong way it is just as it is. All too often we hold great expectations of what will be and when this need is not met we question the “Whys” and “what ifs” when sometimes just letting go and being present is all that is needed.

Your treatment will last for approximately 60 minutes during this time your Therapist will check in with you to make sure that you comfy and warm enough.

## Objective & Benefits of Reiki

To relieve tensions and anxieties that is caused by daily stress, a chance for Mind and Body to connect as Reiki works on the four levels; **Physical, Emotional, Mental and Spiritual.**

## Treatment Costs

Home treatments (radius outside 5 miles of Crook; extra cost 45p per mile to be added) & various venues.

### • Initial treatment;

Cost £30.00 (Time approximately 70 minutes)

First treatment to include; (Initial Consultation with form to be filled in and after care advice).

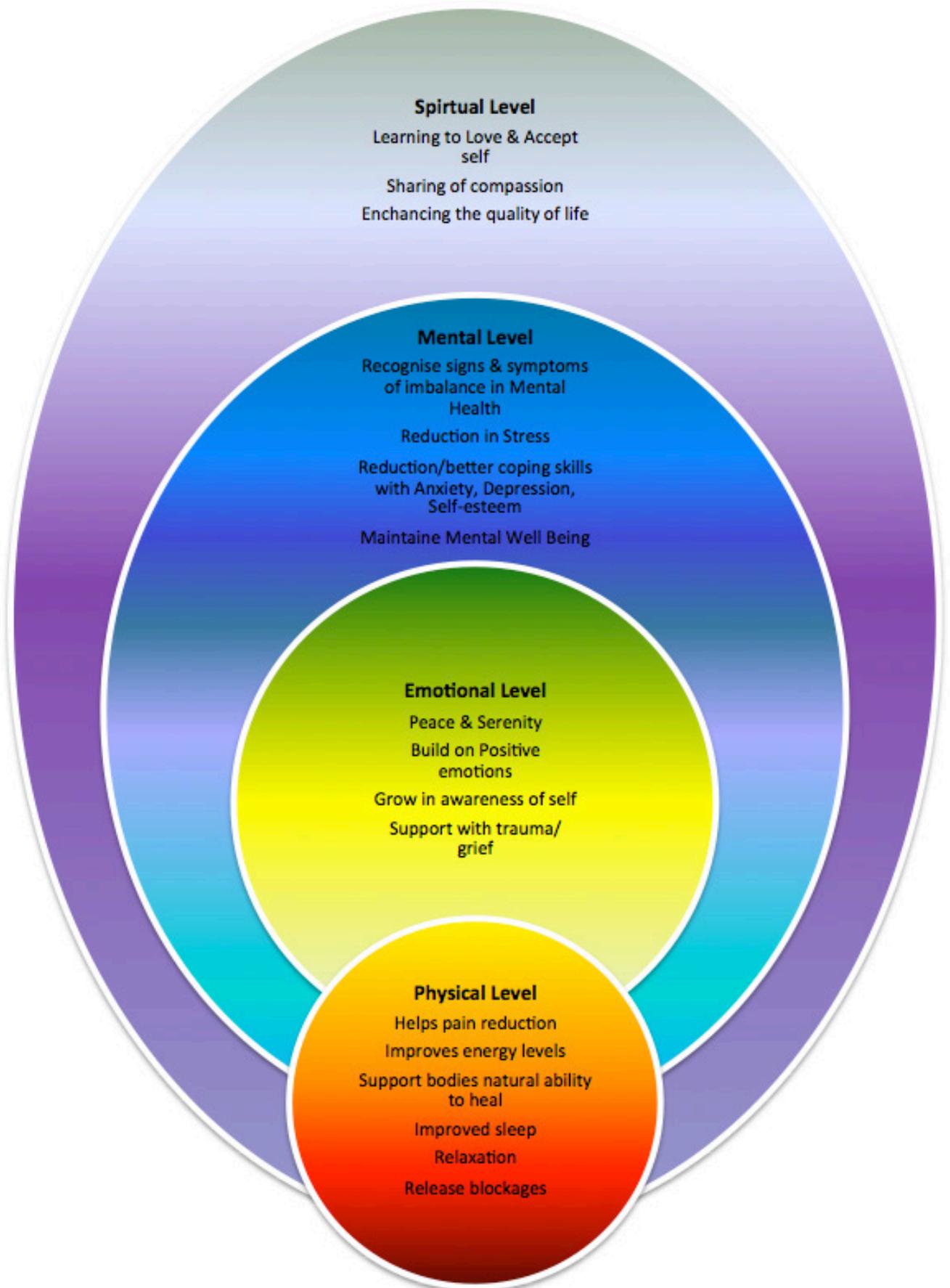
### • Follow up treatments;

Cost £25.00 (Time approximately 60 minutes)

### CANCELLATION FEES

If you cancel within 12 hours or do not attend the appointment then a 50% fee of the normal price must be paid for.

Continued...



**Get in touch today**

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