

## Reiki

Reiki is Japanese for 'universal life force', the energy of life, which is the energy which makes up every living thing. Reiki is a simple yet effective form of 'hands on healing' which can be learnt by anyone with an open mind and a willingness to learn. It is not a religion but a spiritual practice using energy from the ultimate Divine Source.

It differs from other healing modalities as it requires an attunement process.

When working with Reiki we channel this source energy to move stagnant energy and blockages which have the potential to manifest as illness or disease.

Reiki gives us the ability to deal with these issues and heal ourselves.

