

What is Reiki?

Louise is a certified Reiki master, trained in the four degrees of Usui Reiki and Shamballa. She is also a trainer and certificates are given via the European body. Self-healing initiations take only two days, one week apart.

For thousands of years, cultures in the East have been using a wide range of healing techniques that only recently have become available in the West. Acupuncture, Reflexology, Aromatherapy and Chinese medicine are now all widely used here and accepted as potentially profound healing methods.

Reiki (pronounced Ray-key) is also a healing discipline with its origins in the East. Reiki is a Japanese word, meaning universal life energy, with Rei meaning universal and Ki meaning life energy. It is this vital life energy which flows through all living things and can be activated for the purpose of healing. Although it has its roots in ancient Buddhist teachings, it is NOT a faith system. All that is necessary from the patient is the desire and willingness to be healed.

Reiki energy goes to the deeper levels of a persons being, where many illnesses have their origin. It works wherever the recipient needs it most, releasing blocked energies, cleansing the body of toxins, relieving stress, alleviating pain and working to re-create the natural state of balance.

Reiki is very simple, non-intrusive and an extremely powerful therapy. A treatment session lasts from 1 to 1 ½ hours. It is usually done with the patient lying down. There is no pressure exerted, no manipulation or massage, making Reiki an ideal treatment for the very young, elderly, pregnant woman and those recovering from surgery.

Reiki is beneficial in most cases of stress, tension, sinusitis, menstrual problems, cystitis, migraine, asthma, psoriasis, M.E., constipation, eczema, arthritis, menopausal problems, back pain, anxiety, depression, insomnia and sciatica.