

# What is Reiki

**Reiki- Rei** means 'God's Wisdom / the Higher Power' and **Ki** is 'life force energy'. Reiki therefore means 'spiritually guided life force energy'.



**Reiki** creates balance and harmony in the recipient to promote healing



**Reiki** energy flows freely from the healer's body to the recipient just like free flowing water. It relieves pain or stress from a part of the body with the greatest need.



**83%** studies show moderate to strong evidence supporting the merits of **Reiki** treatment.



About **4 000 000** people all over the world have taken atleast one level of **Reiki** training

The **Reiki** distance healing technique is used to send energies over a distance and treat clients.



A basic tenet of **Reiki** is that the flow of energy varies according to the degree of disharmony in the person or animals body/mind



**Reiki** energy works in harmony with all other forms of healing, including medicines, surgery, psychological care or any other method of alternative care.



## Reiki Benefits

**Relieves aches and Pains** of all types



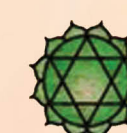
**Relaxes muscles**  
And **relieves fatigue**



**Improves Self-healing**  
Processes



Boosts **Energy**



**Detoxifies**  
The body



Relaxes **body**  
And **mind**



**Promotes** peaceful and  
**Positive outlook**



Improves **Sleep**