

Restores balance & harmony

Reiki (pronounced Ray-Key) means universal energy. It is an ancient Japanese method of healing which restores balance and harmony to the mind, body and spirit.

It is a complementary form of healing and can be given in conjunction with other means of healing, including traditional medical treatment as well as other complementary therapies.

What happens in a session?

You relax fully clothed on a treatment couch with dimmed lights and relaxing music to enhance the experience. I place my hands just above your body in a series of positions, working from the head down to the feet. Energy is then released from the blocked areas, allowing it to flow more freely. During a healing, reactions vary; some people drift off and fall asleep, others see colours, others feel warmth or a cold sensation, some others may experience a dreamlike state. Whatever you feel is absolutely right for you and it may even differ each time, depending on where you are energetically.

The treatment itself is relaxing, and you may feel calm and peaceful, or even energised.

How long does a session take?

The actual hands on healing lasts for about 30 minutes. However, time is always allowed both beforehand for discussion of your symptoms and why you have come, and afterwards to give you time to 'ground' yourself. Reiki is wonderfully relaxing!

How often should I come for a session?

There is no hard and fast rule, and it depends very much on the individual.

One single Reiki session can make a difference; however a course of regular treatments may be more effective. These may be weekly, fortnightly or less often depending on the needs of the individual.

In general, the effects of your first Reiki treatment will be most marked in the first 5 days following it. If you then decide to have further treatments, then these can then be spaced further and further apart. This is because the effect is cumulative, with more and more energy blockages being cleared each time.

So in the first instance I may advise 2 sessions a week apart; with the third session being two weeks later, with follow ups every month or so if necessary. This is of course only a generalisation – no two cases are the same and I treat each client as an individual.

What can Reiki help to treat?

- Stress
- Depression
- Anxiety
- PMT/Menstrual problems
- Headaches
- Back problems
- Respiratory problems
- And many more ailments, physical, mental, emotional and spiritual

Main benefits of Reiki

- Loosens blocked energy and cleanses the body of toxins; restores the body's natural energy balance
- Strengthens the immune system and supports the body's ability to heal itself
- Helps with many physical ailments, whether they are acute or chronic
- Relieves pain and stress
- Promotes deep relaxation and evokes a sense of peace and well-being
- Complements (and can be given in conjunction with) other means of healing, including traditional medical treatment as well as other complementary treatments
- Works on all levels (physical, mental, emotional and spiritual) so provides a holistic treatment
- Non-intrusive, as Reiki energy will pass through all clothing, bandages, plaster casts, etc.

About Donna

Trained in usui Reiki and a member of the Reiki Federation.

Donna came to Reiki to help her relax. Having experienced how powerful and effective it is she decided to become a Reiki practitioner.

Testimonials

“ I feel amazing after a Reiki sessions with Donna, the sessions are lovely and relaxing. I leave feeling very positive with a night with out unbroken sleep, awaking feeling positive and revitalised”

“people have commented on a change in me, not so many panic attacks! All I attribute to Donna and Reiki”