



angel heart REIKI THERAPY
HOLISTIC TREATMENTS FOR MIND, BODY, SPIRIT AND EMOTIONS

REIKI INFORMATION SHEET

What is Reiki?

Rei-Ki meaning 'Universal Life Energy' is a safe and gentle system of healing, which activates the body's natural ability to heal itself.

Reiki is a non-invasive hands-on healing technique, which uses natural 'Universal Life Energy' to treat physical ailments without using pressure, manipulation or massage.

Usui Shiki Ryoho Reiki, was founded by Mikao Usui in Japan, during the early part of the 20th century and has been recognised and approved as a complimentary therapy by the Complimentary and Natural Healthcare Council (CNHC).

How does Reiki work?

The 'Universal Life Energy' is channelled through the practitioner to the recipient, working on all levels to promote the total harmony and balance of mind, body, spirit and emotion. This allowing the body to completely restore itself, naturally.

What are the benefits of Reiki?

Reiki promotes the release of tension making it a wonderful remedy for stress related issues. Allowing the balance of mind, body and emotions. Benefits may also include decreased emotional stress, reduced physical pain and an overall improvement in quality of life. Reiki also encourages personal growth and self-awareness.

Who can benefit from Reiki?

Reiki can benefit anyone from babies and adults to animals and plant life. Reiki is a completely safe and non-invasive treatment and can be used in conjunction with traditional medical practices as well as other holistic treatments, complementing the recipient's over-all wellness.

FREQUENTLY ASKED QUESTIONS

What might I feel after a Reiki treatment?

Most people treated with Reiki have reported feeling the following:

- Very relaxed – This feeling can last for several hours after the treatment.
- More balanced
- A heightened sense of well-being
- Calm and peaceful

Are there any side effects from a Reiki treatment?

There are no harmful effects of Reiki, so the biggest side effect is feeling totally relaxed and balanced. However, occasionally a healing reaction may occur, this will only last a short time, whilst your body releases toxins. Drinking plenty of fresh water will help with this process.

What is a healing reaction?

This is the body's way of releasing toxins and recalibrating after receiving Reiki energy. The symptoms will only last a short time. Healing reactions could take on the form of:

- A slight headache or feeling lightheaded
- A cold – runny nose, sneezing or feeling generally 'run-down'
- Tiredness – falling asleep during treatment or feeling sleepy after the treatment
- An Emotional release – Crying or Laughing

Please do not worry these reactions only last a short time and are not serious. Reiki treatments can only be a positive experience for you. Your mind, body and spirit will always get the healing they need with Reiki energy.

I am more than happy for you to contact me, should you need any reassurance or have any further questions.

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