



One of the greatest advantages of living in the 21st century is all of the alternative healing options we have available. Reiki being one of them.

Dr. Mikao Usui founded the Reiki system of natural healing in 1922.
He describes it in this poem:

*Reiki is love
Love is wholeness
Wholeness is balance
Balance is well-being
Well-being is freedom from disease*

Remember these words, they represent that which is Reiki.

Rei-universal life force Ki-energy

Reiki is a Japanese word that means, universal life force energy. This energy is universal, meaning it's within all of us and makes up everything. Often, the Ki within our bodies becomes blocked by the stress of everyday life and stops flowing properly. This stress causes chronic tension, pain and weakens the immune system, making us more susceptible to illness.

Reiki reactivates the natural energy in the body, releasing these blocks caused by stress or injury, and strengthening the immune system. The body is capable of healing itself, and Reiki accelerates this healing process.

Reiki's not only an alternative healing treatment but also supplements traditional medicine by working on the cause of the illness. For example, when you feel sick, you go to the doctor. The doctor writes you a prescription that takes away the symptoms and makes you feel temporarily better. But then the pain or illness comes back. Reiki works on the physical, mental, emotional and spiritual bodies to heal the cause of your sickness or pain, so your symptoms stop coming back.

Reiki is a gentle, non-invasive, hands-on energy healing technique. During a session, you'll lie on your back, fully clothed on a massage table while you receive Reiki from your practitioner. Also, since Reiki is universal, it can be performed long distance, even animals benefit from the healing energy as well. Typical benefits of a session include stress relief, pain relief, clarity of mind, focus and healing of sicknesses or injuries. You'll experience total relaxation, and may fall asleep or drift in and out of consciousness. A Reiki session will leave you relaxed, rejuvenated and rebalanced in body, mind and Spirit! ■ Noelle Abent