

What Is Reiki?

Reiki (pronounced Ray-Key) is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy." So Reiki is "spiritually guided life force energy."

Reiki instills deep physical and mental relaxation. Reiki treats the whole person including body, emotions, mind and spirit. Reiki energy induces intense relaxation, releases anxiety, encourages healing, promotes pain relief, assists to heal the root cause, and helps remove negative energy.

Ki = Life Force Energy

Ki is the life force energy that animates all living things (the equivalent to Chi in Chinese). An important attribute of Ki is that it responds to one's thoughts and feelings. Your Ki will flow more strongly or be weakened in its action depending on the quality of one's thoughts and feelings. Personal negative thoughts and feelings are often the cause of restrictions in the flow of Ki. All negative or disharmonious thoughts or feelings will ultimately create a disruption in the flow of Ki.

The mind exists not only in the brain, but also throughout the body. The nervous system extends to every organ and tissue in the body and so the mind exists here too. It is also known that the mind even extends outside the body in a subtle energy field 2 to 3 feet thick called the aura. Because of this, it is more appropriate to call our mind a "Mind/Body" as the mind and body are greatly interconnected.

Reiki Heals and Relaxes

Reiki is guided by Higher Intelligence, therefore Reiki energy naturally goes to where you need healing (physically, mentally, emotionally, and spiritually). As Reiki flows through your mind/body it loosens blocked and negative energies lodged in the unconscious Mind/Body thus allowing a healthy flow of Ki to resume.

Reiki is gentle, holistic and effective. Once you experience Reiki you will want to come back for more. It is a certified energy healing technique that is becoming more recognized as people explore alternative healthy practices.

For a Restorative Reiki Experience Please Call:

Joan Patchett, Reiki Master

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**** Special ~ \$10 Off Your First Reiki Session ****