

## Reiki explained

Reiki is a natural healing art and a spiritual discipline. Energy is transmitted through your hands, to yourself or to others and operates on all levels of your being: physical, emotional, mental and spiritual.

For a person in good health, Reiki offers a pleasant way to relax, to relieve stress and to increase energy and vitality. Reiki may be used to facilitate the healing of illness and help the individual return to a state of balance and wholeness. It can strengthen the immune system, eliminate toxins and release emotional blockages as it works on all levels of our being.

Everyone can benefit from healing, as it:

- Reduces stress, depression and fatigue
- Eases pain and discomfort
- Reduces muscle & joint discomfort
- Helps with injuries/emotional trauma
- Boosts the immune system
- Improves circulation/clears out toxins
- Alleviates insomnia
- Helps with some anxiety and phobia.