

## BENEFITS

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- Relieves pain and discomfort
- Relief of stress and anxiety
- Eases muscle tension
- Calms the mind
- Increases rate of recovery from injury
- Balances chakras and aligns energy
- Strengthens immune system
- Promotes deep relaxation
- Fosters natural self-healing
- Promotes overall health and well-being



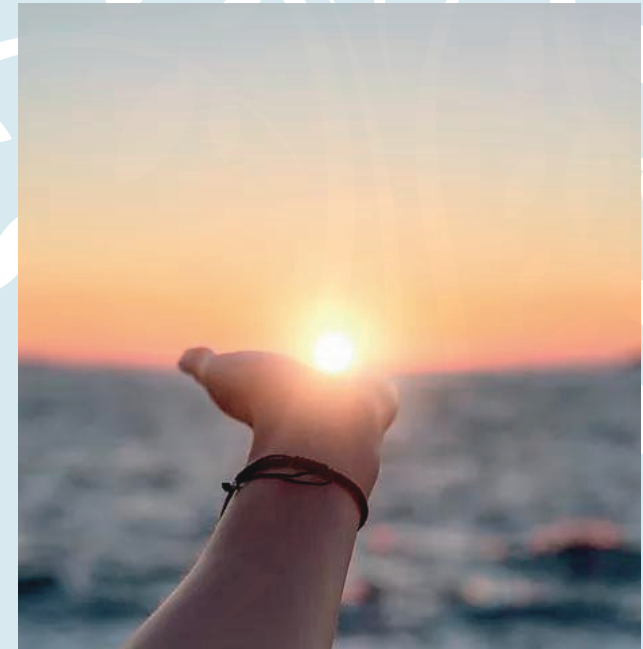
*What qualifications does our  
Reiki Practitioner hold?*

**Rose Reading is a  
Level 3 Usui Reiki  
Master/Teacher**



Reiki Master

# Reiki



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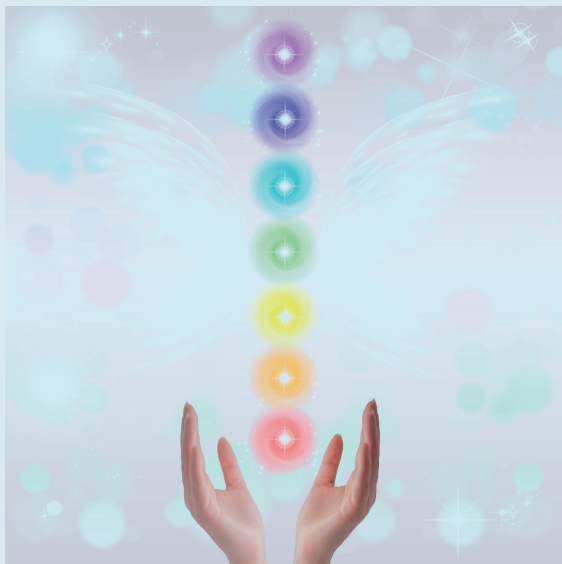
# HISTORY

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Reiki (pronounced *ray key*) is a Japanese stress reduction technique that promotes the body's relaxation response and natural healing ability.

**Rei** (Spiritual or Sacred)  
**Ki** (Energy)

Dr. Mikao Usui (1865-1926) was the founder of Usui Reiki.



# WHAT IS REIKI?

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Reiki is a non-invasive technique to promote healing by releasing congestion from energy centres to enable a good flow of energy in the body.

It is a holistic, natural healing modality which is administered by “laying hands” on major energy centres (chakras) of the body. It is based on channeling universal light and love through a practitioner to a client.

Through the channeling of life force energy, Reiki has the capacity to heal every aspect of the body, on the physical, mental, emotional and spiritual level.

