

## What is Reiki?

Reiki is pronounced as 'ray-key', loosely translated as 'universal life-force/spiritual energy'. The practitioner acts as a channel, through whom the energy flows, to provide a completely safe form of stimulus to the body's own self-healing mechanism, the immune system.

Reiki has been in existence for thousands of years.

## Who should receive Reiki?

Reiki is suitable for treating pregnant women, babies, children and adults with acute and/or chronic health conditions, stress or for pure relaxation.

It is beneficial for the mind, body and spirit, promoting a sense of wellbeing. Joint and muscle aches benefit from treatments.

In the event of terminal illness, whilst it cannot reverse the condition, it can help the client by enhancing the quality of their life, giving them a sense of peace and acceptance of their condition.



## What does it involve?

At the first consultation a medical history is taken, followed by the treatment. Subsequent treatments last about one hour.

The client simply lies fully clothed on a treatment couch or sits on a chair, while the practitioner's hands are placed upon them in a series of non-intrusive hand positions. During the treatment the patient may experience warmth, cold, tingling, pulsating or buzzing sensations beneath the practitioner's hands and you may even fall into a light sleep.

## How many sessions do I need and how much will it cost?

Depending on the condition, most patients generally require three sessions. Thereafter further treatments can be discussed. For prices of initial and subsequent sessions, please see Christine's information sheet.

## What do I do now?

If you require further treatment or are interested in having a Reiki treatment, contact Christine to make your appointment now!

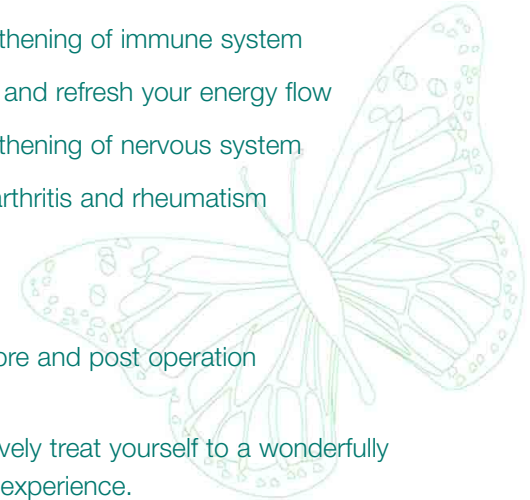
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## Conditions Reiki can help

- stress, anxiety and depression
- releasing blocked and suppressed feelings
- energy problems, eg fatigue
- sleep and relaxation problems
- 'cluttered' or 'unfocused' mind
- back and neck problems
- pains and strains, eg sports injuries
- headaches
- strengthening of immune system
- renew and refresh your energy flow
- strengthening of nervous system
- ease arthritis and rheumatism
- cuts
- burns
- most pre and post operation

Alternatively treat yourself to a wonderfully relaxing experience.

Reiki also accelerates the natural healing process, releases stress, tension and negative energies, balances physical, mental and emotional levels, aids positive thinking and gives a sense of deep calmness and well-being.





Christine Sanders qualified as a homeopath in 1995 and it was through her awareness of dealing with energies that led her to explore Reiki.

She had been aware of Reiki since 1996 and in 2006 she met her Reiki Master. His way of giving, teaching and understanding Reiki was far deeper than anything she had experienced to date, so she decided to train with him.

Christine gained her Foundation Degree in May 2006 and in July 2006 the Journeyman Degree. The Reiki attunements were like a computer upgrade, enabling her to function at a higher level of awareness.

Since 2006 Christine made changes in her life which allowed her to take the next step in Reiki training in December 2008. This experience received through training enhances the treatments to make them more beneficial to you, the patient.

Christine has found that Reiki and Homeopathy complement each other. However you can have Reiki on its own as a releasing and re-energising treatment.

## Energy

There are many types of energy in this world, for example, the electricity in lightening. Human bodies release energy from ATP (Adenosine Triphosphate), which enables a cell to perform its basic function.

In Reiki the practitioner acts as the channel to allow the universal energy that is all around us (just think of static electricity, you can't see it, but you can feel the *effect* of it) to enter into the person being treated, to stimulate the body's own healing mechanism.

Reiki is a profound, non-invasive treatment.



*Soaring to new heights of awareness and well-being*

**Christine  
Sanders** RSHom

***Reiki Practitioner***

*Benefits the mind, body  
and spirit to promote a  
sense of wellbeing.*

