

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 could benefit from 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. 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.

Energy

There are many types of energy in this world, for example, the electricity in lightning. 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.

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

Depending on which type of treatment you choose it will be either a course of 3 or 5.

The course of 3 is at a fundamental level.

The course of 5 includes Directions and Elements healing and is more profound.

For prices of sessions please request Christine's Information Sheet.

What do I do now?

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

01628 638690

Christine's consulting room is in Maidenhead



Conditions Reiki may help

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

Clients have often found treatments to be wonderfully relaxing.

Reiki 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

I qualified as a homeopath in 1995. It was my deepening understanding of the nature of energy that led me to explore Reiki.

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

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

Since 2006 changes in my life have allowed me to take the next steps in Reiki training and in December 2006 I gained my First Degree in Directions & Elements. In June 2009 I gained my Masters & Teachers Degree, and in October 2010 my Second Degree in Directions & Elements. I am engaged in an ongoing process of development. This enhances the treatments to make them more beneficial to you.

I have found that Reiki and Homeopathy complement each other. You can however have Reiki on its own as a releasing and re-energising treatment.

www.energy4wellbeing.co.uk



Soaring to new heights of awareness and well-being

Christine Sanders RSHom

Reiki Master

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

