REIKI

Reiki is one of the most popular healing modalities. It is very easy to learn and practice. **Rei** -> means **Universal,** **Ki** -> means **Life Force energy**.

**REIKI** – **Universal Life Force Energy**

The living body, human or animal, radiates warmth and energy. This energy is life force itself, and has many names. It is known as PRANA in India, CHI in china and KI in Japan. Reiki helps in stress reduction, deep relaxation, pain release and expanded spiritual awareness.

Reiki is a powerful, yet gentle mode of energetic healing and balancing wherein the body’s own natural healing abilities are activated and accelerated. Reiki heals on all levels be it physical, mental, emotional or spiritual.

Benefits of REIKI:

1. Reduces pain and suffering and helps in disease management.
2. Helps to release emotions.
3. Releases stress and anxiety.
4. Balances the energy.
5. Heightens the creativity.
6. Enhances feeling of peace and relaxation.
7. Boosts immune system.
8. Increases and strengthens physical vitality.
9. Increases concentration and confidence levels.
10. Memory improvement & Intellectual development.

REIKI is very powerful yet gentle – It works with a high degree of silken smoothness.

REIKI can be made available to Animates - human beings, animals, trees and plants as well as inanimate -non-living things. If we are to experience the well-being in the real-sense of the term, we need to be in harmony with the living as well as non-living things around us.

REIKI is one of the simplest healing modalities. Starting with Basic, then going to advance in Second level. Third level will have Master Symbols and crystal healing. Fourth is Mastership level, where one can initiate others into Reiki. Fifth level is Teachership, who creates Reiki Masters.