



Reiki (pronounced Ray-Key) is a Japanese word meaning "Universal Life Energy." The Reiki system of healing is Zen Buddhist in origin and is over 2,500 years old. It supports the body's natural ability to heal itself, vitalizes both body and soul, re-establishes spiritual equilibrium and mental well-being, balances the body's energies, loosens up blocked energy, promotes a state of total relaxation, and cleanses the body of toxins.

How Does It Work?

Albert Einstein and later on, quantum physicists, have explained that at an atomic level everything that exists in the universe is energy, vibrating and oscillating at different rates; that physical matter and energy are just two forms of the same thing. So basically energy is all that there is. Reiki is a specific band or frequency of energy that works with your own body energy, but at a higher vibration, so that it can flow into the person and work holistically - that is, it works on every part of the being - chakras, aura, body, mind, emotions and spirit.

As Reiki flows into the body, it helps break down disruptions or blockages, clearing and balancing the chakras and straightening the energy pathways to allow the life force to flow in a healthy and natural way around the whole body.

This influx of high frequency healing energy stimulates and accelerates the body's own natural healing ability, so that pain relief and physical healing can take place quickly and easily. It always works for the highest good of the person receiving it, so that it cannot be harmful in any way. The potential for healing with Reiki is unlimited.



Reiki is both powerful and gentle. In its long history of use, it has aided in healing virtually every known illness and injury including serious problems like: multiple sclerosis, heart disease, and cancer, as well as skin problems, cuts, bruises, broken bones, headache, colds, flu, sore throat, sunburn, fatigue, insomnia, impotence, poor memory, lack of confidence, etc. It is always beneficial and works to improve the effectiveness of all other types of therapy. A treatment feels like a wonderful glowing radiance and has many benefits.

Reiki may improve the results of medical treatments, acting to reduce negative side effects, shorten healing time, reduce or eliminate pain, reduce stress and help create optimism.



Reiki For Animals: Reiki is ideal for use with animals because with Reiki, since effectiveness is not dependent upon physical contact. The animal controls the treatment, accepting Reiki in the ways that are most comfortable, either hands-on or from a distance, or a combination of the two. It is recommended that the animal receive Reiki treatments in the location where they live. Reiki is gentle and noninvasive. It doesn't cause stress, discomfort, or pain, and yet yields powerful results. Animals respond intuitively to Reiki's power to heal emotional, behavioral, and physical illnesses and injuries.

For animals who are healthy, Reiki helps to maintain their health, enhances relaxation and provides an emotional sense of peace and contentment.

For animals who are ill, Reiki is a wonderful healing method as well as a safe complement to Western Medicine, Chinese Medicine, homeopathy, flower essences, and all other forms of healing. For example, Reiki

can reduce the side effects of chemotherapy, support an acupuncture treatment, and enhance the effects of flower essences.

***For dying animals,** Reiki is a powerful yet gentle way to provide comfort, relief from pain, fear, and anxiety, and to ease the transition to death.*