

Reiki

Reiki in everyday life.

Day in and day out people struggle with minor ailments, serious illnesses, mental distress and mental upsets, and sometimes they just need a simple boost of energy. There are many ways to deal with our problems when we are out of balance but Reiki combined with Chakra Balancing is in my opinion the best approach to recharge, rebalance and rebirth.

Reiki healing is less about achieving wholeness and more about remembering and restoring the wholeness that is already there.

Let us ask the question. What is Reiki. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive.

If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

In 2007, over 800 hospitals in the US were offering Reiki to their patients. (Source – American Hospitals Association, 2007.)

My journey to become a Reiki Master and apply energy healing as a scientist was evoked by the following questions within myself:

Would I like more vitality and joie de vivre?

Would I like to be able to relax deeply?

Am I looking for harmony in my life?

Am I looking for healing on a physical, mental and spiritual level?

I always felt as if my chakras were blocked and I knew that everything around me consists of energy (vibration). I embraced the idea of Reiki and soon after my 2nd session all just fell in place.

I am a seeker and decided - this path is for me. The best decision and investment. I studied under Claudia Benvenuto (Italy) and enjoyed every second of my journey. I started using it in my practice and the feedback from all my clients were awesome. A gentle art with great benefits.