

South East Essex ME Support Group

Reiki

Reiki is a gentle and simple hands-on touch healing system way of deep relaxing, reinforcing recovery, giving inner peace and well-being. You will love the calming effect and feeling of natural healing energy.

Reiki is a healing gift to us all, even sick or nervous animals respond positively lying quietly enjoying the calming effect. The experience of REIKI is a powerful and nourishing energy.

Reiki is a Japanese word meaning the channelled flow of universal life force energy, which allows the recipient and the giver to absorb the revitalising healing energy that flows through the hands of the giver.

Reiki is an ancient healing art, and a refuge of well-being in this stressful modern world. A regular treatment will help enhance your health.

Check for a registered practitioner - via your GP.