

## REIKI - IT'S EASY AND FUN TO LEARN....

Reiki is a Japanese word that means Universal Life Force Energy...It is a universal energy that promotes only healthy growth, and this energy can be transferred to and used by all living things, people, animals and plants...Reiki energy can also be effectively used to aid in the release of harmful toxins within the physical body...A Reiki session for example will move the energies within the physical body to release many built up toxins...It is essential to drink plenty of water during the detoxification process to help eliminate the toxins from the body...With the busy world we live in, we can also use Reiki to calm the mind....The body is actually energy vibrating at a certain frequency...Reiki not only raises the vibratory frequency, it also calms the overly distracted and scattered mind...By placing your hands in various positions over the head and body, the dense energy will begin to dissipate, breaking up energy blocks your mind clears and relaxes...This in turn allows you to be able to focus and have better concentration...Reiki energy is always safe for the person and will only accelerate healing and the return of damaged cells or weakened systems to a state of natural health...Depending on the severity of a health issue which will decide on how many treatments are necessary to assist the body in returning to it's natural balance...It is relaxing, healing, and amazing....Anyone can learn Reiki, it's very simple, and the only thing you need is the desire to learn...