



# Reiki

## **Practitioner at Acacia: Gillian Goodridge**

A Reiki Master Practitioner and member of the UK Reiki Federation

### **What is Reiki?**

Reiki is a safe, gentle yet powerful, non-invasive healing system activated by intention which uses spiritual energy to balance, heal and harmonise the whole being, working on every level - physical, emotional, mental and spiritual.

### **What happens during a session?**

A Reiki treatment is non-diagnostic, non-interventionist, non-manipulative and no pressure is applied. Treatment, given in a comfortable and peaceful environment with the client remaining fully clothed apart from the removal of shoes, involves the practitioner's hands being laid gently on or above the body. Treatment can also be given over a distance. Reiki may be experienced as a flow of energy, warmth, tingling, coolness or other sensations, the client may feel nothing at all or may simply feel relaxed and peace.

### **What are the benefits?**

Reiki encourages relaxation and brings balance to mind and emotions. Benefits of Reiki which have been reported include deep relaxation, calmness and a peaceful sense of well-being on all levels. Reiki encourages and supports positive personal choices and regular Reiki treatments, engendering greater inner harmony and balance, promote a calmer response to life's challenges.

*Please note: Reiki is a complementary therapy that may be used alongside orthodox healthcare but it is not an alternative to conventional medicine and therefore you should always consult your doctor regarding acute or infectious conditions or problems of an urgent nature.*

### **Sessions:**

A session usually lasts 1 hour and 20 minutes (initial appointments may take a little longer) and the treatment itself, generally an hour in duration. The fee is on Acacia Price list

Book an appointment at Acacia Tel: 01590 645547 or call in for a leaflet.

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