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Whole Health Services

Reiki

Reiki is a system of energy healing which seeks to balance and enhance the energy field for the purpose of healing.

A contemporary technique based on the ancient practice of the laying on of hands for the purpose of healing, the Reiki system of natural healing was founded by Dr. Mikao Usui in the early 20th century.

Reiki is defined as “spiritually guided life energy” - very simply, Source energy, which is by nature compassion or love, impulsed by the intention to heal, help and support.

Reiki is both powerful and gentle and can be used alone to aid healing illness, mental and emotional stress, improve the effectiveness of other therapies and create positive, healthy emotional states.



A treatment induces a feeling of calm, peacefulness. Combined with bodywork and intuitive support, Reiki is an indispensable component of Ariel's **multidimensional energy** healing technique.