

Reiki Energy Healing



Location

South West, Hampshire

<https://www.freeadsz.co.uk/x-585331-z>



Whether it's anxiety, insomnia, depression, phobias, recovering from surgery, infertility, weakened immune system - basically any condition, or simply boosting health, calmness and clarity of mind, give it a try and wonder at its brilliance.

Reiki is a non-invasive holistic therapy. Reiki is a complimentary therapy and expands treatment options, but is not an alternative to conventional medicine.

We are all vibrational energy beings, which means that we are composed of energy. We have 7 Chakras, which are our energy centres. These energy centres distribute energy via the endocrine (glandular) systems and via each of the organs associated with the Chakra.

When the Reiki Practitioner is trained they are attuned to the Reiki energy. This means that they have the intention to use the Reiki energy to help people heal. During a treatment, the Reiki Practitioner will place their hands on or above the chakra and the Reiki energy will flow through them into the person receiving the healing.

Reiki encourages and facilitates the gradual restoration of balance and harmony in the body and mind, which allows for growth, transformation and healing. Therefore, when you receive the healing energy, it helps your own body to heal itself.

I am a Level 2 Reiki Practitioner and my hours are flexible; I can work daytime, evenings and weekends to fit around your work and home commitments.

Please call me in confidence, to discuss how I may help in a friendly, compassionate, non-judgemental way.



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For a full list of therapies/prices or to book an appointment, visit website or contact Sandy:

01753 609782 or 01753 609783 (click on my profile)

or email to contact@sandysreiki.co.uk

or visit my website: www.sandysreiki.co.uk