



## Reiki

*Melissa Day is fully qualified as a Reiki Master Healer in Usui Traditional Reiki and an Angelic and Karuna Reiki Practitioner*

Reiki is the practice of the laying on of hands; it is a powerful, long established and effective form of natural healing which only works for the good. The Practitioner issues high frequency energy from their hands into the receiver to help balance the natural energy levels in the body which assists the natural healing process. Practitioners work within the biomagnetic field/sheath of the body; this is the energy field that surrounds all living things otherwise known as “aura”.

Reiki promotes deep relaxation, assists personal growth, balances emotions, detoxifies, helps physical healing and brings inner peace. Reiki helps to correct imbalances; emotional, physical, mental and spiritual therefore it is truly a system of attaining and promoting wholeness of Mind, Body and Spirit.

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A Reiki treatment with Melissa is like a warm embrace; a comfortable, comforting process with gentle music playing as you lie back on a couch and allow your thoughts to come and go, your mind and body to relax.

Reiki is an ancient method of removing negative, toxic vibrations from the body. These vibrations may be physical, mental, emotional or spiritual. In its place, positive, healthy vibrations are planted, like a seed, growing over time to give the recipient an increasing sense of wellness and balance.

You can remain fully clothed during the treatment as the healing effect passes through clothing and even plaster casts.

Starting at the head, Melissa’s hands are placed gently on your body, initially cupping the eyes, then the side of the head; gradually working her way down your body. You may experience gentle warmth, coolness or even a little tingling.

Most clients feel calm and relaxed during the treatment and for some, the healing process is so powerful that they may even experience other emotions – there may be an urge to sob as feelings held within are finally released. This is perfectly natural. It’s just part of the cleansing and healing.

As Reiki is in effect a form of detoxifying, the client may feel a little achy and tired immediately after treatment or that their symptoms have intensified for a short period. Again, this is perfectly natural and is simply a sign of the negative leaving the body to make way for the positive.

All clients are asked to a consultation initially so that Melissa may evaluate the needs of the individual.