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# WHAT IS REIKI?

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The word Reiki (pronounced Ray-Key) means Universal Life Force. The Ki of Rei-ki is similar to the energy of Chi, in Tai Chi, Chi Kung etc.

Reiki is the life force energy all around us, which feeds us, and gives us our own personal energy. When people are well they feel energised. When we get ill, we become tired, and low in energy.

When we learn Reiki, the Reiki Master/Teacher gives us an attunement that allows us to naturally and divinely connect to the Reiki Energy. The attunement takes a short amount of time 3 to 10 minutes per person and once the attunement has occurred the receiver will immediately start to feel the healing energy coming through their hands. They may also see colours, or sense energy around them as the attunement is occurring. For some this can be a very spiritual experience opening one up to the higher realms and connecting one with The Light and Light Beings. For others it is a gentle sensation that activates healing energy and healing awareness within. An attunement is a safe and profound experience.

The cause of much ill health today is when there is dis-harmony between the body and soul, where there is overwork, stress, poor diet, lack of exercise, unbalanced emotions, rigid thought patterns, or fear and guilt for example. With any combination of these there can often be dis-ease in the person and disease in the physical reality.

With the help of Reiki we can start to heal ourselves and others around us, and we can begin to heal deep feelings, unrest, stress, worry and many other uncomfortable aspects of day to day living.

When using Reiki all we need to do is put our hands on or near the body, and allow healing energy to flow into different areas of the body of the receiver. Every one receives healing in different ways depending on their needs.

Placing your hands on or near different areas of the body can support the receiver in different ways:

Eyes – help tired sore eyes

Head – for headaches, loss of focus, insomnia, stress

**DONNA SWAN**

**Mardon House Healing Centre, Kent**

[www.donnaswan.com](http://www.donnaswan.com)

**Tel: 01732 823811**



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Throat – sore throats, thyroid glands etc  
Chest – for chest pains, infections, grief, difficulty with breathing  
Stomach – for nerves, stomach complaints, stomach aches, fear  
Back of neck - for deep relaxation and encourage sleep  
Abdomen - for ovaries and women's issues, digestion  
Knees – for aches and pains                      ... etc

Reiki can be used to calm and help improve the symptoms of anything physical, emotional, mental or spiritual. It is such a soothing, beautiful energy.

It is usually felt as warmth or tingling, but sometimes as cold. We can Reiki ourselves or others at anytime. It is a modern tool for self-empowering that has actually been available to us for centuries.

Children a bit upset or unwell? Reiki them, they love it. Fabulous on animals and plants and of course, our friends. But most important - for us. I have not met anyone who cannot feel it, and I have not met anyone who does not enjoy it and feel benefits from it.

All that remains is to come and find out for yourself.

You may have had a bit of Reiki or healing from someone before. Now you could come and learn for yourself and give yourself one of the best treats ever.

For those of you more spiritually minded, Reiki will connect you more strongly to your guides and increase your psychic powers. It will support you more in your everyday life, so you feel less alone, and more spiritually awake to hearing messages and sensing inner guidance.

Once you have been initiated into the 1<sup>st</sup> degree of Reiki you will have access to that healing frequency for the rest of your life!

The Reiki attunement often starts a 21-day cleansing cycle of the seven major chakras.

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## YOU MAY USE REIKI TO HEAL...

- Yourself            to become healthier, more balanced and whole. To become more spiritually aware, and raise your consciousness.
- Others...            Friends, relations, fellow workers, patients or clients.
- Children....        Yours and other's, babies, both after birth and whilst still in the womb.
- Animals...         Domestic pets, farm and working animals, birds, fish, and wild creatures that have been wounded.
- Plants...            After transplanting, to help grow, to help seeds germinate.
- The Planet...        Imagine, think or visualise the planet or any particular area between your hands to help heal or transform any situations.
- To energise...     Water to drink or for plants or cut flowers, pills, vitamins, and Vibrational medicine.

Other ideas may come to you...EXPERIMENT!

Donna Swan runs regular classes teaching Earth Light Reiki, Angelic healing and Ascension Healing to all levels. Please contact her to book on a course or discuss a private session. Thank you

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