

# Bring Your Life Back into Balance



**Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy." A treatment feels like a wonderful glowing radiance that flows through and around you. It is often used as a complementary therapy in a number of hospitals today. It enhances the health care the patient receives in both in the hospital and from outpatient health care providers. Reiki has not only helped patients with physical ailments but also helped those with minor psychological problems as well. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.**

**The Sanskrit word *Chakra* literally translates to wheel or disk. Chakras are centers of energy located all over our body. We have seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head. They are responsible for directing the flow of energy through our bodies. This invisible energy, called *Prana*, is vital life force, which keeps us vibrant, healthy, and alive. These swirling wheels of energy correspond to the function of nerves, organs, and glands in the physical body. Their presence can be felt as physical and or psychological symptoms of ease or disease. When the energy flows freely through the main chakras, optimal health is supported. Our chakras may either be open or closed, depending on our mental, physical, and spiritual state at any given time. Every feeling & all of our senses are integrated with a different chakra. Each chakra is also linked to the endocrine system. When we experience stress mental or physical the chakras can become blocked making our bodies work too hard. Blocked chakras can manifest in physical, emotional, or spiritual issues. Keeping the chakras open and balanced keeps our energies flowing freely and provide an overall sense of health & wellbeing.**

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