

Jikiden Reiki - An intro to an easy profound simplest handy tool to wellness

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Rei means Universe & Ki means energy – Reiki is Universal Energy
Jikiden – means Direct – As taught by the teacher

Getting to Know Reiki : Reiki is a hands on energy healing modality from Japan & Jikiden is in its pure form without any alterations or fabrications of the western influence. Since the day I came to know & experience Jikiden's perspective & teaching, I highly recommend this style due to its authenticity, simplicity & effectiveness.

Reiki doesn't demand one to believe in it for it to work. So skeptics are most welcome as long as one has an open mind to try it for them selves. Reiki is not religious and it has no side effects. Reiki is completely safe and could be practiced on pregnant women and new born children as it is very gentle yet effective! Reiki is now becoming popular in the mainstream medical field where the number of doctors and nurses benefiting their patients is gradually increasing with their exposure & training in Reiki

So how does Reiki work?

When a client has physical pain/emotional or stress related issues, Reiki acts like an energy supplement to activate release of toxins, sooth pain, calms down to be at ease and relax.

Why does it work?

When you feel connected with the source, there is a sense of belonging and all the acquired unnatural fear and tensions melt away giving way to a sense of purpose, clarity and relaxation. The body and mind detoxes it self even better, resulting in wellness. A session generally spans half hour to hour & half and one can feel much better and relaxed just after their first session.

Reiki is Simple: Reiki is like a switch you can turn On or Off anytime you wish when you place your hands for the energy to flow. Also this modality is very unique unlike other modalities – in terms of usage – one could use it for their Self-healing as well as for their friends and families. In Jikiden Reiki classes one learns to listen to the energetic communication of the body, hence can understand the healing process as it happens.

If curious or skeptic, either way I invite you to try a Jikiden Reiki session to see and know for yourself for there is nothing to loose but only a lot to gain. Also Internationally accredited & certified courses are available for one to learn this beautiful alternate modality – blessing to your total wellness.

Personally it has helped me enormously to get well & grow out of stress related hives & have emotional clarity & freedom to make choices of what I really connect to & let go of all that is irrelevant & don't need anymore in my life. Grateful to have worked with almost close to 200 clients and each one always felt better & discovered the best of who they are!! Reiki will not fix any, rather clears up the foginess and unveils one's true potential – And yes everyone does have real Potential – yes everyone!! ☺

For any questions or further information, feel free to write to me at embrace.dhaya@gmail.com

Love & Gratitude

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