

The Benefits of Working with Reiki

Sometimes it is difficult to talk about what the benefits of working with the system of Reiki are. They are so diverse and specific to each individual situation.

The concept of healing is to make whole and that is what we do with Reiki; we work toward becoming whole.

To become whole we need to draw many different elements of ourselves together; to get them to collaborate with one another to help "the whole" function to its best ability.

So when we discuss the benefits of Reiki and we state that it is good for this or good for that - this is going to depend upon one major factor - YOU.

What is it that you need to make you more whole? Whatever it is, it is definitely going to be something different to what your best friend needs as you have lived different lives, with separate experiences.

As the energy in your body moves and cleanses (we call this energy Reiki), it supports your natural healing ability. Yes, you are born with the natural ability to heal yourself!

You may feel relaxed, mentally clearer, experience pain relief, or feel more deeply connected to your spiritual nature. It may also help you deal with acute or chronic illnesses.

Your body will decide what it needs to become whole. By body, we mean every element that completes you; this includes your physical and non-physical self.

Your body decides what it needs and when, and working in the simplicity of the system of Reiki supports that process.