

*“Reiki Requires No Belief,
Simply The Willingness To Experience.”*

**INFINITY
CHIROPRACTIC
& WELLNESS**



What is Reiki?

INFINITY CHIROPRACTIC & WELLNESS CENTRE

Reiki is a form of energetic healing practice that helps us return to a balanced functioning level - Be it physical, mental, emotional, spiritual, or even social, regardless of age or state of health.

Typically this practice encourages rapid stress reduction, relief from anxiety and a decrease in pain.

How Can Reiki Help?

Reiki treatments often provide immediate benefits with respect to breathing, sleep, and digestion.

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Online Booking Available!

You May Not Feel Anything...

Reiki sensations can be very subtle and may be overlooked, but with continued practice most people will begin to notice even the slightest shifts of energy.

Fortunately however, *Reiki works whether you feel it or not.*

If you are having difficulty feeling sensations while receiving a Reiki treatment, try closing your eyes to reduce distraction and shift your focus to your breath remember to breath into your diaphragm...

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How does Reiki Work?

Reiki flows slowly or rapidly, as needed, to gently balance energies. Like a pendulum swinging back and forth, Reiki sometimes moves erratically, other times smoothly. These fluctuations of energy churning within us can often be felt as warmth, hot flashes, goose bumps, chills, general relaxation, etc.

During a Reiki treatment, both the Reiki practitioner and the recipient may feel Reiki sensations. A practitioner's hands will often heat up as a result of the flow coursing through their palms. The recipient frequently feels sleepy as incoming Reiki energies soothe and calm emotional tension and stress.

Some people may be more in tune with their bodies than others and will be able to share stories about feeling various sensations that occur while using Reiki. At times imagery, kinesthesia, and/or intuitive experiences may occur while either giving or receiving Reiki.

How is Reiki Performed?

Reiki can be performed with the client lying down, seated, or in some cases, standing. The client remains fully clothed while the Reiki practitioner places his/her hands on or over the client's body. The practitioner will channel universal life energy through their hands into the client; thus, supporting the body's natural ability to heal itself. This gentle energy work is also often available with Registered Massage Therapists.

