



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.



Mary and Anthony are both Reiki Master Teachers and have worked with clients in the USA, Europe, Asia and Africa.

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. 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. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect.

It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Reiki has had a positive affect on all forms of illness and negative conditions.

This includes minor things like head or stomach aches, bee stings, colds, flu, tension and anxiety as well as serious illness like heart disease, cancer, leukemia, etc. The side effects of regular medical treatments have also been reduced or eliminated.

This includes the negative effects of chemotherapy, post operative pain and depression as well as improving the healing rate and reducing the time needed to stay in the hospital. Reiki always helps and in some cases people have experienced complete healings which have been confirmed by medical tests before and after the Reiki treatments.

However, while some have experienced miracles, they cannot be guaranteed.

Stress reduction with some improvement in ones physical and psychological condition are what most experience.

What can I expect?

Each clients situation, symptoms and conditions are unique. We honor this and we work with you to harness the natural healing power of the body.

Each session is once again unique but in general the first session lasts about 90 minutes and follow up sessions should they be required last about 60 minutes.

Dress in comfortable clothing which allows for ease movement each session is conducted fully clothed.

How many sessions will be required?

As each client and condition is unique we will advice you on this as we progress:

In general, the longer the condition has not been addressed or treated, the more chronic it has been become, the more sessions will be required.

Our aim is to help facilitate relief in as few sessions as possible.

How does a session cost?

Please see our prices page.