# What is Reiki

Reiki is a Japanese healing method that helps with stress management. The technique is administered by the laying on of hands and is based on the idea that all living things have a special energy flowing through them called life energy. When your life energy is high, you'll feel strong and confident, be more relaxed and centered and less likely to get sick. When it is low, you'll often feel tired, be more easily affected by stress and less resistant to illness. Reiki helps to bring your energy back into balance allowing clarity, reduced stress, energetic balance and relaxation.

#### Meditation

Our Qualified Meditation Teacher holds regular Meditation Groups that explore the following Meditation styles:

- -Progressive Muscle Relaxation
- -Guided Visual Meditation
- -Mindfulness Meditation
- -Chakra Rebalance Meditation
- -Positive Self-

Talk/Affirmations

-Sound Chemistry

Tickets Available Online

# Connect

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## Balanced Chakras

# Crown - To Know - Thought

Understanding , Enlightenment, Consciousness, Open minded, Connected, Inspired

# **Brow** - To See - Light

Intuitive, Imaginative, Visual, Insightful

# Throat - To Express - Sound

Self-expressive, Creative, Honest, Communicative, Healing

## Heart - To Accept - Air

Compassionate, Forgiving, Balanced, Understanding, Joyful

#### Solar Plexus - To Act - Fire

Confident, Warm, Empowered, Energetic

#### Sacral - To Feel - Water

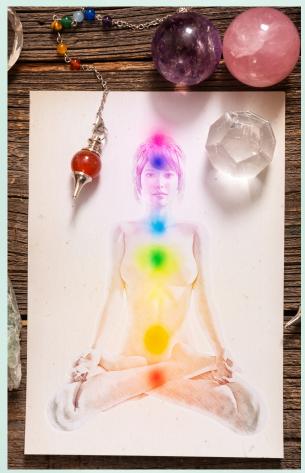
Spontaneous, Social, Passionate, Trusting

#### Base - To Have - Earth

Grounded, Healthy, Safe, Patient

# What is a Chakra or Energy Centre

What is a Chakra or Energy Centre?
Any of several points of energy in
the human body aligned along spinal
nerves centres that relate to
particular emotional attributes



# Imbalanced Chakras

#### Crown - Ask

Depression, Anxiety, Confusion, Apathy, Loneliness

#### **Brow** - Visualise

Indecisiveness, Confusion, Poor Insight, Bad Dreams, Migraines

## Throat - Express

Unable to Express, Indesicion, Dishonesty, Sore Throat

### **Heart** - Forgive

Fear, Grief, Coldness towards others, Feeling broken, Unloved, Heart related issues

# Solar Plexus - Laugh

Anger, helplessness, powerlessness, stomach related issues

#### Sacral - Nurture

Lack of Spontaneity, Rigid beliefs, Sexual Issues

#### **Base** - Nature

Lack of Security, Money Issues, Addiction, Low Self-Esteem