

LOOKING AFTER YOUR
ENERGY BODY

靈
巫
氣

Alvechurch Reiki

...WITH GUIDED
MEDITATION...

CNHC  REGISTERED[®]
Complementary & Natural
Healthcare Council

 professional[™]
standards
authority
accredited register

WORKPLACE WELLBEING CHAMPIONS

8th DECEMBER 2025


UKRF
UK REIKI FEDERATION
MEMBER

LOOKING AFTER YOUR ENERGY BODY ...WITH GUIDED MEDITATION...

You will need :

- a quiet, comfortable space
- a glass or bottle of water for hydration
- a pen and paper to note your observations
- a blanket for comfort?



WORKPLACE WELLBEING CHAMPIONS

8th DECEMBER 2025





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Reiki Master/Teacher Member of the UK Reiki Federation



What is Reiki?



Reiki “Reiki” (ray-key) is Japanese for ‘universal life energy’, a term used to describe a natural system to help bring about an improved sense of wellbeing and a positive feeling of spiritual renewal.

This tradition was founded by Dr Mikao Usui in the early 20th century and evolved as a result of his research, experience and dedication.

It is a tradition that is open to any belief system and benefits may include deep relaxation and the promotion of a calm peaceful sense of wellbeing.



What is Reiki?

The method of receiving a Reiki treatment from a practitioner is simple. The recipient remains clothed and comfortably lies on a couch or sits on a chair.



The practitioner gently places their hands non-intrusively, on or near the body using their intuition and training as a guide. There is no massage or manipulation.

Reiki can be used on the person as a whole, or on specific parts of the body. It is also possible to receive Reiki at a distance.





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What is scientifically measurable?

- The body produces electromagnetic fields, especially from the heart and brain. For example, the heart's electromagnetic field extends 3–6 feet beyond the body and is much stronger than the brain's field. These are well-documented through technologies like ECG and EEG.

However, these are considered part of standard physiology, not “subtle energy” in the metaphysical sense.



THE BODY KEEPS THE SCORE

*Brain, mind and body
in the healing of trauma*



*'Fascinating, hard to put down, and filled with
powerful case histories . . . the most important series
of breakthroughs in mental health in the last thirty years'*

NORMAN DOIDGE, AUTHOR OF THE BRAIN THAT CHANGES ITSELF

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*"David has done a stellar job in gathering the science and philosophy
behind a range of seemingly woo-woo subjects."*

Vex King, author of Good Vibes, Good Life

Why Woo-Woo Works

The Surprising Science Behind Meditation, Reiki,
Crystals, and Other Alternative Practices



David R. Hamilton Ph.D.



Emotions are contagious!
stress generators
radiators / drainers



“I could feel it in my bones.”

“I had a gut feeling.”

“I could sense the tension in the air.”

“You could cut the atmosphere with a knife.”

“I picked up on their vibe.”

“I could read the room.”

“I felt their energy.”

“I could tell something was off.”

“I had a sixth sense about it.”



Wellbeing - the 4 levels of healing...



Wellbeing - the 4 levels of healing...

PHYSICAL

EMOTIONAL

MENTAL

SPIRITUAL



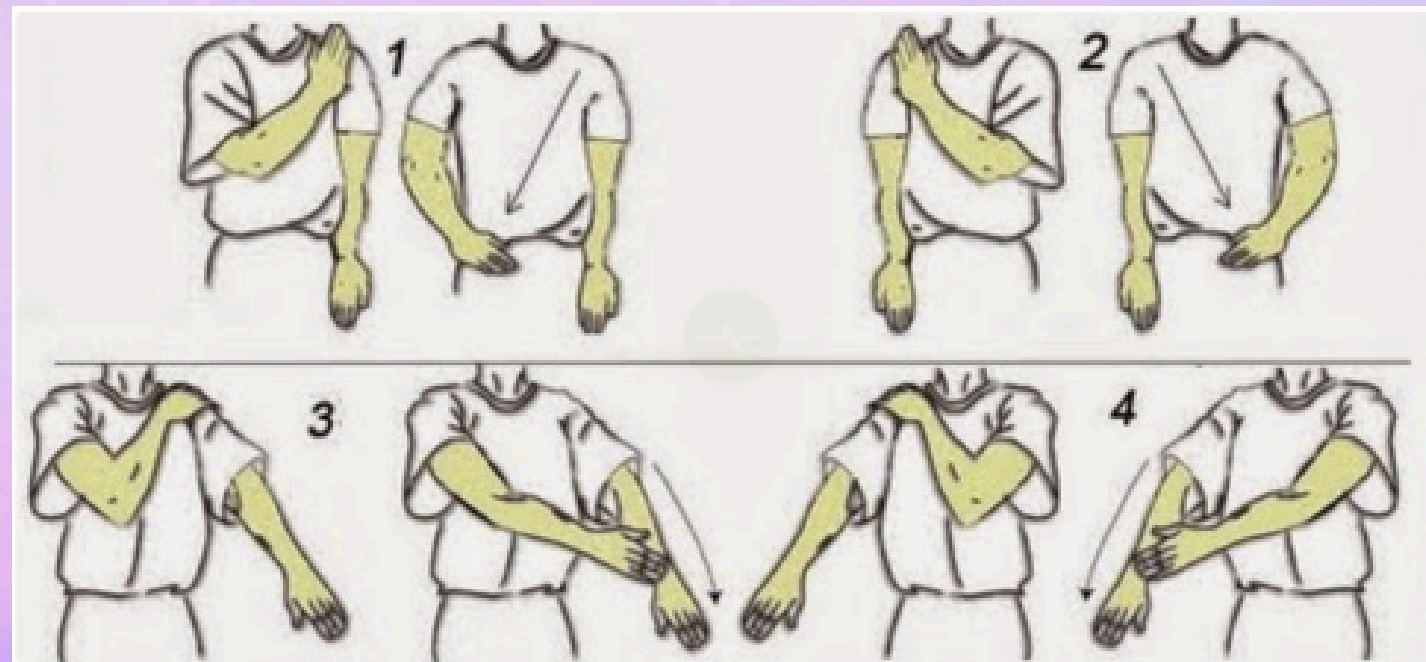
ENERGY CLEANSING - **Kenyoku Hô** - DRY BRUSHING

Always take your time with these practices and ensure that they are completed with a clear and concentrated intention.

Kenyoku Hô (= Reiki 'Dry Bath technique')

= Japanese Reiki Technique for purification inspired by a Shinto ritual known as *Misogi* (meditating underneath a waterfall in order to purify the body with the falling water).

This is a good technique to use before and after giving a Reiki treatment. It can also be used at various times throughout the day or anytime one feels the need to release negative energy. Kenyoku Ho can be used for purification, mental clarity, cultivating creativity and strengthening inner energy.







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SCAN ME



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