



Welcome
TO THE WORLD OF REIKI

We are delighted to have you with us and we look forward to working with you on your healing journey



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Thank you

I am delighted to welcome you to the world of Reiki, and I hope you are as excited as I am to embark on this journey together. I want to thank you for taking the time to meet with me today to learn more about Reiki and what it has to offer.



Reiki is a transformative practice that can help you improve your physical, emotional, and spiritual well-being. It is my passion to share this powerful healing technique with others, and I am thrilled to have the opportunity to introduce you to it

As you begin your journey with Reiki, remember that it is a personal and unique experience. I encourage you to approach each session with an open mind and heart, and to trust in the healing energy of Reiki.

Fran

meet your
REIKI PRACTITIONER



Fran Kerr

Founder of FSK: Minds Matter





hi, I'm Fran

Hi, I'm Fran! I am former Managing Director of post-adoption therapy service NEATS, and a qualified Integrative psychotherapeutic child and adult Therapist, Clinical Supervisor, EMDR Practitioner and a senior qualified Hypnotherapist.

I have 22 years of experience working with children, adults and families. I specialize in therapeutic assessments, attachment, trauma and dissociation.

Today, I run FSK: Minds Matter, a professional but proudly personable service which draws on my extensive knowledge and experiences in order to continue supporting clients of all ages and backgrounds from across the North East.

I am now also proud to deliver **Reiki** alongside our other services to further support individuals with a wider range of contemporary, holistic and effective approaches.

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WHAT IS REIKI?

discover more



Reiki is a form of energy healing that originated in Japan. It involves the transfer of healing energy from the practitioner to the client, which helps to balance and restore the body's energy systems. Reiki can be used to promote relaxation, reduce stress and anxiety, alleviate pain and promote overall wellbeing.

The word “Reiki” is a combination of two Japanese words: “rei,” which means “God’s wisdom,” or “the higher power,” and “ki,” which means “life force energy.”

REI

(ray)

霊

KI

(kee)

気

How does Reiki work?

Reiki is an energy healing technique in which a Reiki master uses gentle hand movements with the intention to guide the flow of healthy energy (what's known in Reiki as "life force energy") through the client's body to reduce stress and promote healing



HOW TO PREPARE FOR YOUR REIKI SESSION?

It is recommended that you wear comfortable, loose-fitting clothing to your session. Avoid eating a heavy meal before your session and avoid caffeine or alcohol for several hours prior to your appointment. It's also a good idea to drink plenty of water before and after your session to help with the healing process.





What to expect during your Reiki session?

During your Reiki session, you will remain fully clothed and lie comfortably on a massage table. The practitioner will place their hands on or near different parts of your body to transfer healing energy. You may feel warmth, tingling or a sense of relaxation during the session. The practitioner may also use crystals or other tools to enhance the energy healing.

REIKI BENEFITS

Promotes emotional healing and
spiritual growth



Dissolves energy blocks and
promotes natural balance between
mind, body and spirit



Supports relaxation and stress relief



Provides relief from chronic pain,
anxiety, and depression



Assists the body in cleansing itself from
toxins and supports the immune system



AFTER YOUR REIKI SESSION

After your Reiki session, take some time to rest and relax. You may feel energized or peaceful, and it's important to honor whatever emotions or sensations arise. Drink plenty of water and avoid heavy meals or strenuous exercise for several hours after your session

The Reiki principles, also known as the Five Reiki Precepts, are guidelines for living a fulfilling and harmonious life

They are:



Just for today. I will not be angry



Just for today. I will not worry



Just for today. I will be grateful



Just for today. I will do my work honestly



Just for today. I will be kind to every living thing



TYPES OF REIKI

Usui Reiki

This is the original form of Reiki that was developed by Mikao Usui in Japan. Usui Reiki practitioners use hand positions to channel healing energy into the body.

Tibetan Reiki

This form of Reiki incorporates elements of Tibetan Buddhism and is said to be more spiritually focused than other forms of Reiki. Tibetan Reiki practitioners use symbols and visualization to channel healing energy.

Sekhem Reiki

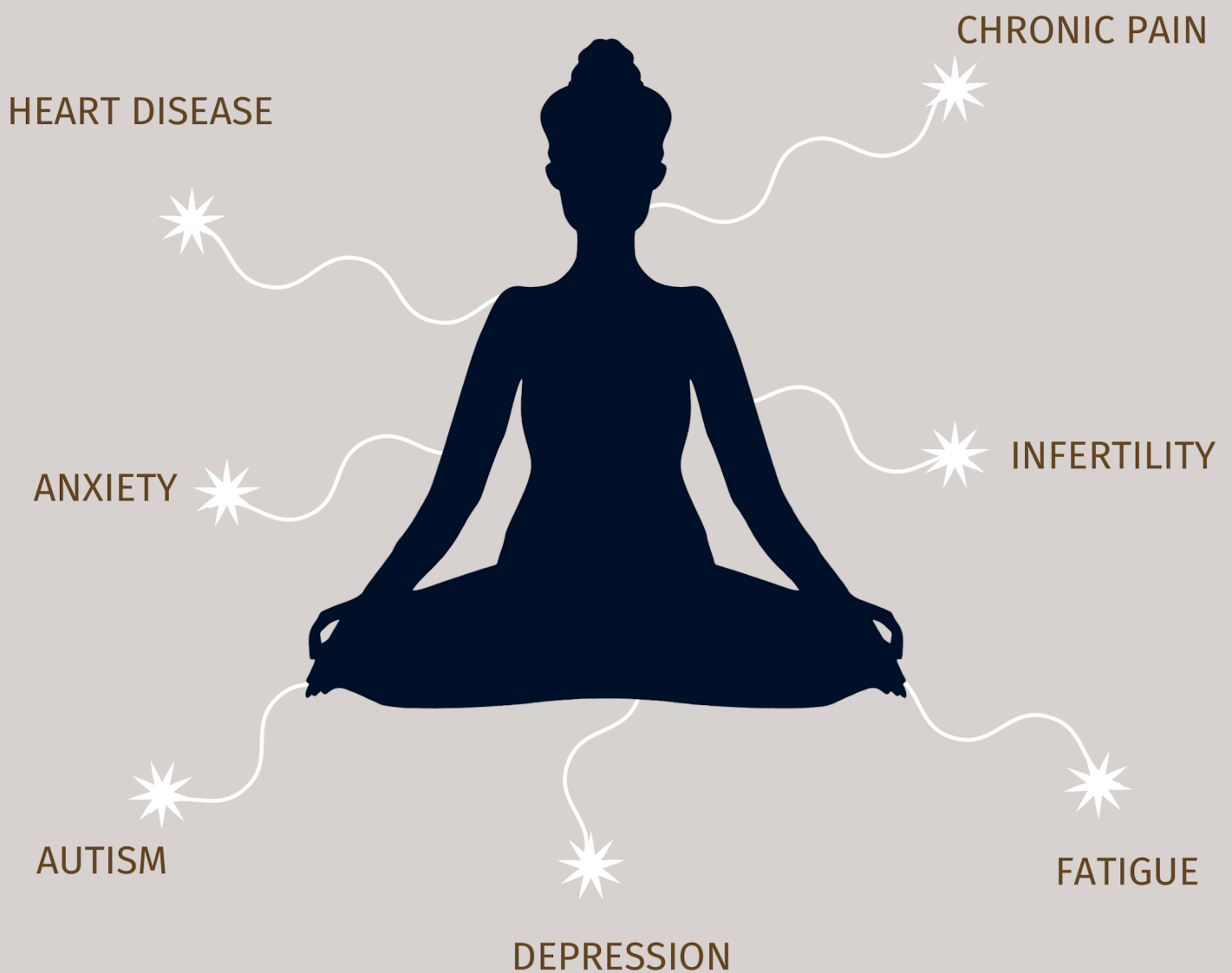
This form of Reiki originated in ancient Egypt and is said to be a more powerful form of energy healing. Sekhem Reiki practitioners use symbols and visualization to channel healing energy.

Angelic Reiki

This form of Reiki incorporates elements of angelic energy and is said to be a powerful and transformative form of energy healing. Angelic Reiki practitioners work with angels and other spiritual beings to channel healing energy.

REIKI

Conditions that Reiki helps treat





REIKI IS NOT JUST A
HEALING TECHNIQUE

*it is a
way of life*

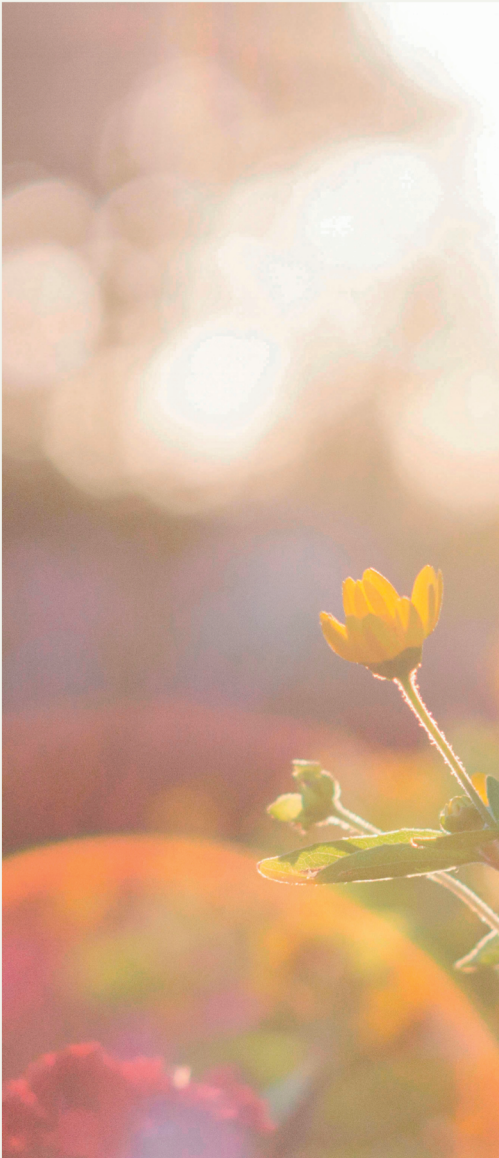


THAT PROMOTES PEACE,
LOVE, AND HARMONY

THANK

thank you

YOU



Thank you for taking the time to visit FSK: Minds Matter and learn more about the various services we offer.

Your feedback is very important to us - it helps to raise our profile and it connects us to more people embarking on their unique therapeutic journey.

Please be sure to leave a review or follow us on social media. We are grateful for your support.

Regards

Fran





Fran Kerr



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