

# Reiki



# Information Pack

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## *The Reiki Principles*

**Just for today,  
I will not worry.  
I will not be angry.  
I will do my work honestly.  
I will give thanks for many blessings.  
I will be kind to my neighbour and all living things.**

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**Reiki is a Japanese form of alternative therapy called energy healing, the word Reiki meaning, 'life force energy'. As we go through life our bodies energy system can become blocked affecting our well-being on a spiritual, emotional, mental, and physical level. Reiki is a beautiful and unique treatment with so many benefits for everyone, at all life stages, from babies to teens, older adults and all in-between. Animals benefit from Reiki too...  
literally everyone/thing - because everything is energy!**

**Here's some of the many benefits of Reiki...**

- **Breaks down energy blockages; opens and realigns your Chakras.**
- **Helps to heal trauma - the wound you sustain (scar) and carry, from the traumatic event/experience. Trauma is a beast! Something that everyone experiences; different life experiences and events, multiple traumas, that if not dealt with, they will manifest and impact your physical health.**
- **Enhances and accelerates our internal natural healing process.**
- **Gives the body a break from the stresses of daily life, helping them to reset and return to a state of relaxation.**
- **Reduces depression, stress, anxiety, and low mood.**
- **Clears the mind and improves focus, helping you to feel grounded and centred.**
- **Supports pain management for many conditions.**
- **Promotes balance and harmony.**
- **Helps spiritual growth.**
- **Aids better sleep.**
- **Works on all aspects of the body, mind and soul.**

**It's a truly beautiful treatment, that in lots of ways cannot be explained, as everyone's experience is unique. It's something you must experience...**

# About Reiki



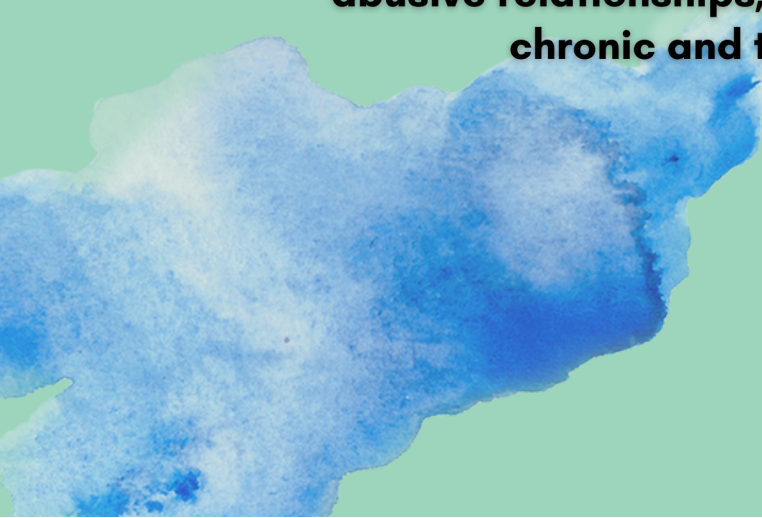
**Reiki is a method of channeling life force energy to address not only physical disorders, but also heal emotional and spiritual issues. It is a practice that works on the Mind-Body-Soul.**

**Reiki is not a religion. The use of Reiki can be traced back for thousands of years, spanning many diverse cultures and civilisations. It was reintroduced in its present form (Reiki) in the late 19th Century after many years of dedicated research by Dr Mikao Usui who was a Japanese Christian educator.**

**Reiki is not sent to the healer, it is drawn through the body of the practitioner from the Universal Energy Source. The practitioner is a channel for the energy to flow through. Energies never mix or transfer.**

**During a Reiki session, the practitioner places their hands on a number of positions over the person's body/Chakras and acts as a channel or conductor for Reiki energy. The energy then begins to move in and through the persons system, naturally directing itself to the source of any imbalances. *Every Reiki session is unique!* Each person draws into themselves the amount of energy that they need, and can be receptive to at that point in time, to bring about the necessary changes.**

**Reiki is a powerful healing therapy that can help to support management and recovery from all forms of stress and trauma... such as pregnancy, birth and postnatal trauma (for mother, partner and family), PTSD, depression and anxiety, grief, recovery from toxic and abusive relationships, addiction and recovery, chronic and terminal illness.**





# Chakras

**Chakra is a Sanskrit word and means 'wheel'. A wheel that spins around its own axis and can spin fast or slowly. A chakra will spin in relation to the energy level of your system. They are spinning disks of energy that should stay open and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our physical, emotional and spiritual well-being.**

**The chakras exist within us all. In the same way we have a physical body, we also have a subtle body, and our chakras are part of a large network of subtle energies.**

**The human body consists of sensory, breathing, circulation, digestion, reproduction and secretion. There are six corresponding chakras for these systems. The brain and the whole being also has one chakra, making a total of seven major chakras. The chakras are situated at the crown, forehead (third eye), throat, heart, solar plexus, and navel (sacral) and at the bottom of the pelvis (root chakra).**

**Our well-being is not purely a physical issue and Reiki heals on physical, emotional and spiritual level. If the energy centres become blocked or depleted, our body cannot function properly and this can manifest as illness.**





# Chakras

- **The Root Chakra** - this chakra is all about survival, instincts and stability. When balanced it gives a feeling of security, stability and the overall feeling of a balanced existence. If it becomes out of balance then a person may feel anxious, unfocused and have a low libido.
- **The Sacral Chakra** - this chakra is the passion centre of the mind and body. It channels your connection to others, libido and joy of life. When in balance it leads to a good connection with your intuition, creativity and sharpens your senses. When out of balance it can make a person emotionally distant, lacking direction or motivation. Your creativity is blocked and you will feel frustrated.
- **The Solar Plexus Chakra** - this chakra is the centre of personal strength, learning and comprehension. When balanced it boosts self-esteem, respect for others, calmness and initiative. It promotes feelings of joy, confidence and friendliness. When out of balance it can threaten self-confidence, may cause depression and confusion that can also manifest as digestive, liver and respiratory problems.
- **The Heart Chakra** - this chakra is the centre of the emotions. It is the centre of deep connection and compassion for other people, animals and the environment. If in balance it enables you to wait patiently for the right relationship, not being afraid to be alone. If out of balance, relationships can be ruined, excess emotion might lead to manipulative behaviour, a fear of being alone, fear of rejection.
- **The Throat Chakra** - this chakra is the communication centre of the body. It allows us to voice our opinions, beliefs and truths. A balanced throat chakra allows us to express ourselves truthfully without fearing others and to listen with empathy. It encourages sharing and focus on your goals. When out of balance it can cause shyness, arrogance and increases anxiety and condescension.
- **The Third Eye Chakra** - this chakra is responsible for our sixth sense. When balanced it promotes high mental ability to separate between reality and imagination, and we can best combine between logic and emotion. We experience overall good health, clear thinking and focus. When out of balance it can lead to poor memory, trouble concentrating, having trouble setting goals and being narrow minded.
- **The Crown Chakra** - this chakra is a door of universal energy conscience. When in balance it can give you access to your subconscious, allows you to see your true nature and to accept the self as part of the universe. It can help you to fulfil your highest potential. When out of balance it can make the road of your life harder and bumpier, lacking focus and direction. You'll experience boredom, frustration and a lack of joy.



# Reiki - My Experience

If you'd have said to me I would be into Reiki, so much so, that I would study and practice it, a few years ago, I most likely would've laughed and said no way... that's way too spiritual and out there for me. It sounds insane!! But... here

I am, a complete convert, believer, and pusher of this incredible healing. I can't put into words what it has done for me, it's too big!! It's saved me.



Everyone experiences multiple traumas and tough times in their life, but for me, the most recent/impacting (and reason why I tried Reiki in the first place) were experiencing an abusive relationship, and having a miscarriage. I've experienced other events that have caused trauma too, like most people; grief, losing loved ones and family, work and general life stress. Everything we experience leaves a scar (trauma is the wound you sustain from the event/experience), has a lasting impact, builds up... whether you realise/accept that or not. Healing is necessary, in whatever form works best for you, it might be a multitude of different therapies. That has been the case for me, and it's been a long-haul thing (years!). But... I got my power back (and some!! 😊). Reiki is incredibly powerful, in many ways unbelievable and indescribable. You just have to experience it.

No two Reiki sessions I have had, have been the same. When I started having Reiki, sessions were really intense, highly emotional and vivid with colours and visions, I would feel and see. Because I had a lot of intense trauma to heal and release. At present every session I have is calm and more serene, like hitting the reset button. I practice it on myself a couple of times a week, and regularly have sessions with my Reiki Master (guru) and good friend, Jane. But I know as life goes on I will experience more trauma and tough times, and Reiki will give me whatever level of healing I need at that time.

This form of therapy and healing is now a constant.

The first step in healing from anything, is wanting to heal. Being open and ready. Wanting it for yourself, your health and well-being. If you decide to give Reiki a go, try your best to breathe, relax, and let go throughout the session, and let your spirit guides do the rest.

Reiki healing is truly the best!

Kate x





**The Reiki Room at Station 22 is Kate's little sanctuary. A cosy and calming space, where she has brought the outside in, to help bring the zen vibes of nature to all Reiki sessions.**

**Step inside The Reiki Room and switch off for an hour of you-time. Release the stresses of life and reset your soul. From start to finish you'll be made to feel completely at ease, Kate's friendly and easy-going vibe will ensure of that.**

### *About the session...*

**All is explained at the start, and then you're made to feel comfortable, cosy and relaxed. Sessions start with a grounding/breathing exercise, to help slow the body and mind. Then Kate places her hands on/over a number of positions over your body and Chakras, acting as a channel for the Reiki energy to flow. The Reiki healing energy moves through your system, and goes wherever it is needed, to unblock your Chakras and help heal any imbalances. Every session is unique! You receive the healing that you need and can take at that point in time. Sessions finish with Ho'oponopono (a mouth full I know 😊) healing at your head/Crown Chakra. An ancient Hawaiian healing practice of forgiveness, to help bring your soul back to zero (hitting that reset button).**

**All you have to do is be open to it... open to receive the healing, and let your guides do the rest. Give yourself that hour, that time and space to stop, breathe, and let go.**

**Sessions are 1 hour long**







## *Cost & Booking...*

Sessions are booked via the GymCatch app. Download the app and search for Brooks Fitness. [Click this link to view the app.](#)

## *Discount!*

**Get £5 off your first session with discount code: Reiki#1**

You can pay per session or purchase a Reiki Bundle that gives you a bit of a discount on sessions and is valid for 3 months from date of purchase.

**£33 - 1 hour**

**Reiki Bundle 4 x 1-hour sessions - £120 (£30 per session)**

**Reiki Bundle 8 x 1-hour sessions - £224 (£28 per session)**

## *Distance healing*

Distance healing is an option and available too... distance healing can be done from the comfort of your own home. This would be done over FaceTime and follow the same steps as the in-person sessions. You make yourself comfortable on your couch or bed, and the Reiki is sent to you. Kate carries out the session as if you were with her and on her Reiki bed. For someone reading about Reiki for the first time... the distance healing sounds even crazier, I know... but it works!!

**£33 - 1 hour**

## **Kate's Qualifications, Certificates and Training**

- **Reiki Level 2**
- **Ho'oponopono Certificate**
- **Reiki Level 1**



# Testimonials

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'I'd been feeling so stressed, burnt out and worn down by certain toxic situations. Which is when Kate told me about Reiki, whilst doing a PT session. She told me about the benefits, and I jumped at the chance to try it!

'It was such a calming experience, and Kate made me feel so relaxed and at ease. I felt so much lighter after the session, more positive. I'm so glad I tried it, and can't wait to have it again.

Thank you so much!

*Louise x*

'It was Kate who first introduced me to Reiki. At the time, Kate was an advocate for the healing therapy and regularly had sessions herself, and couldn't speak highly enough of the benefits she'd experienced. When Kate said she was going to do her Level 1 training I knew this would be the start of something special. I did the Level 1 training with her too, this being focused on self-healing and being able to do Reiki on yourself.

'I've had Reiki with Kate since she's done the Level 2 practitioner training, and loved the session. I experienced total relaxation. In her hands you will feel a sense of enlightening, she definitely has a gift. Reiki is something that should be experienced by everyone - it's powerful!

*Laura x*

'This was the most amazing, relaxing experience - I felt completely relaxed in Kate's capable hands and before I knew it my mind was drifting off, completely worry free which was just what I needed. I'll definitely be booking more Reiki sessions soon!

*Catherine x*

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'I had my first Reiki session with Kate, it was my first experience of Reiki so I wasn't sure what to expect. However, Kate put me at ease straight away. I'd heard many good things about Reiki and it's benefits, so I allowed myself to be open minded about the experience, and tried to relax as much as possible. This was easy with Kate, with her chilled vibes and the weighted blanket.

'During the session my whole body was twitching, as though negative energy was being forced out of me. A strange experience, and something I didn't expect to happen! But this didn't put me off, it was reassuring that it was working. Kate's knowledge and passion for it is inspiring. Everyone should try Reiki!!'

*Beth x*

'I have to admit that I was a sceptic to begin with. Kate bought me a voucher for a Reiki session and I wasn't sure about it. But, I thoroughly enjoyed it, and found it so relaxing. That first session opened my mind.

'Since Kate has completed the training and started practicing, I've had sessions with her and have found the same. Reiki is relaxing for the mind and body. As you go through life you experience lots of stress, life is hectic at best. You need an outlet to release. The bike is where I get my exercise, putting the miles in. Reiki is an outlet for the mind and soul.

'I certainly'll recommend being open minded and giving Reiki a go.'

*Adrian x  
aka... Kate's dad!*



# Testimonials

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'I had my first Reiki session with Kate and it honestly surprised me. I've never done anything like this before, didn't really know what it was or what to expect. I'm not a spiritual person, but I've been going through a difficult patch at the moment so when Kate suggested it, I thought why not!?'

'With Kate being Kate, and how she set the atmosphere it was just so warm and inviting. She oozes confidence in her work and the power of healing that it's hard for some of that not to spread your way. For the first time in a while, this session just allowed me to stop and take a break, a break from being so busy to distract myself from sadness and negative thoughts. And with that and Kate's natural positivity, I found myself walking away feeling a little lighter, more positive and accepting on my journey of healing. If you're ever on the fence about trying Reiki, I'd say the same as I told myself - why not?'

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Heather x

'My first ever Reiki experience was with Kate, and all I can say is wow, I'm converted! I immediately felt lighter after my session and will 100% be booking more sessions! I had no idea what to expect, but was open to trying anything to improve the way I was feeling.'

'I was so relaxed during the session, Kate has such calming energy. I came away feeling like a weight had been lifted, and I am looking forward to booking in for another session soon, and seeing what I experience.'

Becca x

'Loved my first reiki session with Kate. I had no idea what to expect - and spent an hour experiencing some deep relaxation and felt totally soothed and blissed out for the remainder of the day. I can't wait for my next session!'

Sarah x

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'Since meeting Kate, doing her Buggy Bootcamp and sharing my story. Kate told me about Reiki, her experiences and benefits, and invited me to try a session. I decided to give it a go... and it was amazing!!'

'Kate is really welcoming and kind, I felt totally relaxed and couldn't believe how calm I felt during and after. Little signs kept appearing to, right before and after the session, which was so comforting.'

'I would highly recommend it to anyone.'

Grace x

'I've struggled to describe my Reiki experience to family and friends. It's been incredibly calming and exhilarating at the same time.'

'Kate is a fantastic practitioner, more listening and feeling than analysing. We talked about what was bothering me and got to "work". When I say work, I lay down with a weighted blanket & closed my eyes while Kate did her thing.'

'Did I feel silly? At first yes, but soon I was enveloped by a sense of calm and tranquility (apart from when I felt I was on a trip induced by magic mushrooms!). Afterwards I felt energised and alert (not the fueled by coffee feeling).'

'I don't really know how Reiki works but the reality is I don't need to. I just know how it made me feel; that was a sense of peace and calm.'

Saj x



# Reiki FAQs

- **How long does a treatment last?**

Generally Reiki treatments take 45 mins - 1 hour. For children and babies 20 - 30 mins or less.

- **What does a treatment involve?**

During treatment, a client is initially made to feel comfortable, whether that be lying on a treatment bed, on the floor, or in seated, wherever is most suited to the individual. The practitioner then places their hands on/over a number of positions over the person's body and acts as a channel or conductor for Reiki energy. The energy then begins to move in and through the system, naturally directing itself to the source of any imbalances. Each person draws into themselves the amount of energy that they need, or can be receptive to at that point, to bring about the necessary changes.

- **Is Reiki like a massage?**

No. Although you may be lying on a massage bed, you stay fully clothed and are simply made to feel relaxed and comfortable, with a pillow and blanket. The practitioner then moves to different areas of the body to channel the healing energy.

- **What if I don't want to be touched?**

This is OK; the practitioner can simply hold the hands a few inches above the body. The Reiki treatment will still work as effectively.

- **Can Reiki ever have a detrimental effect on a client?**

Reiki can never harm a client. However, as the energy moves through a client's system they may experience heat or cold or slight burning sensations in certain areas of the body. This is simply the effect of the energy moving through blockages within their system. Alternatively, some clients may have an emotional response as the energy begins to release old emotional wounds. If the latter occurs, go with it and let the energy and emotions flow to be released.

- **Is it OK to talk whilst having a treatment?**

There are no rules. Everyone is different, if you wish to talk you can. Other people prefer to be quiet and switch off from the world. Try to relax and let go as much as possible. Take the time to pause, breathe and slow. Reiki isn't counselling, you don't have to explain/share anything about why you are there. But equally if you feel compelled/open to share that is OK too. I'm an open book... and share my story all of the time. Sharing lightens your load.

# Reiki FAQs

- **How will I feel after a treatment?**

As everyone has a different experience, how you will feel after will be different, and it can be different every session you have too. You may feel tired, emotional, calm and content, energised. After a session try to take some time and space for yourself, listen to your body and let any feelings and emotions flow. Drink plenty of water to flush and release toxins (as you would after a massage).

- **How many sessions do I need?**

Again this is so individual and depends on the traumas you're holding. You can never have enough Reiki, it will always be beneficial. But it might be that after experiencing a lot you need an intensive course of sessions, and then this tapers off. Whereby sessions become an adhoc reset and clearing. Everyone is so different, and for me having had so many sessions, I now know/feel when tensions and anxieties are building up, and I need that release and healing. Reiki makes you become more in tune with your body and energy, more aware of it and protective of it. One session of anything isn't enough... there is no such thing as a quick fix. If you're on a healing journey, you're in it for the duration and it's exactly that, a journey. One in which you should be open to explore and try different forms of therapy, to find out which ones best serve you.

- **So what actually is Reiki?**

Healing from the spirit world. Everyone has spirit guides and guardians (angels, guides that have been assigned to you, family and loved ones that have passed), watching over you, guiding you through life. Your team of spirit guides heal you, via/through the Reiki practitioner (channel). Mad I know!! But true, and so incredibly powerful - you just have to be open to it and experience it, if/when ready to.



# Reiki Bookings

 To book Reiki sessions download the GymCatch app and search for Brooks Fitness

*Get in touch & find out more...*

**Head over to my website and get in touch for more information about Reiki sessions and bookings.**



**brooks-fitness.co.uk**



**hello@brooks-fitness.co.uk**



**07875584383**



***The Reiki Room***

**Station 22**

**5 Lench Road**

**Waterfoot, BB4 7JH**

## *Other Services & Classes...*

**Buggy Bootcamp** - is an outdoor group exercise class open to mums, stay at home dads or dads on paternity leave, grandparents, carers or anyone looking after young ones... all welcome and all will most definitely benefit. Every class is different, taking in the stunning surroundings, and using the fixtures and fittings of the park and green spaces at Stubbylee Park in Bacup. Whilst getting a mega dose of feel-good endorphins and vitamin D boost... all about the fun times and fresh air... booking for these classes is via the GymCatch app. You can get a first class FREE with code: FreebieClasses on the app.

[Click this link and head over to my website to find out more](#)