

Reiki in the Wychwoods

Reiki (pronounced Ray-Key) is a Japanese word meaning universal life force energy. It is a safe, gentle, non-intrusive, hands-on healing technique. It works holistically to balance the mind, body, emotions and spirit. It promotes deep relaxation and a sense of well-being.



except for your shoes. The Practitioner will place their hands in certain positions over your head and body. There is no pressure, manipulation or massage. You usually feel very relaxed and peaceful. Reiki benefits most conditions and is complementary to other therapies and allopathic medicine.

How Reiki Works

We have energy or Chi that flows through our physical body in pathways called meridians. This energy field responds to everything we do, feel, think and experience. It becomes blocked when we absorb negative energy. If these blockages are not removed they can pool into a more dense energy which may eventually manifest as a physical illness. Reiki is a spiritual energy with a high vibratory level. It can flow through the entire body charging it with positive energy and removing negativity. It is guided by a higher intelligence so it always knows where to flow and finds its way to the area most in need of healing. It also adjusts to the recipient so that they receive as much or as little as they need. A treatment lasts approximately 45 minutes to one hour and is usually carried out on a therapy couch, covered with a soft blanket. You remain fully clothed

The Wychwood School of Reiki

I discovered Reiki whilst training as a Reflexologist. A fellow student offered me Reiki when I was suffering from a painful neck condition. As she put her hands on my neck it felt as if someone had wrapped a beautifully soft, warm blanket around me. I instantly felt soothed and comforted and the pain was easier to cope with. I became fascinated by this light and gentle spiritual energy and the following year I began my training. Reiki is a subtle but highly effective transformational tool and I continue to be amazed by it.

In spring this year The Wychwood School of Reiki was founded and now offers appointments from a peaceful retreat in the Wychwoods. For further information contact: nicolajaneford@hotmail.com

Nicola Ford

Blood Donor Sessions

The NHS Blood and Transplant Unit will be visiting Milton Village Hall on **Thursday 5th September**. Sessions are held from 14.30 to 15.15 and from 17.15 to 19.15. For more information or to make an appointment call: 0300 123 23 23 or visit the website www.blood.co.uk. It is fine to turn up at a session without making an appointment. If numbers of donors continue to drop at these sessions we are in danger of losing them and donors will have to travel to Witney or Chipping Norton to donate in future. It only takes about half an hour to donate and you could be helping to save a life.