



Curious about how
Reiki works?



Welcome

*I'm So happy
you're here!*

Reiki is a gentle yet powerful energy healing practice that promotes relaxation, balance, and well-being.

Rooted in Japanese tradition, Reiki is widely used around the world as a complementary therapy to support physical, emotional, and spiritual health.

This guide aims to provide a grounded and practical introduction to Reiki, helping you understand its principles, benefits, and how it can be integrated into daily life

CONTACT INFO:

Email: info@wellnesswithin.uk

WEB SITE:

www.wellnesswithin.uk



ANYTHING ELSE:

As Your Reiki Master Teacher, I could Talk about Reiki all day long and welcome you to ask me any questions you may have. Book Your Free Discovery via my website or email me direct as always happy to help!

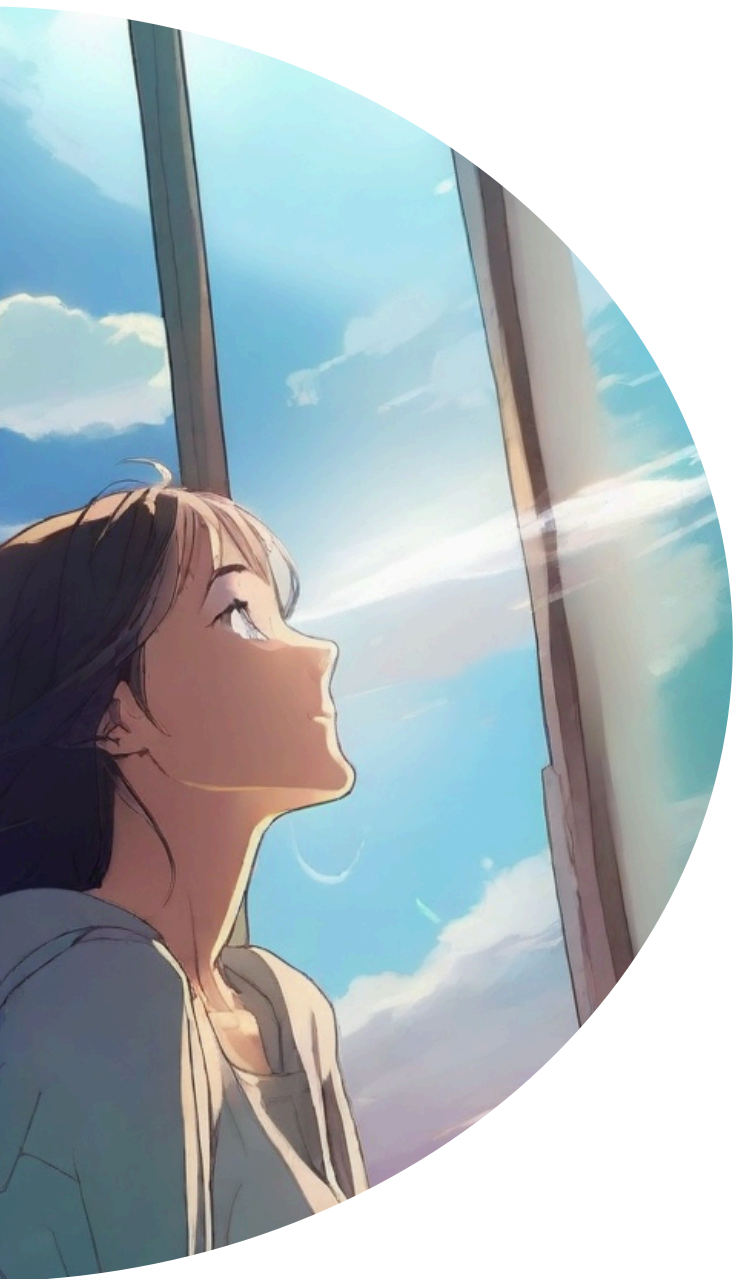
Niki B (RMT) @ WWuk Reiki Academy

THE REIKI GUIDE



SLOW LIVING

How to slow down and enjoy life with Reiki



In today's fast-paced world, it's easy to get caught up in the hustle and bustle of daily life. With work pressures, social commitments, and the constant buzz of technology, finding time to slow down and truly enjoy life can seem like an impossible task. However, one powerful practice that can help you regain balance and mindfulness is Reiki.

Reiki is an ancient Japanese healing technique that works by channeling universal life energy through the hands of a practitioner to the recipient. The goal is to restore balance, alleviate stress, and promote physical, emotional, and spiritual well-being. But beyond its healing properties, Reiki can also help you slow down, relax, and reconnect with the present moment. Here are some of the key benefits of Reiki treatments that can help you enjoy life more fully:



REDUCED STRESS AND ANXIETY

One of the most immediate benefits of Reiki is its ability to reduce stress and anxiety. The calming energy of Reiki encourages relaxation, helping to quiet the mind and calm the nervous system. By allowing your body to relax deeply, Reiki can help alleviate feelings of being overwhelmed, making it easier to cope with daily stresses and restore inner peace.

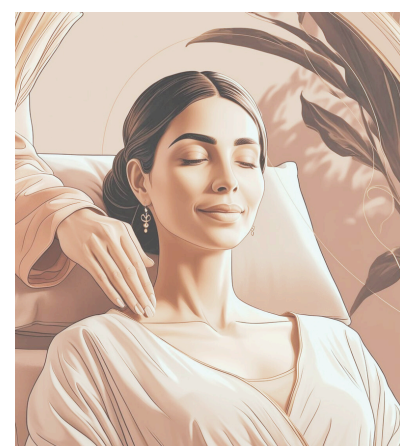
INCREASED MINDFULNESS

In today's world, many of us are constantly rushing from one task to the next, rarely taking the time to pause and reflect. Reiki treatments encourage mindfulness by bringing you into the present moment. As the practitioner works with the energy flow, you may notice your thoughts quieting, allowing you to fully experience the sensations of the treatment. This practice of mindful awareness can carry over into daily life, helping you stay grounded and more focused.



ENHANCED WELL-BEING

Reiki works not only on the physical body but also on the emotional body. Many of us hold on to negative emotions such as fear, guilt, or sadness, which can weigh us down and prevent us from living fully. Reiki helps to release these emotional blockages, promoting emotional healing and restoring a sense of balance. This can result in greater emotional clarity and an improved sense of well-being.

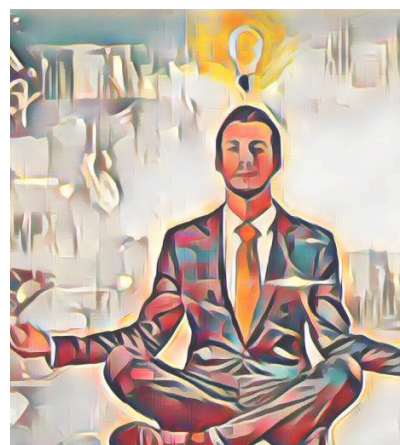


IMPROVED SLEEP

Reiki's ability to promote relaxation extends to improving sleep quality. By calming the mind and soothing the body, Reiki can help you achieve deeper, more restful sleep. This, in turn, gives you the energy and mental clarity needed to face the day with a more positive outlook, making it easier to enjoy life's simple pleasures.

ENHANCED SELF AWARENESS

Reiki treatments can foster a deeper connection to yourself. As you experience the soothing effects of the energy work, you may begin to notice insights about your personal patterns, desires, and areas of growth. This increased self-awareness can help you make decisions that align more closely with your values, leading to a more fulfilling and joyful life.



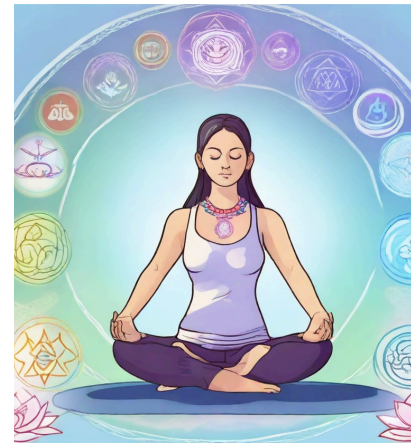
PHYSICAL RELEASE & RELIEF

Reiki is known for its ability to promote relaxation on a deep physical level. It can ease muscle tension, reduce pain, and encourage the body's natural healing processes. By allowing the body to relax and release tension, Reiki helps create an overall sense of comfort, making it easier to enjoy life without being hindered by physical discomfort or stress.



A RENEWED SENSE OF CLARITY AND FOCUS

With the constant distractions and pressures of daily life, it's easy to lose sight of what truly matters. Reiki can help clear mental fog, offering renewed clarity and focus. By realigning your energy, Reiki can help you gain perspective on your life, allowing you to make more intentional choices and create the space for what brings you joy.



SPIRITUAL CONNECTION

At a deeper level, Reiki promotes a sense of spiritual connection. Whether you view this as a connection to the universe, a higher power, or your own inner self, Reiki's calming energy can help you feel more in tune with something larger than yourself. This spiritual grounding can help you slow down, appreciate life's blessings, and find peace amid life's challenges.



CONCLUSION

Reiki is more than just a healing modality—it's a pathway to slowing down, letting go of stress, and embracing the present moment. Through relaxation, emotional healing, and improved self-awareness, Reiki treatments offer a unique opportunity to reconnect with yourself and find balance in an otherwise chaotic world. Whether you're seeking to relieve stress, improve your emotional well-being, or simply create space for relaxation, Reiki can be a powerful tool for helping you enjoy life more fully.

If you're ready to slow down and experience the benefits of Reiki for yourself, consider exploring this ancient practice with a qualified practitioner or myself as a Reiki Master Teacher. It may just be the key to unlocking a more peaceful, enjoyable life.



The Bigger picture

Deeper dive into What Reiki is

How Reiki Works:

Reiki is based on the principle that universal life energy flows through all living beings. When this energy is blocked or unbalanced, it can lead to physical, emotional, or mental discomfort. Reiki practitioners channel energy to remove blockages and restore harmony.

Each person's Reiki experience is unique. Some may notice immediate relief, while others experience energy balance as a gradual process, much like peeling layers of an onion. Healing can occur on different levels, addressing root causes of imbalance rather than just symptoms.

Reiki vs. Other Energy Healing Practices:
Reiki is often compared to other energy-healing modalities such as:

Acupuncture (Traditional Chinese Medicine technique using needles to balance energy flow).

Polarity Therapy (Integrating touch, diet, and movement to harmonise energy fields)

Qigong (A Chinese practice using breath and movement to cultivate energy)

Unlike these practices, Reiki incorporates specific symbols and an attunement process that connects practitioners to the energy.

HISTORY

Although energy healing has ancient roots, Reiki as we know it today was founded by Mikao Usui in the early 1900s. The system was initially called Usui Reiki Ryoho, meaning "Usui's method for spiritual healing."

As Reiki spread worldwide, it evolved into different branches, each incorporating variations of Usui's original teachings.

Modern research and historical studies have uncovered new information about Reiki's origins, correcting misconceptions found in older books and sources. I blend Western treatment techniques with Mikao Usui's valuable insights and philosophy as all have value within the Reiki experience you receive .



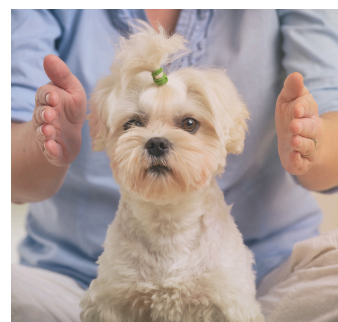
THE RESEARCH

In 2016, Torsten A. Lange partnered with the Hagalis Institute in Switzerland to investigate whether Reiki works independently of placebo effects.

Many scientific studies on Reiki involve human subjects, leading to concerns about the influence of personal perception on results. Some studies have attempted to control for this by including "sham Reiki," where participants receive a placebo treatment. Interestingly, research on animals, such as rats, has shown that Reiki significantly reduces stress hormones, suggesting that its effects are not solely psychological.

However, most current studies focus on "soft" outcomes like reduced anxiety and improved sleep, rather than physiological healing markers. This ongoing research contributes to our understanding of Reiki's impact.

It is now clear that Reiki works on the same understanding: The physical human body is connected to different vibrational levels through these non-physical centers – and Reiki symbols offer a way to activate them. Reiki can be scientifically proven, but more importantly, Reiki is a science in itself. It's able to identify different vibrational levels in the universe: the level of form for our physical, earthly existence, the spiritual level, and the connection between all things.



DEEP SUBTLE ENERGY FIELD

Subtle energy refers to the biofield surrounding the human body, also known as the aura.

This energy field can be sensed through practice, meditation, and specific techniques used in Reiki.

Some scientific instruments have been developed to detect these subtle bio-magnetic forces, with studies showing measurable energy emissions from a Reiki practitioner's hands.

When receiving Reiki, individuals may experience warmth, tingling, or deep relaxation. As a person continues to work with Reiki, their sensitivity to energy may increase, making them more attuned to the healing process.

COMMON MYTHS ABOUT REIKI

Myth 1: Reiki Can Cure Anything - While Reiki promotes healing, it is not a guaranteed cure. It supports the body's natural healing processes rather than replacing medical treatment.

Myth 2: One Reiki Session is Enough -Some people experience immediate benefits, but most healing occurs gradually over multiple sessions.

Myth 3: Reiki Should Replace Conventional Medicine. Reiki is a complementary therapy, not a replacement for medical care, and is best used alongside it for optimal results.

The Treatment

What happens in a Reiki treatment with me?

As an experienced Reiki Practitioner & Master Teacher, my intention in every treatment is to help restore balance to your energy system, promoting relaxation, clarity, and overall well-being.

Reiki sessions are available at my clinic, online, or in a safe space such as your home, a community setting, or a corporate environment.

When you arrive for a session, we'll begin with a brief chat about how you're feeling—physically, emotionally, and energetically. This is a relaxed, judgment-free space where you can share as much or as little as you feel comfortable. If it's your first time, I'll explain what Reiki is, how it works, and what you can expect from the session.

GETTING COMFORTABLE

You will be fully clothed, Invited to lie down on a comfortable treatment couch, If lying down isn't possible, Reiki can be given while seated and adaptations can be made for all disabilities and needs.

I'll make sure you're warm and comfortable with a blanket or cushion if needed. Soft, calming music can be playing to help you relax or if preferred you can bring music of your choice as long as soft toned.

LET'S BEGIN

Once you're settled, I will begin the Reiki treatment. Hands slightly above your body, I will move through a series of hand positions across areas of the body and you can either have your eyes opened or closed depending on your choice.

Every session is unique to the individual, and Reiki always flows where it is needed.

AFTER TREATMENT

Once the session is complete, we'll take a few moments for you to gently return to full awareness. I'll offer you some water and check in on how you're feeling. You may feel deeply relaxed, lighter, or even more energised. Sometimes, emotions or old patterns can surface—this is part of the healing process. I encourage you to take it easy after the session, drink plenty of water, and allow the Reiki energy to continue working in the hours and days ahead.

REIKI ETHICS & STANDARDS

As a Reiki Master Teacher (RMT), I adhere to the highest ethical and professional standards:

- ★ Client Confidentiality: Everything shared during the session is private and confidential.
- ★ Informed Consent: Reiki is always given with your consent, and you can request adjustments at any time.
- ★ Non-Diagnostic Approach: Reiki is complementary to medical treatment but does not replace it. I do not diagnose or prescribe.
- ★ Respect for Individual Beliefs: Reiki is a spiritual, but not religious, practice. It works alongside all belief systems.
- ★ Holistic Approach: Reiki supports overall well-being—physical, emotional, and mental—but does not interfere with personal choices regarding healthcare.



After Care



IMMEDIATELY AFTER SESSION:

After your session, eat something light and drink plenty of water.

Give your self time to absorb in relation and power off to electronics and things that over stimulate

FEW HOURS AFTER SESSION:

Your symptoms may appear to feel worse, or you may feel nothing at all.

This is all normal. Stay hydrated. If you feel they are not subsiding, please get in touch with me.



EVENING AFTER SESSION:

Please take time to relax with a warm bath or mediation. If possible, good night of rest.

Reiki Academy@wellnesswithin.uk



My Treatment Services



INDIVIDULISED TREATMENTS

Reiki sessions are tailored to each client's unique needs, addressing physical, emotional, and energetic imbalances. During a session, the aim is to restore harmony, ease stress, and support the body's natural healing process. Sessions can be in-person or conducted remotely, offering flexibility and accessibility.



COMMUNITY & CORPORATE

Group Reiki sessions provide an ideal opportunity for communities and workplace settings. These sessions promote relaxation, stress reduction, and emotional resilience. In group settings, Reiki fosters connection and support, reduces burnout, and improves focus. Whether held in-person or virtually, group Reiki is a powerful way to cultivate harmony and wellness in collective spaces.



PETS & ANIMAL CARE

Animals are naturally receptive to Reiki, benefiting from its calming and restorative energy. Whether for pets, rescue animals, or wildlife, Reiki can help alleviate stress, support recovery from illness or injury, and enhance their overall well-being. Sessions can be given hands-on or from a distance, making it ideal for sensitive or anxious animals.

I look forward to connecting with you soon!



Easy to Learn

At Wellness Within UK, I provide a comprehensive range of training and continued learning opportunities. I ensure all my offerings focus on developing practical skills and advancing awareness in a supportive, clear, and empowering way.

01 REIKI CARE - FREE DISTANT HEALING

Reiki Care is a compassionate initiative that offers free distant Reiki healing to those in need. Distant Reiki allows healing energy to be sent across time and space, providing the recipient with the same benefits as an in-person session.

02 GROUP COURSES - BEGINNERS /REIKI LEVEL 1 (SHODEN)

Group courses for Reiki Level 1 (Shoden) are offered, providing foundational knowledge and practice in Reiki. These courses are ideal for those new to Reiki and looking to begin their journey.

03 REIKI ACADEMY 121 TRAINING

The Reiki Academy provides training for individuals at all levels, from beginners to advanced practitioners. Courses are designed to guide participants through essential techniques, deepen their practice, and help them reach their full potential. Individualised training packages provide personalised support ensures that learners progress with confidence and clarity.

04 LATITUDE LEARNING - REIKI COACHING SESSIONS

For Reiki practitioners and masters in business, personalised coaching sessions are available to expand skills in treatment delivery, provide intuitive insights for business development, and ensure safe and effective practice.

05 GIFTING TOGETHER - REIKI SHARE EVENTS

Monthly community sessions called "Gifting Together" These sessions include in-person healing for those trained in reiki, to continue to develop their personal or professional development



W W u k R M T N i k i B a g g s

Your Investment

REIKI TREATMENT @ CLINIC / HOME

50 minute treatment please note home visits may have additional costs . For Group booking please email me at info@wellnesswithin.uk with requirements or book a call to discuss further.

£35.00

REIKI TREATMENT ONLINE

40 minute treatment - Skype call

£20.00

REIKI LEVEL 1 GROUP COURSE

2 Day in-person course, FREE 121 online coaching , Comprehensive Reiki resources via a student portal

£175.00

INDIVIDULISED LEARNING

A blend of online and in person training to work around your needs. Offering exceptional Reiki training experience for all levels.

Prices start from
£185.00

LATITUDE LEARNING

121 Reiki Coaching: online - including access to learning materials to support ongoing development.

£45.00

GIFTING TOGETHER - REIKI SHARE

Book via Eventbrite - Price is per meeting

£10.00

Connect via my website and book a FREE Discovery call
to explore your Journey with Reiki further !



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Many Blessing
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