

# What do I offer you?

- Your first one hour session with me is free!   
Your next sessions? Choose from the following -
- Solo sessions—for individuals. For a private session of Reiki, on your own, and in my Reiki Room, the fee is £25.
- 6 Sessions—If you have a long-term illness or condition you would benefit from daily or weekly Reiki; so, book a block of six sessions for only £15 each, in my Reiki Room. *A popular option!*
- Share-a-session, where 2, 3, or 4 people (you and your friends, colleagues, or family members, say) can share the hour, and share the £25 fee. Thus, in the one hour -
  - 2 people would each get 30 minutes, costing them only £12.50 each, or -
  - 3 people would each get 20 minutes for only £8.33, or -
  - 4 people would each get 15 minutes for only £6.25 each.
- Vouchers—An all year round solution to your gift problem! Give your loved one a Reiki Ken gift voucher for only £25! Contact me for details.
- Reiki Ken Chronicle—My own newsletter! Comes to you free as a monthly email attachment.

# Do get in touch with me!



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I'm on YouTube!  
Go online to  
[www.youtube.com](http://www.youtube.com)  
and search for Reiki Ken



Follow me on Twitter!  
@ReikiKen is my name



REIKI

This is an interactive online leaflet!  
Need more info from it? Move your  
cursor anywhere over the leaflet  
(either side), and when the arrow  
becomes a hand-click!  
See where you go . . .



Ken Hill  
Master Practitioner  
member  
of the  
UK Reiki Federation



# Reiki

## It is so relaxing!



And so good  
for  
your health!

Your first session!  
See inside for details!



REIKI KEN



## What do my clients think?

I went to see Ken when I was suffering chronic back pain. After my first session with Ken I went home and relaxed for the afternoon.

To my astonishment, by 5 pm I was pain free and able to move around easily.

Although the pain did return, it was nowhere as severe as it had been. I have continued to be treated by Ken for nearly a year now and although I still have back problems, the pain is greatly reduced and my quality of life is much improved. Gradually I noticed other improvements in my health; as a Diabetic my blood sugar levels were reduced and also my cholesterol levels are a lot lower. I am now a much calmer person and don't tend to get stressed as I did before.

*Carol, Co Durham*

Ken is a gentle and caring person who has helped me on several occasions by carrying out both hands-on and distant healing, to relieve both physical and stress-related symptoms. As well as relief of physical discomfort, I have also felt positive emotional benefits, and always sleep deeper and longer after a Reiki therapy session. I have no hesitation in recommending Ken's services.

*Margaret, Northumberland*

Had a session of distant Reiki with Ken when suffering from nerves before French oral exams—result—complete confidence and an A\*.

*Val, Co Durham*

# What is Reiki?

Reiki is the transfer of energy via the practitioner's hands to your body to enable you to relax and to enhance your body's natural ability to heal itself. Reiki works both on physical and on mental conditions, and on emotional problems, too. Stressed? You need Reiki!

*How do the worlds of medicine and science view Reiki? Check these websites—[www.reikiken.com](http://www.reikiken.com), [www.centerforreikiresearch.com](http://www.centerforreikiresearch.com), and [www.reikiaustralia.com.au/ReikiResearch](http://www.reikiaustralia.com.au/ReikiResearch). They will surprise you . . .*

### Use of Reiki is widespread

It is used at major hospitals throughout the UK, including Bishop Auckland General Hospital, and in Middlesbrough at the James Cook University Hospital. Cancer care centres

and hospices in this country also use Reiki to treat their clients.

### How can it help you?

Reiki relaxes you, and it also accelerates your body's natural ability to heal itself. Reiki works both on physical and on

mental conditions, and on emotional problems, too.

### Integrative therapy?

You don't use Reiki *instead* of traditional medication or treatment; Reiki works *with* whatever treatment

your doctor might have prescribed for you. Integrative means Reiki is being used as part of a holistic approach to health care.

### Appointments

Sessions are by appointment only.



### Where am I based?

I have lived in Darlington since 1992. Visitors have often commented on the lovely peaceful atmosphere in my home, and so it seemed appropriate to use a room there for Reiki treatments.

*For a video of my room click here.*

### What are my qualifications?

I did my Level 1 attunement back in September 1998, my Level 2 in January 2005, and my Master's attunement in August 2006.

I am also a Master Practitioner member of the UK Reiki Federation.

I also hold a current CRB enhanced disclosure certificate.