

## Some Testimonials

Three months into Reiki and I can positively say the pain has almost gone, and my health and wellbeing have improved enormously. I am sleeping much better, and my little dog gets more "walkies" now. Thank you, Ken, for your kindness and understanding. (PS - I have more than halved my painkillers.)  
Pat, Co Durham

Amazing; continuous headache vanished, my mind feels lifted and thoughts clearer. My face feels younger as stress has been lifted. A truly relaxing and spiritual experience. Thank you Ken.  
Ayse, Co Durham

I have had 6 sessions with Ken for a chronic problem. The sense of relief I felt was tremendous, feeling invigorated and even more revitalised after each session. I would highly recommend Ken as a kind man with an enormous gift of Reiki.  
Lesley, Co Durham

It is extremely relaxing and has given me a calm peace within. It has helped me in ways I couldn't imagine; I am so relaxed and laid back now. I don't panic about things like I used to. It has definitely changed me and my life for the better, and that is down to Reiki Ken and his healing hands. Reiki is part of my life now, and I feel very lucky to have come across it.  
Karen, Co Durham

**For your free first session of Reiki contact me now!**

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 YouTube—search Reiki Ken

 Twitter—@ReikiKen

 Facebook—@ReikiKen



## Reiki Ken Chronicle

My newsletter comes out every other month—and is free of charge! It comes to you as an email attachment.  
**Contact me to subscribe!**

I have had two blocks of six sessions of distant Reiki from Ken to help me recover from a broken arm. Reiki not only kept me pain free for considerable periods of time but, I believe, also speeded up the healing process. Throughout my sessions I had regular consultations with Ken, who is a sympathetic and knowledgeable therapist, and a very kind and compassionate person. I have no hesitation in recommending Ken as a therapist and distant Reiki as a therapy.  
Cathy, Northumberland



**Stressed out?  
Why don't you  
try Reiki—for free!**

*It relaxes you  
and accelerates your body's  
natural healing process*

**Free! Your first session with me is free!**



REIKI KEN

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## Ken Hill

*Reiki therapist and Reiki teacher  
offering Reiki to the people of  
North East England (and beyond!)*

Master Teacher member  
and Research  
Co-ordinator for the UK  
Reiki Federation



Registered member of the  
Complementary & Natural  
Healthcare Council (CNHC)



## Who is Reiki Ken?



- Based in Darlington, County Durham, I am passionate about Reiki and its benefits to our health, and have been offering it to over 180 clients since 2009.
- I am a Reiki Master, and a Master Teacher member of the UK Reiki Federation (UKRF).
- I am also Research Co-ordinator for the UKRF.
- I was a member of the UKRF's Management Committee from 2017 to 2018.
- I am Reiki Research Adviser to the Confederation of Healing Organisations (CHO).
- I am seconded to the Reiki Council.
- I am registered with the Complementary and Natural Healthcare Council (CNHC), the UK's leading regulatory body for complementary therapies.

**Reiki and I can certainly help you!**

## What is Reiki?

Reiki is practised in many hospitals here in the UK (eg James Cook University Hospital, Middlesbrough), in the US, and throughout much of the world. Reiki is the transfer of energy through the practitioner to you: your body recognises the energy and sets it to work both to relax you and to accelerate your body's natural ability to heal itself.

Stress is an element of modern life that affects **all of us**. Are you irritable? Off your food (or eating too much)? Work getting on your nerves? Sleep not so good? Life lost its sparkle? That's stress. Reiki is the perfect antidote to stress. It works.

**See the testimonials page of my website to see how it has helped some of my clients.**



Science has been examining Reiki for years: if you'd like to see the evidence of some of these clinical trials, go to the Reiki research page on my website.

### How did Reiki help me?

See the video on the Home page of my website: *then think what it could do for you!*



**How do you receive Reiki?** See the video on the Book a Session page of my website. It is so simple!

## Reiki in hospitals



In 2007, over 800 hospitals in the USA were offering Reiki to their patients. (*Source - American Hospitals*

*Association, 2007.*) Reiki is serious therapy, proven to work (with published scientific evidence). Reiki is available in many hospitals alongside conventional allopathic medicine.

In the UK and around the world, the benefits of Reiki are beginning to be recognised by the community. As a result of this Reiki is now being used in a wide variety of medical settings in the UK, including many parts of the National Health Service. **See the Reiki in hospitals page on my website.**



## Reiki research

In addition to being a Reiki therapist and Reiki teacher, I am also Research Co-ordinator for the UK Reiki Federation. My main responsibility is the editing of a document called "Reiki - The Body of Evidence". At the time of writing this, in 2018, the document contains over a hundred Reiki clinical trials and over forty serious published articles about Reiki, and much more information about Reiki research. **See the Reiki research page of my website for more details.**

