

In this difficult economy, people may find it harder than ever to cope with challenges on the job. Both the stress we take with us when we go to work and the stress that awaits us on the job are on the rise and employers, managers, and workers all feel the added pressure. While some stress is a normal part of life, excessive stress interferes with one's productivity and reduces one's physical and emotional health. For workers everywhere, the troubled economy may feel like an emotional roller coaster. Retrenchments and budget cuts have become familiar in the workplace, and the result is increased fear, uncertainty, and higher levels of stress. Since job and workplace stress grow in times of economic crisis, it is important to learn new and better ways of coping with the pressure. The ability to manage stress in the workplace can make the difference between success and failure on the job. Emotions are contagious, and stress has an impact on the quality of one's interactions with others. The better one is at managing one's own stress, the more one will positively affect those around one and the less other people's stress will negatively affect one. Fortunately, there is a lot that can be done to manage and reduce stress at work.

Rei-Ki is extremely powerful, yet gentle energy that can be easily channelled to oneself and others.

One of **Rei-Ki's** greatest benefits is ***stress reduction and relaxation***, which triggers the body's natural healing abilities, and improves and maintains health.

Rei-Ki healing is a natural therapy that gently balances energies and brings health and well being to the recipient.

This simple, non-invasive healing system aims to restore calm and serenity to the Receiver to promote health and well-being of the entire physical, emotional and psychic body. Therefore it is truly a system of attaining and promoting wholeness of Mind, Body and Spirit.

The Wellness Company is Cape Town's leading expert in corporate and individual wellness using this powerful Japanese healing art, **Rei-Ki** and **Meditation** as the main modality.

Just some of Rei-Ki healing benefits:

- Creates deep relaxation and aids the body to release stress and tension
- It accelerates the body's self-healing abilities
- Aids better sleep
- Reduces blood pressure
- Can assist with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions
- Helps relieve pain
- Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony
- Assists the body in ridding itself from toxins
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy
- Supports the immune system
- Increases vitality and postpones the aging process
- Raises the vibrational frequency of the body
- Helps spiritual growth and emotional clearing.