

Dubai firm prescribes Reiki healing for corporate clients

BY A STAFF REPORTER

DETOXIFYING the body and mind from negative energies acquired in the daily grind is one of the few objectives of a self healing Reiki seminar set to be organised by Conscious Creations, a Dubai Media City based company.

Targeting corporates and business executives in the region, Conscious Creation has lined up the seminar in October for self healing and self awareness based on principles of Reiki, said Mala Jham, managing director of the company and a qualified healer.

Walter Kellenberger, a senior instructor at Master Mantak Chia's retreat in Northern Thailand since 13 years, would be conducting a seminar from Oct.1 - 4 at the Towers Rotana Hotel on Sheikh Zayed Road. Registration is now open for the workshop and details are available on www.malajham.com.

The Reiki method, she said, is a simple way to enhance health, vitality and well-being. Besides detoxifying, Reiki, energises and regulates the various organs and tissues of the body.

"It also strengthens the immune system and make a per-



Mala Jham

son feel younger with a unique liveliness," Jham added. The seminar would encompass sections on Microcosmic Orbit, Chi Self Massage and Iron Shirt Chi Kung Level-1.

Dormant inside every person, Microcosmic Orbit enables one to circulate the "Chi," or life force energy, through the body. The Chi Self Massage teaches a hand-on technique in using one's Chi to strengthen and rejuvenate the sense organs and inner organs.

Using Chi and gentle external stimulation this technique that dates back to 5,000 years

is said to be effective in dissolving some of the energy blocks and stress points responsible for disease and ageing process, Jham said. The intensive workshop would also cover Cosmic Inner Smile and Healing Sounds.

Corporate wellness, Jham pointed out, is a growing industry in Europe and the US with employers investing more in human resources development. Fully aware of the high cost resulting from employee stress and burn outs, employers have begun to invest in keeping their workers in good mental and physical shape.

Quoting official figures, she said 67 per cent of the Fortune magazine's top 100 companies offer full wellness programmes in the US.

The elements of corporate wellness programme could range from stress management and relaxation techniques tailored to suite specific needs to guided visualisations, meditations, Reiki workshops and Jin Shin Jyutsu treatments, she said.

Offering similar programmes in the UAE, Conscious Creations also offer special custom designed day-long programmes focused on the specific needs.