

BENEFITS OF REIKI

Physical

Reiki can help detox the body, improve sleep patterns and fatigue, help foster healing of tissues and bones, improve pain, stimulate body's immune system, lower blood pressure, and help promote natural self-healing. Reiki also supports the well-being of people receiving different treatments for depression, anxiety, chronic pain, sleep disorders, chemotherapy, radiation, surgery, kidney dialysis, infertility, digestive problems, and other illnesses.

Emotional

Reiki can improve emotional wellness and help to improve mood. It can relieve depression, anxiety, stress, and tension, and help increase self-esteem, self-love, and confidence.

Spiritual

Reiki breaks down energy blocks and balances the chakras, helps with spiritual growth, and helps to increase

WHAT IS REIKI?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reiki is a natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

SESSIONS

A Reiki energy therapy session is performed while fully clothed, lying comfortably on a massage table. Aurora Therapy Lights and aromatherapy are used in conjunction with healing frequency music to create an incredibly relaxing atmosphere. Practitioner will channel Reiki and lay hands on and over energy points of the body to clear traumas, blockages and bring back a healthy balance of your individual flow of energy. Tibetan singing bowls, chakra tuning forks and Earth elemental crystals may also be used to aid in removing negative or stagnant energy and balancing the flow of healthy energy throughout the body.

Patients report practitioner's hands get very warm during sessions, vivid dreams, mental clarity, smells and emotional purging and breakthroughs have all been reported during energy healing sessions.

DID YOU KNOW?

Reiki originated in Japan and is recognized worldwide as a Natural Energy Healing Therapy that works on the human energy bio-field (aura). Reiki is a Japanese word which translates: Rei = "Universal or Life Force" and Ki = "Energy". (The word "Ki" is used in Japan, "Chi or Qi" is used in China, and "Prana" is used in India - all meaning the same thing as life force energy.) Reiki Practitioners are able to detect, balance and alleviate problems of energy flow on a physical, emotional and spiritual level. It is believed energy flows through all things. When we have blockages, it can manifest itself as physical symptoms. (Ex. How stress can cause nausea and vomiting.) Clear the blockages and let the energy flow like water as it is meant to, and it is reported that physical and mental ailments will subside and heal.

Patients report practitioner's hands get very warm during sessions, vivid dreams, mental clarity, smells and emotional purging and breakthroughs have all been reported during energy healing sessions.

