



reiki

Usually explained as a Japanese technique for relaxation and healing, Reiki is restorative, rejuvenating, revitalizing and relaxing on all levels – body, mind and spirit.

A natural form of healing, it works with the Universal Life Force Energy that is life giving and pure Love. The **reiki** practitioner uses very simple hand positions placed on the client's body or sometimes holds their hands over the body without touching at all, to be a conduit for this Pure Energy to flow.

Many times clients report feeling soothed, peaceful, and relaxed while also feeling energized as if they had taken a wonderful nap! I often describe to new clients that it is like taking a shirt out of the dryer that has been lying in there for several days and passing a warm, steaming iron over it, smoothing out all the wrinkles and restoring it to its pristine form!

Reiki works with the body's natural wisdom and the innate spiritual wisdom that is present within each of us, directing the flow exactly where it is most needed.

Treatments focused on bodily dis-ease or injury, mental tiredness or lack of creativity, emotional distress or imbalance are all appropriate. Treatments focusing on proactive physical, mental and emotional health are also most appropriate.

I look forward to addressing all your **Reiki** questions and setting up an appointment for you. Also be sure and check out the schedule for Open House introductory evenings and **Reiki** Training and Attunement weekends.

Welcome to the world of **Reiki**!

