



**"Bringing Balance Into Your Life!"**

**Through the modalities of Reflexology,  
Reiki and Pangu Shengong**

## **REIKI**

Reiki is a healing system developed by Dr. Mikao Usui utilizing the energy of the universe (Rei-ki translates as "universal energy" or "consciousness energy"). It was received by Dr. Mikao while on spiritual retreat on Mt. Kurama (Japan) in the late 1800's. He suddenly felt this Rei-ki, this consciousness energy, over the top of his head and a spiritual awakening to the Reiki cure. He realized that this Reiki cure could be shared with others and continued to give Reiki to himself, his family, and friends. It became so popular, he became interested in developing and teaching it to others. Currently, Reiki is taught in a series of classes in which this healing system is studied and attunements are received.

Today, Reiki is recognizable as a form of ancient, hands-on healing which utilizes the energy within and surrounding each of us like sunlight. Although it is a spiritually-based healing technique, it is not religion-based. The universal energy is passed simply by the practitioner's intention and the client's desire to receive the therapy. It is basic, natural and safe. When the body's life force (energy) is depleted by physical or emotional stress - for example less-than-optimal eating habits, hectic work environment, trauma, surgery, injury, etc. the body is more at risk for illness. When the body's life force is high the body feels more energetic and positive and is less likely to become ill. Think of Reiki as a way to "recharge the life force, and the more often you recharge this "battery", the longer the charge holds."

It is incredibly gentle, soothing, and effective. Hospitals, Hospices, and holistic health centers offer it for the relief of stress and to promote healing. It is a wonderful complementary therapy that can be added to whatever treatment you may be receiving with no interference or side-effects. It is believed that, because of its stress-reducing qualities, it actually assists traditional therapies to work better ...if the body is relaxed, it can more readily accept and utilize whatever therapy is being used.

A healing session could not be easier for the client as nothing is required other than to desire to receive the benefits being offered. You lay, fully clothed, on a massage-type table and the practitioner does the rest. There are a series of hand positions the practitioner follows from head to foot and front and back of the body. He/she may or may not touch the client - if so, it is extremely lightly, and only with permission. The client may or may not feel sensations during the session. The results of a session are as varied as is each client, but they are often combined with a sense of deep peace, well-being and increased positive outlook.

[Reiki](#) treats the whole person - mind, body, and spirit - with amazing results having been reported. To mention just a few: better sleep, reduction of pain, lower blood pressure, rapid recovery after surgery, assistance with addictions, relief from fear, anxiety, anger and negative thinking, as well as relief from physical and emotional trauma. Reiki can be experienced by all - women (even during pregnancy), men, children, animals, plants - any living thing can benefit from the healing energy of Reiki.

Come in for an appointment and find out how the gentle, all-accepting healing practice of Reiki can benefit you. Call us at 860-861-0779.