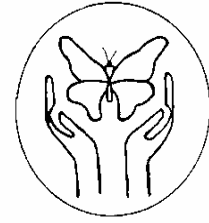




## REIKI THERAPY



The Japanese word Reiki refers to both universal life energy and a pure energy form that supports our natural ability to heal on a physical, emotional, mental and spiritual level. Reiki is used to foster relaxation, reduce pain, enhance emotional release, and provide an over all feeling of well-being.

Reiki is an “energy therapy” that serves to enhance and produce the body’s healing capabilities. The Reiki practitioner has been trained, certified and is attuned to serve as a conduit for universal life energy, rather than a source. In the Reiki healing process the energy fills the practitioner’s body first then flows out through the practitioner’s hands into the recipients. When it is combined with a desire to be healed, it provides an avenue to remove blockages and imbalances, and facilitates health and personal growth.

Reiki has been referred to as “healing hands.” It utilizes universal life energy in a holistic hands-on approach to well being. The practitioner places his hands over designated parts of the body during treatment. Reiki works on balancing the energy centers in the body. It is based on the theory that if there is a blockage at the energy center, imbalance or disease will occur. Reiki can be applied as first-aid to particular parts of the body that have sustained injury. Although Reiki is a very powerful energy, it is non-intrusive and soothing in its effects on the recipient. It requires no special environment or equipment.

Reiki does not interfere with other health care or personal therapy; rather it enhances its results. It does not interfere with traditional medical treatment and can speed the healing process. Reiki provides a source of restoring energy while one is ill, under treatment, or in recovery. It is holistic. It can be used with (but is not excluded to) chiropractic care, massage, yoga, and meditation. It can be combined with proper diet and sufficient exercise. Reiki has frequently been applied to support and compliment traditional allopathic (mechanistic) medical treatment.

For information call or write:

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