

Reiki

- Most people who come for Reiki the first time do not know what Reiki is or what it does. It is an immediate feeling of mental, physical, spiritual and emotional relaxation. It relieves and balances the energy within and around the energy fields of your body,
- Reiki is a technique that is thousands of years old and is practiced on a daily basis in Japan for wellness.
- You do not have to believe in Reiki for it to work. It does help if you have a desire to be well, patience, and a willingness to raise your own consciousness. Sometimes an alteration in your lifestyle is needed so an imbalance does not recur.
- You do not find Reiki, Reiki finds you.
- Dis-ease manifests in the emotional, spiritual, physical, or mental body due to an imbalance of energy flow. The Reiki practitioner is a channel for higher energies to flow through in much the same way radio waves flow through the atmosphere. The energy is transferred through the hands of the practitioner to the client
- There is a saying in Reiki, "a little Reiki is better than none". Each body takes what it needs and determines the number of treatments required to make it well. Each body is not only different from every other body but also different from itself from day to day. A Reiki practitioner can feel and sense the energy of a person knowing whether more energy work is needed. In the case of severe dis-ease, the closer together the treatments the better.
- Reiki is not a religion but a healing connection to Universal Life Force energy (the energy that keeps you alive and well). It is not hypnosis or massage.
- During your treatment you may go deep into meditation where you may see swirling vibrant colors. You may find yourself in beautiful places like a meadow or waterfall if you "let it be" Some people see nothing at all but experience feelings of unconditional love and relaxation. All of these are normal because Reiki transcends time and allows healing to take place on all levels and dimensions of existence
- Reiki empowers you to manifest wellness and joy in your life.

Carolyn Wood
Honorable Reiki Master Practitioner

