



## Reiki Healing Benefits:

- ~ Reduces blood pressure.
- ~ Removes energy blockages and assists the body in cleansing itself from toxins.
- ~ Supports the immune system.
- ~ Focuses on the 7 major energy centers, known as Chakras, by clearing, balancing and aligning them.
- ~ Raises the vibrational frequency of the body.
- ~ Increases vitality and postpones the aging process.

Healing Body, Mind, Soul & Returning to Self



## What is Reiki?

**Rei-** "God's wisdom or' higher power"  
**Ki-** "Life force energy"

Spiritually guided life force energy

Reiki is a Japanese technique developed in the early 1900's. It is used for reducing stress and deep relaxation that also assists and promotes in healing. It is one of the most versatile, holistic, and natural healing methods used today because it emphasizes the balancing of the body and the mind. It also can be used to treat virtually any illness an or injury.

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## Things one may experience after a Reiki session...

~Hot or Cold body temperature.

~Frequent urination

~Tingling

~Emotional shifts

~Diarrhea

~Fatigue

~Traveling aches & pains throughout the body

## Follow these steps to facilitate the healing:

~Avoid toxins i.e. caffeine, tobacco and alcohol.

~Eat "live" nutritional foods (organic when possible).

~Receive plenty of rest (8-10 hours) Full sleep cycle.

~Be gentle with yourself & avoid strenuous activities.

~Drink six to eight 8-oz. glasses of water each day.

~Pay attention to your dreams, record if you feel inclined to.