



I am a Certified
Reiki Master/Teacher.
Private sessions available
by appointment only, please.

REIKI

Reiki is a Japanese technique used for stress reduction and relaxation. It also helps to promote healing. During a typical Reiki session, the therapist gently lays her/his hands or over various parts of the client's body. Clients receive Reiki sessions while fully clothed in loose, comfortable clothing.

The Reiki technique is based on the idea that therapists act as a channel for "life force energy" or "universal energy," allowing it to flow through them - into their clients. We are more likely to get sick or feel stress when our "life force energy" is low. Raising our energy level with Reiki promotes happiness and well-being.

During a Reiki session, clients may feel a wonderful glowing radiance flowing through and around them. Reiki works with the whole person: mind, body, emotions & spirit. Beneficial effects have been reported, including relaxation and feelings of peace, security and well-being. Many wonderful results have been reported.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that anyone can receive. It is said to have been effective in helping with a variety of known illnesses, and creating many beneficial effects. It also works in conjunction with all other medical or therapeutic techniques to assist in relieving side-effects, and to promote recovery.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to benefit from a Reiki session.

Please contact me if you have any questions or concerns prior to scheduling your Reiki session.

**In Health,
Carol**

