

Reiki Benefits

Benefits of a Reiki Session...

- Fosters natural self-healing
- Helps meditative states & provides deep relaxation
- Promotes personal awareness
- Reduces or eliminates pain & discomfort
- Aids in the relief of joint or arthritis pain
- Relaxes and reduces stress
- Ease physical and mental stress
- Reduces negative effects of surgery
- Reduces negative effects of chemotherapy
- Balances energies in the body
- Boosts lack of confidence
- Relief for insomnia and depression
- Relief from emotional anxieties
- Enhances spiritual connections
- Has a positive effect on illness
- Some people express a “client healing crisis”
- Help to achieve good intensions
- Beneficial for animals “Animal Reiki”
- Safe for all ages
- Adapts to the needs of the recipient



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Reiki Is Safe and Simple For All Ages - Let the Healing Begin

What is Reiki?

Reiki is simple, natural and safe method of healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

“Reiki” pronounced (ray-key) is a very specific form of energy healing, in which the practitioner’s hands are placed just off the body or lightly touching the body, as in “laying on of hands.”

In a Reiki session, the practitioner is seeking to transmit Universal Life Force Energy to the client. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The intention is to create deep relaxation, to help speed healing, reduce pain, and decrease other symptoms you may be experiencing. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being. Many have reported miraculous results. Reiki does not diagnose or treat any disease, but works holistically to promote balance and well-being.

What is a session with Julie?

During a Reiki Session the client will lay first on their back on a Reiki Massage table fully clothed. A warm blanket will be offered along with a pillow for the head and a pillow for under the knees (if desired). We offer Chair Reiki for those that cannot lie down comfortably. A quiet atmosphere with soft soothing meditative music will be present to invite total relaxation. The Reiki Practitioner will then do what is called a “scanning” of the body. This is done by the practitioner placing his/her left hand at the top of the clients head about 3”- 5” and moving the hand above the person's face and down toward the feet. Scanning and healing the energy field is very healthy because the cause of most illnesses and other problems is in the aura. By treating the aura, we can start to heal any problems before they manifest in the physical body. At this time the practitioner will also ask the client if they have a certain part of the body that they need more healing. Please remember that Reiki energy is very intelligent and will ALWAYS direct it to where the body needs most. Next, the Reiki Practitioner will then begin a series of hand positions to treat the body’s chakras or energy centers usually starting at the head. Should the client be a little apprehensive the Practitioner may start at the feet to invite calmness and less anxiety and then move to the head. Please be advised that at no time will the practitioner touch any of the client’s personal areas such as the breasts or genitals. If the client chooses Reiki can also be done as “hands off” just slightly above the client.

Session continued

Normal feeling and sensations during a Reiki session may involve heat coming from the Practitioners hands, tingling, and extreme calmness. In some cases the client may even feel emotional. Please note this is all normal and healthy.

When the front of the body is complete the client will be asked to turn over onto his/her stomach so Reiki may be done on the back area. Once the session is complete the client will be offered water as it is good to drink plenty of water after a Reiki Session. The Practitioner will then take the time to discuss the treatment with the client and any questions that the client may have. ~Total time for a session is 60 -90 minutes. ~ Safe for Children and of all ages. The clients Reiki Session may last several days after the session has been completed.

Feelings of calmness, less tension, more clarity, more empathy, all with a loving manor have been reported. Reductions in ailments that are bothersome to us have also been mentioned. Everyone is different with a different experience.

**Please be aware that this information is provided to supplement the care provided by your physician. It is neither intended nor implied to be a substitute for professional medical advice. CALL YOUR HEALTH CARE PROVIDER IMMEDIATELY IF YOU THINK YOU MAY HAVE A MEDICAL EMERGENCY. Always seek the advice of your physician or other qualified health provider prior to starting any new treatment or with any questions you may have regarding a medical condition.*

