



### **Reiki Explanation:**

**REIKI** is a safe, natural, hands-on, non-manipulative energy therapy that promotes healing on all levels of the body mind. Reiki means “universal energy.” Healing begins from within restoring the body to its previous physical, mental, and emotional state of well-being. Recognized by several world governments as a viable energy therapy that compliments all other forms of health care, this naturally occurring energy harmonizes the body's energy patterns, placing it back into balance, supporting the body's own natural ability to heal itself. It is now classified in the "Biofield Medicine category, which involves systems that use subtle energy fields in and around the body for medical purposes." (NIH)

This universal life force energy named Reiki has been used by various cultures since ancient times. Reiki was re-introduced by Mikao Usui in the 1930s in Japan who in turn practiced and trained several Reiki masters. One of his students was Dr. Chujiro Hayashi who founded the first Reiki clinic in Tokyo. A woman named Hawayo Takata came for Reiki treatments for her severe health problems. She quickly became a practitioner and then a Reiki master teacher. Ms. Takata and her students were responsible for bringing Reiki to the United States first in Hawaii and California in the mid-1940's where it has enjoyed an increasing awareness of its many benefits as a means of de-stressing and rejuvenating

Session:

1 Hour Reiki session is \$80

½ hour is \$55

Person should be wearing comfortable clothes. Reiki is not a massage, it's just a placing of hands over 6 to 12 body positions and holding each position for 5 minutes