

# Healing Intentions

*Healing Starts When Intentions Begin*

---

## Reiki

Reiki helps us to heal from trauma, stress or dis-ease; such as loss, grief, divorce, cancer, etc. Reiki helps to heal when grieving a loved one's death. For individuals that are facing death themselves, Reiki is a beautiful way to get in touch with one's spiritual/higher self and to be able to process through these hard transitions. As part of hospice care, Reiki can help a person to transcend into death gently and ease discomfort or fear.

Two sets of hands Reiki is amazing to experience. My colleague, who is also a Reiki Master, joins me in a 45 minute healing hands session. When going through a difficult time, doubling the healing energy can be very profound.

**Distance Reiki Healing** can be done when you or a loved one is sick or for some other reason, can't come to my office. Distance Reiki is great when taking a test or during an interview! I "send" the Reiki three times to ease the situation.

~•~

Reiki is pronounced "Ray Key". It means universal life energy. Reiki's origins come from Tibet and was used for spiritual enlightenment. Reiki brings harmony and balance to the world by finding the harmony and balance within each of us.

Reiki is a system of aligning your energy field and chakras with the Universal Life Force. This is the energy that gives life to all living things. We have seven main chakras that I like to bring into balance. Chakra is a Sanskrit word for "spinning wheels of light". Reiki is a connection with the ever flowing light energy of the Universe. Reiki gives healing energy to our physical, mental, emotional and spiritual being. It is holistic and brings balance to all our subtle energies and supports the body's natural ability to heal itself.

Reiki is a subtle energy work that is gentle, yet profound, and powerful things can happen. Often, beneath the physical pain, injury or sickness lies emotional pain. For example, when someone close to us dies, we might be sore all over and exhausted. There is so much pain locked inside. Reiki can help us to release the pain so that we can heal and move forward in our lives. Many of us have had traumatic childhood experiences or events in our past. This younger version of ourselves needs healing. Then, we are able to leave the pain in the past and go into the future with more clarity and balance.

- Reiki  
60 minute appointment, \$90.00  
Customize to your needs by combining with other modalities.
- Reiki  
Two sets of hands, a four hand healing session, 45 minutes, \$120.00
- Reiki Distance Healing  
Reiki will be sent three times, \$60.00
- Hospice Reiki is available on an individual basis.