

WHAT A REIKI TREATMENT IS AND WHAT IT DOES

REIKI BALANCES AND WORKS ON FOUR LEVELS OF EXISTENCE:

1. **Physical: The Body & Manifested Pain**
2. **Emotional: What You Are Feeling**
3. **Mental: What You Are Allowing Yourself To Think**
4. **Spiritual: Your Capacity To Love Yourself & Others**

REIKI WORKS ON CAUSE RATHER THAN THE EFFECT OF DIS-EASE:

1. Treats The Dis-Ease Rather Than The Symptoms
2. Reiki Accelerates Healing, Which May Cause Some Initial Discomfort: You Heal At A Faster Rate
3. How Does This Feel?
 - A. You feel very relaxed as the energy flows through your body. Some even fall asleep.
 - B. You may experience Reiki energy as colors or pure love.
 - C. You may feel peaceful or emotional as old patterns surface.

WHAT DO I DO DURING A TREATMENT; WHAT SHOULD I EXPECT?

1. Take Off Your Shoes, Watch, & Metal Jewelry (belt buckles)
2. You Should Relax And Enjoy The Treatment. However, Talking Or Asking Questions Is An Individual Matter
3. Allow Your Mental Mind To Release all Thoughts & Fears So You Can Focus On The Present Experience
4. A Reiki Practitioner Only Works With The Chakras Or Areas Of Specific Pain
5. Pillows & Bolsters Are Placed Under Head & Knees for Comfort
6. A Tissue Or Nelly Pack Is Placed Over Eyes To Encourage You To Focus Inward
7. Enjoy Soft Relaxing Music & Aromatherapy If Given
8. You May Experience A Shift Of Consciousness, This Is An Important Part Of Healing

AFTER THE TREATMENT?

1. Your Aura Is Swept, Front & Back
2. Some Feel Energized, Others Feel Incredible Peace
3. You Are Encouraged To Drink 4-6 Glasses Of Pure Water A Day For A Minimum Of Three Days; This Flushes Toxins Out Of The System. Water Is Important To The Body.
4. According To The Practitioner, You May Be Advised To Schedule Another Appointment to Maintain Well-Ness
5. Ask About Absentee Healing
6. In The Case Of Dis-Ease, You May Wish To Examine Your Lifestyle & Make Positive, Healthful Modifications.

Namaste & Bright Blessings