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## What clients say...

*I slept for nine hours after having chronic insomnia since my father passed away three months ago. I finally have peace with his death. –JC*

*I am so relaxed, yet energized. I felt cradled, like a child being held by her mother. –JP*

*My back pain went from a seven on the pain scale to a zero by the end of the session. –EU*

*I quit smoking the day after my first Reiki session. –WK*

I offer Reiki I—hands-on—at a cost of \$60.00 for a one hour session. For a slight additional fee, I can travel for your convenience. Discounts are offered when you book a series of three or six sessions.

☸ *No one is turned away for inability to pay.* ☸

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Please call 805.277.7523 now to schedule your complimentary 30-minute introductory “hands-on” Reiki I session and learn more about distant healing with Reiki II.

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## Reiki is used in treating ...

- ☸ Illness
- ☸ Injury
- ☸ Disease
- ☸ Fatigue
- ☸ Emotional Disorders
- ☸ Stress-Related Symptoms
- ☸ Insomnia
- ☸ Grief and Loss

## Reiki...

- ☸ Brings about deep relaxation
- ☸ Removes energy blockages
- ☸ Detoxifies the system
- ☸ Provides vitality, &
- ☸ Increases the vibratory frequency of the body to promote optimal health in mind, body and spirit.



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Reiki I and II

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*Just for today, do not worry.*

*Just for today, do not anger.*

*Honor your parents,  
teachers and elders.*

*Earn your living honestly.*

*Show gratitude to  
every living thing.*

–Reiki precepts

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805.277.7523

**R**eiki (pronounced rāy-key) is a Japanese term: “rei” meaning “Higher Power” or “Spiritual” and “ki” meaning “universal life force energy.” *Ki*, or *Qi* (pronounced “chee”), the vital life force, is also referred to as *Prana* (Hindu), *Mana* (Polynesian) or *Spiritus* (Christian).

Reiki works on the assumption that each of us knows more about what is necessary for our healing than anybody else. It works with that innate “knowing” part of us that created, caused, allowed or participated in the problem and therefore knows the antidote or solution. Reiki bypasses the symptom and goes to the cause of the problem to allow healing and reconnection to self. Thus Reiki is totally complementary to any of form of healing treatment or medication being utilized.

When activated, Reiki addresses body, mind and spirit, accelerating the ability to heal one’s self. Reiki is experienced through the hands as a powerful yet unobtrusive flow of healing energy. It is important to note that Reiki energy

is *not* mind power. It is spiritual in nature, and therefore cannot be directed or manipulated in any way.

## Metaphysics & Reiki

Metaphysics is an exciting way of looking at illness and “dis-ease” in order to extract the “self” from the problem to get a view of the overall picture instead of seeing merely the “symptom.”

## Reiki II: Distant Healing

Since spirit—that part of each of us unbound by time and space—operates outside of the realm of the physical, Reiki II works in the transcendent “oneness” within the practitioner and the realization that there is no separation between us. It can bring healing at a distance to people, animals, places, events and situations. Perhaps across even the greatest illusion, that of time.

## Reiki & Psychotherapy

Since learning Reiki, I have found the practice of psychotherapy transformed. I frequently begin working with clients by including a Reiki II session as part of the intake process. In this way clients access their own

*Complementary & Alternative Medicine (CAM) combines the therapies & philosophies of conventional medicine with those of alternative treatments & modalities such as acupuncture, herbal medicine, naturopathy & biofeedback.*

“inner healers.” I then assist clients in deepening their understanding of the healing process, as well as weaving in dream work, journaling, meditation, breath work and therapeutic dialog. ॐ

## Namasté

*I honor the place in you in which  
the entire Universe dwells.*

*I honor the place in you which is  
of Love, of Truth, of Light  
and of Peace.*

*When you are in that place in you,  
and I am in that place in me,  
we are One.*

—Sanskrit prayer and greeting

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