

## Some of The Reiki Healing Health Benefits:

- *Creates deep relaxation and aids the body to release stress and tension,*
- *It accelerates the body's self-healing abilities,*
- *Aids better sleep,*
- *Reduces blood pressure*
- *Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, et.) and aides the breaking of addictions,*
- *Helps relieve pain,*
- *Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony,*
- *Assists the body in cleaning itself from toxins,*
- *Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy,*
- *Supports the immune system,*

It can be used also as complementary therapy, because Reiki is truly a complementary care. It complements and enhances the health care the patient receives in the hospital or from other health care providers.

## PRINCIPLES OF REIKI



### To set up an appointment

Contact your local

### **Reiki Practitioner**

**Pam Walls**

**701-721-5143**

(Has attained Usui Reiki Master level)

Reiki is intended for Self Healing and the healing of others. It is a "gift" for mankind and it can change your life.

## What is Reiki

### And How Does It Work?



Reiki is a Japanese technique using light touch for stress reduction and relaxation that can also facilitate healing.

The word Reiki (ray-kee) is made of two Japanese words—Rei which means "God's Wisdom or the High Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

There are over 100,000 practitioners in the US and the numbers are growing!

# What Can I Expect In A Session?

The transmission of Reiki is a non-invasive experience.

You will lie down on a Reiki bed fully clothed. Or if needed, sit in a comfortable chair. There is no massage done by the Reiki giver. Reiki works best when you are relaxed and lying still. Some persons feel sensations caused by the Reiki and others do not. Either way ... it works.

By using specific hand positions, a person can receive Reiki to their entire body systems. The energy works at a cellular level and the tissues recognize it when it is received. The reason for this is that our bodies are made of the exact same energy at the molecular level.



*A standard Reiki session will usually last about 30 minutes to an hour.*

Although Reiki is a hands-on form of healing, no manipulation of the body is involved, therefore, no risk of injury, aches or pains occurring after treatment. For those who do not like to be “touched”, Reiki can be given with hands off—held a few inches above the body.

It is also perfectly safe for the elderly, babies and young children.

## Other Uses

Reiki can also be used for various other reasons. It can be used for relaxation and enhancing meditation. It can be transmitted on animals for healing and calming effects, as well as plants.

Cancer: Compliments what your doctor is doing for you.

“Chemotherapy treats the body, and Reiki nurtures the Soul”.

..Chemotherapy Patient

## How Many Sessions Do I Need?

To begin with, three or four sessions over ten to fourteen days are recommended to remove entrenched blocks in your energy system; then once a week or once every two weeks until the issue has resolved.



Common sensations during a Reiki treatment are tingling, heat or cold, pressure, seeing color or shapes, deep relaxation, emotional releases, and sleep. It is possible to either feel a lot or feel nothing—either way the Reiki energy is working towards your highest good.

### Disclaimer

Healing cannot be guaranteed. It depends on a person's willingness or readiness to heal.

The Therapist or Practitioner will not interfere with the care your doctor prescribes.

They also will not prescribe medications or diagnose medical conditions.