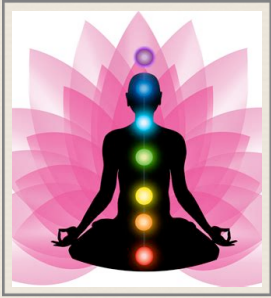


CHAKRAS



A chakra is an energy point in the body. 7 major chakras are located down the center of the body. They are connected to colors, elements, endocrine

glands, physical, spiritual, emotional aspects of the body & more.

Crown - to be Wise - purple - Our connection to our spiritual nature and everything beyond our earthbound state.

Third Eye - to be Insightful- indigo - Our mental ability to reason and evaluate beliefs and attitudes on a psychological level.

Throat - to be Expressive - light blue - Our faith. Our choice and ability to release our inner selves to others and the universe.

Heart - to be Harmonious - green/pink - Our most powerful point and motivator of mind, body and spirit - the essence is LOVE.

solar plexus - to be Intentional - yellow - Our center of self identity, power, personal code of honor, and personality.

Sacral - to be Nourished - orange - Our center of creative power, and ability to reproduce life sustaining energy.

Root - to be Grounded - Red - Our foundation of health and connection to family and earth.



WHAT TO EXPECT IN A REIKI SESSION



Reiki is very gentle. The therapist will place their hands on

or above energy centers of the receiver. Skin to skin contact is not required and the receiver may remain entirely clothed. Reiki energy is directed from the higher universal power through the chakras of the practitioner and directed from the palms into the client like a radio wave or electrical current. The receiver should expect to feel relaxed, or even reach a meditative state. Sometimes other sensations may occur such as tingling, heat/cold, or dreamy states of consciousness. There are many different ways you may feel the energy. Though reiki requires no physical tools, the use of crystals have been a popular addition to modern western Reiki practices.



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the ancient healing art of

REIKI



*Just for today do not worry,
Just for today do not anger,
Honor your teachers parents and elders,
Make your living honestly,
& show gratitude for everything.*





So what is it? In Japanese 'Rei' stands for universal spirit, or the higher power and 'Ki' means life force energy. It is a technique for relaxation and healing that treats the whole of a person including mind, body, and spirit. When there is an imbalance in the energy of a person, symptoms manifest as 'dis'-ease. Reiki is a spiritual practice that works to correct these imbalances for better health & a more fulfilling life. Several elements are needed & utilized by the practitioner including:

- ✿ Meditation & Use of Mantras
- ✿ Breathing Techniques
- ✿ Chakra Knowledge
- ✿ Ancient Sacred Symbols
- ✿ Ethical Principles
- ✿ Attunements from a Reiki Master
(There are 3 levels to Mastership)

NATURAL HUMAN HEALING WISDOM

Nobody knows just exactly how Reiki was started. Just like the natural ability we have to heal ourselves, Reiki is believed to be a birthright for every one of us. It was never meant to be lost, but through the destruction of civilizations as early as Mu and Atlantis we lost connection with our spiritual selves. Modern Reiki practices began in Japan by a man named Mikao Usui (1865-1926). It was through his curiosity of religious healers like Jesus and Buddha that Usui set out his goal to develop a simple healing method that could be used for every individual. He developed a school and named it "Usui Reiki Ryoho Gakkai". It was here that Usui taught others the reiki system. After Usui's death a student of his, Chujiro Hayashi, opened his own clinic and school, "Hayashi Reiki Kenkyu Kai". It was then brought to Western society by the work and development of Hawayo Takata who had visited Hayashi's clinic for Reiki rather than surgery and amazingly recovered. Takata went on to set up her own clinic in Hawaii in 1938. It has since rapidly developed in western society. Usui never imagined that it would leave Japan much less take the global effect that it is today.

Since Reiki is in essence energy from the universe, it can be given to anything and anyone. Everything is energy. Reiki can be used on humans, animals, plants, and even inanimate objects. It may also be used long distance, and can even be sent to the past or to the future. Including Reiki in bodywork or dedicating an entire session to it can have many numerous and positive health effects.

Benefits of Reiki have no limit or boundary. Miraculous outcomes have been reported by its use. It is safe to use & recommended for everyone but may be especially helpful for those with physical symptoms of dis-ease, if you are injured, or under emotional stress. Remember that Reiki treats the mind, body, and spirit as a whole. Benefits may include but are not limited to:



- Feeling of peace and security
- Relief of physical side effects
- Balances the immune system
- Promotes quicker recovery
- Releases blocked energy
- Cleanses the body of toxins
- Reduces fatigue & frustration
- Emotional and stress release
- Preventative care for disease