

"The Benefits of Reiki Healing sessions"

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Reiki is an energy healing modality from Japan that aids in reduction of stress, physical pain and brings relaxation to the client. It is administered by "**Laying on of hands**" and is based on the idea that an unseen "life force energy" flows through us and is what uplifts our vibration.



If our "**life force energy**" is low, due to stress then we are more likely to become ill as stress affects and weakens our immune system. However, if we are in a high vibrational state, we are more capable of being productive, happy, energized and healthy and this affects all aspects of our life; family, relationships, professional success and quality of life. A Reiki session feels like a warm and wonderful, glowing radiance that flows through and around you, this energy is transferred or channeled from the Reiki practitioner to the recipient and many times will induce sleep during the session.

Reiki treats the whole person including; *Body, Emotions, Mind and Spirit* creating many beneficial effects that include:

- ❖ Relaxation and feeling of inner Peace
- ❖ Being more centered and secure
- ❖ Better sleep and clarity of thoughts
- ❖ Clears lower energies surrounding the recipient and balances the chakras (energy wheels)
- ❖ Reduces Physical Pain and Discomfort and supports immune system
- ❖ Remote sessions have same effect as if in person
- ❖ Works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery
- ❖ Reiki more recognized and in demand in PT clinics and hospices due to the visible appearance of the patient and overall improvement of their mental, emotional and physical well-being.

SERENITY REIKI ENERGY HEALING SERVICES

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