

**REIKI is classified as a biofield therapy. Addressing deep healing as a spiritual path. REIKI is not a religion.**

REIKI is part of the 1 hour biofield session with Jacqueline Bowman, PhD MMsc. Energetic adjustments to compliment deep healing are also included in a session.

All physical and emotional conditions are addressed. Transpersonal counselor Jacqueline Bowman, PhD will offer assistance to support your healing and desired whole self changes.

**Initial intake appointment**

90 Minutes

(Includes full session)

**Follow-up appointment**

60 Minutes

45 Minutes

**No cost new consultations are also available with Jacqueline.**

20 Min - \$0.00

**Reiki & Subtle Influence Therapy** with  
Rev. **Jacqueline Bowman**, PhD., MMsc.,  
Reiki Shihan, Transpersonal Counselling  
<http://JacquelineBowman.com>

**Add to your current  
healthcare to support the  
transformation of:**

- Trauma (Physical)
- Body Pain (Chronic & Mystery)
- Emotional Balancing
- Stress, grief, phobias
- Much more...

**for deep and complete  
wellness.**

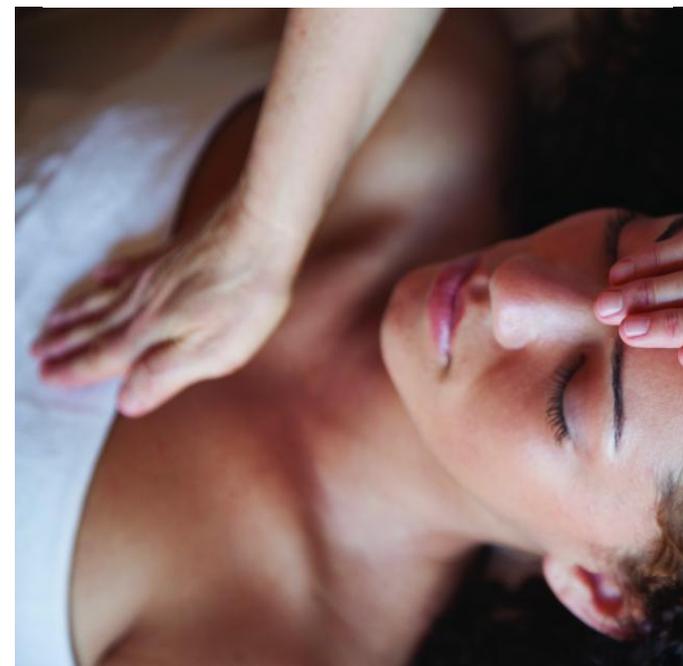
Exclusively at

**Aligned Health**

745 Bridge Street W., Waterloo Unit #6  
(647) 496.6775

# Biofield

*Balancing & Transformation*



REIKI

&

Subtle Influence Medicine

[www.AlignedHealth.ca](http://www.AlignedHealth.ca)



# The Human Biofield

The human body field (Biofield) is a complex, structured network of fields that interpenetrates the physical body and underlies all physiology.

**Any alteration to your biofield** can influence the cellular, molecular, atomic and even subatomic aspects of your health. Stress, physical and emotional trauma, our environment, and even thoughts, can create imbalances in your biofield. All internal and external stimuli influence the biofield, and in turn, can generate emotional, mental, and physical symptoms. The biofield, containing all the information of your immune system, works as the body's defense system. We are energy. We can change our physical condition by changing our energy field.

## **TBM** Total Body Modification™ is **Subtle Influence Medicine (SIM).**

TBM is a time-tested system of healing that relies primarily on analyzing the patients' or clients' body through kinesiologic/radonic (muscle testing or pendulum) evaluation of TBM-specific body points and radionically-charged TBM test vials.

**In TBM we don't suppress** or ignore our patient's symptoms, we seek to respond to them in a way that restores the body's ability to heal and maintain itself. Most corrections are made with simple energetic shifts such as tapping, which facilitate a change in the energy field, effecting the physical and/or emotional body.

**Most often, immediate results are apparent.** In TBM we use nutrition to support, but not drive the healing process, therefore significantly reducing the amount of nutritional supplementation a patient/client need.

### **Why affect your biofield?.**

- Restore/Optimize the immune system.
- Speed up Recovery from injury/surgery & previous diagnosis's.
- Relax the body deeply, calm the mind to find best resolutions for the self.
- Your systems response is to shift into **parasympathetic nervous system (PNS)** dominance.

**This is important why?** When the PNS is dominant, the body is in rest and digest mode. This means its priority is to recover, to heal, to deeply nourish and restore itself. The body knows well how to do these things, but our busy lifestyle keeps us in reactive **sympathetic nervous system (SNS)** mode, where the body's priority is coping (fight or flight), not healing.

Our bodies simply cannot cope and heal at the same time. Its fight/flight or rest/digest – not both at the same time!

## **REIKI**

**Reiki (classified as a Biofield therapy)** is known the world over as an effective system of relaxation, healing, and spiritual growth. It is a tradition that grew out of Japanese culture, in which practitioners become the conduit for the energy of Reiki to flow into themselves or other recipients. This is currently practiced as a hands-on healing modality.

Reiki has been applied to a variety of physical, psychological, and spiritual conditions with astonishing results.

When you go to the REIKI practitioner, they treat YOU – the person suffering from the complaint (or the person who doesn't have any complaints but knows they will if they don't take care of themselves.) The REIKI practitioner will likely place hands on the part of your body that hurts or extend to the whole self (with your permission, of course, and fully clothed).

Instead of facing any complaint head-on, an approach which often brings unwanted side effects, Reiki practice is balancing to your whole system. When your body is balanced, your own self-healing mechanisms function at their very best.