

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 available at FLOW Health & Wellness.

Energetic adjustments to compliment deep healing are also included in a session.

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

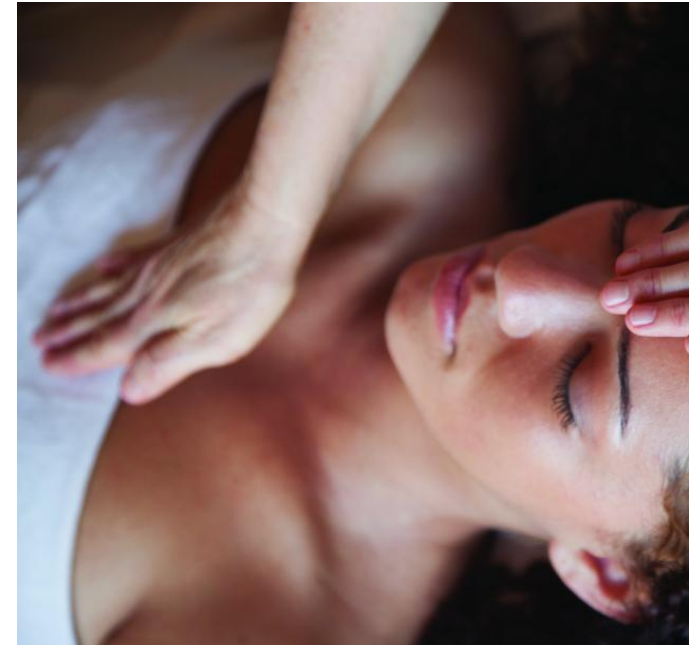
Reiki Therapy with
Rev. **Jacqueline Bowman**, PhD., MMsc.,
Reiki Shihan, Transpersonal Counsel
<http://JacquelineBowman.com>
<http://AlignedHealth.ca>

Aligned Health

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Reiki

A Biofield Therapy



How Does REIKI help?

Available today at
Aligned Health



How Does REIKI help me?

When you go to the doctor, they treat your complaint – sore throat, upset stomach, insomnia, whatever brought you to see them. 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 (with your permission, of course, and fully clothed). But they won't stop there. Most practitioners will also access a series of hand placements on your head and the front and back of your torso.

You may notice sensations where the practitioner's hands are. People often do. Heat and subtle movement are common experiences. Or you may notice that area of your body become more open, feel more comfortable. If you had pain, it will likely diminish, and possibly disappear, even if the REIKI practitioner hasn't yet touched the painful area.

Reiki practice is balancing.

How is it possible for pain in one part of your body to be relieved when the REIKI practitioners' hands are somewhere else?

No matter where the REIKI practitioners' hands are, no matter how delightful that light contact may feel, the most important benefit of REIKI healing is what's happening behind the scenes, inside your own body, where it's remembering what it knows best – how to heal itself.

Unlike the oppositional approach of conventional medicine, which sends an intervention to directly counter the problem, REIKI healing does not target symptoms or conditions directly.

The parasympathetic what?

Instead of opposing 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.

While a REIKI hand rests lightly on a particular area of your body, whether or not there is a discernible local response, there is an overall response as your system shifts 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!

