



# SOLE RENEW

## Quantum Reiki Explained



Reiki is a gentle Japanese healing practice that works with universal life force energy to support the body's natural ability to restore and rebalance itself. Through light touch or hands held just above the body, practitioners help encourage the flow of energy throughout your system, promoting relaxation and supporting well-being on physical, mental, emotional, and spiritual levels.

At Sole Renew, our work is rooted in Usui Reiki, founded by Mikao Usui in the early 20th century and widely practiced around the world today. This foundation allows us to offer a grounded, time-honored approach to energy healing.

Quantum Reiki builds upon this tradition by working not only with the body's energy field but also with the subtle, quantum level of consciousness. It recognizes that energy, thought, and intention are interconnected, and through focused awareness, we gently engage deeper energetic patterns, including cellular memory and

underlying emotional imprints. This expanded approach supports balance within your vital life force, encourages the body's natural recovery processes, and can bring clarity to mental and emotional experiences.

Reiki is a safe and supportive practice that complements your overall well-being. It does not replace medical care, but offers a calming, restorative experience that helps your system return to a more coherent and aligned state; inviting ease, balance, and a deeper connection within yourself.

### **How is a Reiki treatment provided?**

Reiki is typically received while lying comfortably on a healing table or seated in a chair, fully clothed except for shoes. The practitioner uses a series of gentle hand positions over the body's energy centers to support balance and encourage the natural flow of energy, while you relax. Both in-person and distant sessions are available.

### **How does Reiki work?**

We are alive because life force flows through us. This life force moves within the physical body through pathways known as chakras, meridians, and nadis. It also flows around us in a field of energy called the aura. Life force nourishes the organs and cells of the body, supporting their vital functions. When this flow is disrupted, it may contribute to diminished function in one or more organs or tissues of the physical body.

### **What is the history of Reiki?**

Mrs. Hawayo Takata (Takata Sensei), who trained in Reiki through the lineage of Mikao Usui, brought Reiki from Japan to the West in 1937 and continued to practice and teach until her passing in 1980. Because of her dedication, Reiki has been shared with millions of people around the world, and its reach continues to grow.

### **Are there any side effects from Reiki?**

Most people feel deeply relaxed and uplifted after a Reiki session. As the body settles and rebalances, some may notice temporary shifts such as mild fatigue, a light headache, or digestive changes. These experiences can occur as the body processes and releases stored tension, supporting its natural cleansing and restoration. If this arises, it can be helpful to drink plenty of water, eat light, nourishing meals, and allow yourself extra rest. These gentle responses are often a sign that the body is integrating and recalibrating.

## Benefits

Reiki treatment supports inner harmony and balance, enhances the body's natural healing processes, promotes deep relaxation, and helps quiet the mind. It can improve overall quality of life, uplift mood, and has been associated with benefits across a wide range of conditions, including but not limited to:

### Physical Benefits

- Relief from chronic and acute illnesses
- Treats symptoms linked to cancer
- Heals infection
- Treats skin conditions
- Helps recover from flu and colds
- Reduces frequency of headaches and migraines.
- Helps lower high blood pressure & cortisol levels
- Reduction in pain and nausea after chemotherapy or surgery
- Lessens symptoms of asthma sufferers
- Shortens recovery time from surgery
- Tissue regeneration to help heal scars and burns
- Aids in healing of ulcers
- Lessening of arthritis pain, stiffness, and increased ease of movements
- Reduces back pain and problems
- Improves circulation to reduce swelling
- Helps restore balance to organs, glands and their bodily functions
- Supports the body to support with chronic fatigue syndrome and other autoimmune disease
- Strengthens immune system
- Supports detoxification
- Supports pregnancy and childbirth
- Reduces labor pain

### Mental Benefits

- Mental relaxation and ease
- Improved memory
- Enhanced creativity
- Emotional relief
- Anxiety and depression relief
- Restful sleep
- More meaningful dreams
- Greater clarity and intuition
- Increased self-awareness
- Enhanced personal awareness

### **Emotional Benefits**

- Promotes emotional harmony and balance
- Heals emotional wounds
- Improves emotional pain
- Releases negative emotions
- Relieves emotional stress
- Dissolves energy blocks
- Refines personal relationships
- Eases addictions
- Helps calm fears

### **Spiritual Benefits**

- Promotes spiritual well-being
- Increases intuition
- Encourages spiritual growth
- Increases feelings of divine love
- Promotes greater connection to self, others and the universe
- Increases vibrational frequency
- Aligns chakra system