

# WHAT A REIKI SESSION IS AND DOES

## BALANCES AND WORKS ON FOUR LEVELS OF EXISTENCE:

- Physical: The body & manifested pain
- Emotional: What are you feeling
- Mental: What are you allowing yourself to think
- Spiritual: Your capacity to love yourself and others

## REIKI WORKS ON CAUSE RATHER THAN EFFECT OR DIS-EASE

- Treats the disease rather than the symptoms
- Reiki accelerates the healing, which may cause some initial discomfort: you heal at a faster rate
- How does this feel?
  - You feel very relaxed as the energy flows through your body. Some even fall asleep
  - You may experience Reiki energy as colors or pure love
  - You may feel peaceful or emotional as old patterns surface

## WHAT SHOULD I DO DURING A SESSION; WHAT SHOULD I EXPECT?

- Take off your shoes, watch and metal jewelry
- You should relax and enjoy the treatment, however talking or asking questions is an individual matter
- Allow your mental mind to release all thoughts & fears so you can focus on the present experience
- A Reiki practitioner only works with the chakras or areas of specific pain. There is no need for touching where it might not be appreciated
- A pillow or rolled towel can be placed under your neck and/or knees if you desire to help take pressure off the spine
- Close your eyes and enjoy soft relaxing music
- You may experience a shift in consciousness, this is an important part of healing

## AFTER THE SESSION

- Your aura is swept, front and back
- Some feel energized, others feel incredible peace
- Unless you are on fluid restrictions: you should double whatever your normal water intake is with purified or spring water for the body to continue the energy detox process
- According to the practitioner, you may be advised to schedule another appointment to maintain well-ness
- In the case of Dis-Ease, you may wish to examine your lifestyle and make positive, healthful modifications

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# BIO ENERGETIC SYNCHRONIZATION TECHNIQUE (B.E.S.T.)

B.E.S.T. is a physical yet non forceful, energy balancing procedure used by the hands to reestablish the full healing potential of the body using its natural healing abilities. B.E.S.T. removes the interference and/or distractions that are demanding the attention of the healing power, thereby causing the imbalance in the autonomic nervous system and ultimately leading to disease.

Researched at major universities, taught in association with many chiropractic colleges and in professional continuing education seminars, B.E.S.T. is recognized by the health care industry as an effective healing science and is practiced all over the world by Practitioners who recognize that the body is more than the sum of its parts. It's a system of health care that is truly state-of-the-art in balancing Body/Mind/Memory/Soul energy fields. When these energy fields are out of balance, symptoms develop, and health deteriorates.

Many factors affect the body's state of balance. Emotional issues of the past as well as the choices that we have made, or currently make in six essential areas:

- What we eat
- What we drink
- How we exercise
- How we rest
- What we breathe
- What we think

When these systems are out of balance, they become exhausted. Symptoms such as pain and disease often develop.

Energy sessions include one or more of energy modalities and will be/feel different with each session due to continued releasements of old energy blocks and continuing to remove the layers that remain and/or releasing new ones from emotional, physical and spiritual traumas.

## REBECCA CLARY (BEKA) - REIKI SPECIALIST AT PURE SALON

Reiki/TTouch/13th Octave/LoHoChi Practitioner, B.E.S.T. Life Coach, Spiritual Minister, Animal Communicator

Rebecca's lifestyle reflects a natural holistic health care belief that balances eastern and western philosophy. Educational certifications in Massage Therapy in 2004 (Homeopathy, Intro to Cranial Sacral, Acupressure, Aromatherapy, Pre & Post-natal massage were included in that program). Additional Certification training in Reiki I & II, B.E.S.T., LoHoChi, 13th Octave Facilitation Course. T-Touch, Channeling for the Angels/Guides and Spiritual Counseling experience. Since childhood, Rebecca's strong connection with the animal kingdom has brought her full circle assisting animals and their caretakers to breakthrough the miscommunications, allowing for happier and healthier relationships. Rebecca enjoys being a tool for others to illuminate their true spirit in life through the enrichment and meditation classes she offers. Rebecca has resided in the South Haven area for the past 30+ years, raised her three children in South Haven and feels blessed, enjoying time with her close friends, family and being "Nana" to her grandchildren.