



# Spirit Bowl Healing

*Pamela Selkin  
Master Reiki Practitioner*



*"It is through elevating and transcending our perceptions of space... time... energy...matter...consciousness, and acting in accordance with the universe that true healing of ourselves occurs." – Tai Chi Chuan*

***Reiki:** Reiki is a hands-on healing art that channels ki energies to promote balance and harmony for one's body, mind, and spirit. The term comes from two Japanese syllables, "Rei" and "ki," meaning Universal Life Energy. Rei represents the source of this energy, and ki represents the energy's movement within and around us. This unseen energy flows through all living things and directly affects the quality of a person's health. Reiki, which increases this energy, is safe, holistic, and natural.*

***Reiki and science:** Scientific journals published as recently as 2017 have confirmed that Reiki is a safe, gentle complementary therapy that activates the parasympathetic nervous system to heal body and mind. The parasympathetic nervous system is that part of the involuntary nervous system responsible for bodily functions when we are at rest. It stimulates digestion, slows heart rate, activates metabolic processes, and helps us relax.*

*Reiki is currently being used in more than 800 hospitals across the United States. A research study at Hartford Hospital, for example, reports that Reiki improved sleep by 86%, reduced pain by 78%, reduced nausea by 80%, and reduced anxiety during pregnancy by 94%.*

***Reiki precepts:** Mikao Usui, universally regarded as Reiki's founder, offers the following precepts for improvement of mind, body, and spirit:*

*Just for today:*

*I will let go of anger.*

*I will let go of worry.*

*I will be humble and give thanks for my many blessings.*

*I will do my work honestly.*

*I will be compassionate to myself and others.*

*Pamela invites you to receive Reiki. Reiki readily blends with the energy practice of Vibrational Sound Therapy, and when appropriate, she will utilize both. These are not replacements for traditional Western medical practices—but are important complements to them.*

