



REIKI

WITH REIKI MASTER
JEANNETTE WESOLOWSKI



What Is Reiki?

REIKI IS A JAPANESE TECHNIQUE FOR **STRESS REDUCTION** AND **RELAXATION** THAT ALSO PROMOTES **HEALING**. IT IS ADMINISTERED BY "LAYING ON HANDS" AND IS BASED ON THE IDEA THAT AN UNSEEN "LIFE FORCE ENERGY" FLOWS THROUGH US AND IS WHAT CAUSES US TO BE ALIVE. IF ONE'S "**LIFE FORCE ENERGY**" IS LOW, THEN WE ARE MORE LIKELY TO GET SICK OR FEEL STRESS, AND IF IT IS HIGH, WE ARE MORE CAPABLE OF BEING HAPPY AND HEALTHY.

THE WORD REIKI IS MADE OF TWO JAPANESE WORDS – REI WHICH MEANS "GOD'S WISDOM OR THE HIGHER POWER" AND KI WHICH IS "LIFE FORCE ENERGY". SO, REIKI IS ACTUALLY "SPIRITUALLY GUIDED LIFE FORCE ENERGY."

A TREATMENT FEELS LIKE A WONDERFUL GLOWING RADIANCE THAT FLOWS THROUGH AND AROUND YOU. **REIKI TREATS THE WHOLE PERSON** INCLUDING BODY, EMOTIONS, MIND, AND SPIRIT CREATING MANY BENEFICIAL EFFECTS THAT INCLUDE RELAXATION AND FEELINGS OF **PEACE**, **SECURITY**, AND **WELLBEING**.

Some Beautiful Benefits of Reiki...



Promotes Harmony
Enhances positivity
Stress Relief
Spiritual/Personal Growth
Promotes self-healing
Emotional release
Balancing mind & body
Relaxation



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