



December 2025

YOUR BEST TIMELINE

Greetings!!

Welcome to our first newsletter. As the holidays and the end of the year are approaching, we encourage you to reflect on all of the blessings and positivity you encountered and strive to bring that into the next year. Our future newsletters will consist of, but not limited to, a variety of content to include messages on spirituality, healing, upcoming events and client testimonials. Thank you for embarking on this journey with us. Our goal is to help you get on your best timeline and we thank you for allowing us to do that. Peace and Blessings. Ase! Ase! Ase!



We Are Reiki

Reiki is a Japanese term that combines two words into one. Rei represents anything involving the spiritual or the essence of life. Ki is simply energy which, according to the law of energy conservation, is neither created or destroy but transferred between entities. Reiki is spiritual energy that we all have and are capable of sharing in everyday life. The old adage of people making the world go round could not be any more true in the case of Reiki. Our encounters, interactions, and connections are what make us who we are as human beings. As you go about your daily routine, be mindful of the energy you bring with you. All of us are in this game called life together and the energy we transfer amongst ourselves will determine our progression. Stay positive and allow Reiki to help you be more thoughtful and intentional in all that you do.

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