

The 2 main factors that exacerbate, or is linked to 80% of serious mental and physical health challenges are chronic stress and suppressed emotions. Unlike Conventional medicine, Reiki works differently and can quickly get your body rebalanced and moving in the right direction because it:

- Treats the whole person, not just symptoms or ailments
- Relaxes and balances the nervous system, calming stress levels and revitalizing fatigue
- Calms traumatized cells allowing the body to accelerate its natural healing abilities and aids recovery and healing.
- *Embraces mystery; grace and ancient wisdom while working in perfect harmony with Western medicine traditions.*



Reiki may not be all that is needed, but it is an excellent place to start.

Reiki Classes

Reiki is simple and easy to learn - at any age, and there are no prerequisites. Once you've learned, you can give Reiki to yourself, others and animals. Classes are available for those wishing to learn:

Holy Fire® III Reiki - Level 1 and 2
Holy Fire® III Reiki - Master / Teacher Level
Holy Fire® III Reiki - Karuna Reiki
Animal Reiki - Level 1 and 2
Animal Reiki - Master Level

Melissa Schumacher

Reiki Instructor and Practitioner
(Animals & Humans)

Sound Massage

Thetahealing & Biorgonomy

MORNING SUN ENERGY HEALING

Niagara Falls, Ontario Canada

(905) 329-1781

www.morningsunenergyhealing.ca

morningsunenergyhealing@gmail.com



What is

REIKI



Reiki is a popular and beneficial healing modality that is utilized for health and wellness. It is an ancient Japanese technique that relaxes the body and mind and is practiced in many hospitals, medical settings and private practices worldwide.





Ever wonder exactly how Reiki healing helps? Or wonder why you're not as happy and healthy as you want to be? Enter Reiki.

When your energy level is low, it is more challenging to deal with stress; you may not sleep well, and you're more susceptible to illness. Like when the battery on your car dies, and you need somebody to come along with their car and jumper cables to give you a boost. That's kind of what Reiki is like. It is the energy boost flowing to recharge your battery, and Reiki practitioners are the jumper cables.

Here are the most common benefits my clients have reported:

- Enhanced resilience to stress / less anxiety
- Improved sleep and/or digestion
- Less pain
- Improved focus and memory
- Improvement in depressive symptoms & mood stabilization
- Reduced side effects from medications and medical procedures
- Faster recovery from injuries and surgery
- Improved self-esteem
- Greater social ease and satisfaction

Reiki is a flow of energy - like an ultrasonic wave or vibration that penetrates down to the body's cellular level to dissolve old emotions and trauma and resets the cells to their natural patterns, allowing them to calm inflammation and relieve pain.

When you go for a Reiki treatment, the practitioner will place their hands on different parts of your body (with your permission, of course), in a series of hand placements on your head, torso, legs and feet as you lie fully clothed on a treatment table or seated in a chair.

That's important because the roots of an imbalance are never where the symptoms present; the repercussions of old emotions or trauma ripple throughout the body. You may notice sensations where the practitioner's hands are. People often do. Heat and subtle movement are standard experiences. It has no contraindications and is safe for any age, including infants, children and pregnant women.

Or you may notice that area of your body become more open, feel more comfortable, or my clients say, "I feel lighter and free." The pain would likely diminish and possibly disappear (results vary from person to person).

No matter where the Reiki practitioner's hands are, no matter how delightful that light contact may feel, the most important benefit of Reiki healing is what's happening behind the scenes, inside your own body, where it remembers what it knows best – how to heal itself. And the first step in self-healing is to restore balance to the system.

Whatever your medical challenge, Reiki complements Western medicine, and that help may make the difference in how much your medical care can help you. When medical treatment is strenuous and has side effects, Reiki helps your body recover and balance, softening the discomfort and supporting an even, hopeful state of mind that enables you to complete your medical protocols.

Reiki is now recognized nationwide and is offered by several prestigious hospitals across the country during surgery in the operating room, cancer and chemotherapy patients and hospice care.

