

## *What is Reiki?*

Reiki (pronounced Ray-Key) is a Japanese energy healing technique. Rei means "universal", while Ki means "vital life force energy." Reiki was believed to be lost for hundreds of years, prior to being rediscovered by Dr. Mikao Usui in Japan during the late 1800's.

Reiki energy is present everywhere and in all living things. This energy is channeled from higher areas of consciousness known as Spirit, God, Universe, and Source. It moves through the Reiki Practitioner, and into the three aspects of the recipient- their mind, body, and spirit. Reiki is omniscient and knows where to go within the client's body and what to do. Since Reiki is guided by universal consciousness, it can never do harm and it is always helpful.

Reiki is always the healer, I am simply the channel for Reiki to flow freely through your body to heal any physical, emotional, mental, or spiritual ailments.

## *What Does Reiki Feel Like?*

- Warming or cooling sensations in the body
- Tingles
- Waves of energy
- Relaxation
- Peace
- Sometimes you may feel nothing and that's okay. You are still receiving Reiki!

## *What are the Benefits of Reiki?*

- Balances and grounds you to feel at peace and relaxed.
- Establishes a deeper connection between your mind, body, & spirit.
- Does not conflict with medication, medical procedures, or other health conditions.
- Energizes your body in a safe way.
- Helps eliminate stress throughout your life.
- Releases blockages in your body you may be unaware of.
- Can be used on all living things, such as people, animals, and plants!
- Reiki is not a belief system, therefore, it does not conflict with religious beliefs.

If you have any questions or would like to schedule a session. Please email:

[elise@breathebloomtherapy.com](mailto:elise@breathebloomtherapy.com)