***Reiki and Energy Healing***

     Reiki is an ancient healing practice which utilizes Universal Energy as well as one's own individual energy to open pathways of healing.  Reiki is a Japanese word that translates to "universal life force or energy."
     During a Reiki session the practitioner places his or her hands lightly on or just above the body in order to align Chakras and bring healing to various areas of the body.  You may experience a warmth or tingling sensation.  The practitioner's hands remain in each position for 3-5 minutes covering up to 14 positions on the body.
   You will remain fully clothed while lying on a  massage table during a Reiki session.  A **pendulum** may be used to assess the state of individual Chakras.   Blocks and issues within the physical, emotional and spiritual body are located.  Depending on the circumstances these may be removed and healing energy applied.  Deep relaxation, healing, and peace of mind, body and spirit are experienced.
     We will exchange and discuss any impressions, images, or messages received as well as discuss ideas for *resolving* any issues.  Healing is a journey and regular sessions are especially helpful.