

# What is Reiki?

Reiki, pronounced *Ray'-Key* is a hands-on healing modality that quiets the mind and calms the emotions to experience an inner peace and calm within. It is during these moments of peacefulness that you get a glimpse of who you are meant to be and what you are meant to accomplish.



It takes about 3 sessions (once or twice a week) to experience the full benefits of Reiki. Used regularly, Reiki provides access to intuition, vision, passion and purpose for you to walk your unique path in life.

Rei means '*universal*' – the energy that surrounds and permeates everything. Ki represents your personal '*life force energy*' that comes from within. Reiki combines both personal and universal healing energies for a very powerful healing and balancing effect.

*Reiki is one of the few healing modalities that helps to balance all aspects of the physical, mental, emotional and spirit bodies*

When in balance you represent your best qualities. When stressed or out of balance the flip side of these qualities show up. There really is no good or bad or right or wrong, only you acting from a balanced state or an out of balance state. Reiki energy is whole. It supports you in maintaining balance and expressing yourself authentically both inside and out.

## Benefits of Reiki:

- ♥ Reiki reduces stress and anxiety by quieting the mind and calming the emotions, so you feel at peace, grounded and connected to a sense of purpose.
- ♥ Reiki works to heal the cause of the problem; not just the symptom.
- ♥ Reiki is not a religion and will not conflict with religious beliefs.
- ♥ Reiki does not conflict with medical procedures or medication...it enhances healing.
- ♥ Reiki helps to reduce the effects of daily stressors...to be proactive, rather than reactive.
- ♥ Beyond relaxation, Reiki rejuvenates your spirit and intuitive nature.

Bertaut  
*Reiki* 靈氣

*Your Esthetician has completed specialized training in Bertaut Reiki for estheticians and now provides this signature treatment. Schedule an appointment today and feel the difference Reiki can make in your life.*