



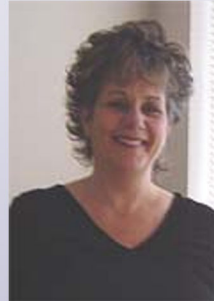
WHAT REIKI CAN DO FOR YOU

- Reiki calms. It reduces stress, provides deep relaxation, comfort and peace.
- It boosts and improves the immune system.
- Reiki may bring spiritual clarity and promote creativity.
- Reiki offers relief during emotional distress and sorrow and may help in the grieving process. It cleans and clears the emotions from being so draining and offers perspective.
- Reiki relieves pain.
- It can improve blood circulation and boost the immune system.
- Reiki detoxifies the body and cleanses the organs (liver, kidneys, arteries, spleen, gall bladder, lungs & heart).
- Reiki is safe to treat symptoms of imbalance: chronic and acute conditions, stress related disorders, conditions related to sinus, cystitis, menopause, migraine, asthma, arthritis, chronic fatigue, sciatica, insomnia and depression, to name a few.
- Reiki speeds up recovery from surgery or long-term illness.
- Athletes recover and heal faster from injuries and find enhancement in their performance.
- Reiki purifies environments and removes negative energy from an office, house, garden, etc.

THE GIFT OF REIKI

The gentle art of Reiki draws on universal life energy to benefit persons of any age and in any state of health. It offers comfort, nurture and support for the good health and balance of mind, body, and emotions.

Debbie Shkuratoff
Reiki® Master -Teacher
Usui/Tibetan/Karuna/Komyo/Seichim



Debbie opened Reiki Wellness & The Zen Room at Valleyview Centre in 2004 with the intent of assisting people in finding ways to improve their health, relax & detox, with a variety of alternative & natural therapies.

Monthly Reiki Classes & Workshops

Disclaimer: For the diagnosis or treatment of any disease, please consult a licensed physician

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Reiki



THE GENTLE HEALING ART





Many ancient cultures, including the Japanese, Chinese, Indians and Egyptians, embraced the belief that life energy flowed through the body deeply affecting our bodies, minds and emotions. Current research strongly suggests that energy does extend throughout and beyond the physical body and that disruptions or imbalances in its flow correlate to physical, mental and emotional illnesses. The healing art of Reiki (pronounced 'RAY-key') addresses these imbalances to support your good health and well-being.

What is Reiki?

Reiki is a Japanese word meaning universal life energy. It is a non-intrusive method of hands-on healing that taps into the energy referred to by philosophers and martial artists as ki in Japan, chi in China and prana in India. The practice of Reiki is based on the teachings of a Japanese man, Mikao Usui, who taught and practiced Reiki in the late nineteenth and early twentieth century's. Research into the source of Usui's work points to ancient Buddhist sutras and teachings of great Eastern masters, as well as his own meditation practice. Usui put his inspiration to good use—over the next century Reiki spread throughout Japan, and then the world.

Reiki is not massage, hypnosis, or a tool for diagnosing illness. Reiki is a technique that triggers the body's natural healing abilities. Reiki healing is a natural therapy and a pure energy form that promotes balance and the normal regenerative processes of the body and mind, especially when combined with the sincere desire of a willing recipient.

What is a Reiki Session Like?

You will normally lie on a table fully clothed, but the technique is so adaptable that you can receive it in almost any setting, including a chair or hospital bed, through casts and bandages, and in any state of health. When you come to a Reiki session it is best to wear loose, comfortable clothing.

A Reiki session is very simply performed. The practitioner places his or her hands on or near the willing participant in a series of hand positions, moving around the head, shoulders, stomach and feet and working on both the front and back side of the body.

The effects vary from individual to individual, but most people experience deep relaxation. You may perceive a tingling or pulsing sensation, a feeling of warmth and comfort, or you may even fall asleep.

It is possible you'll experience powerful sensations or emotions during or after a session but results are sometimes subtle.

Some recipients say they feel little during the session but afterwards enjoy a sense of calm and well-being, and a deep restful sleep.

Reiki in Health Care

Used by a rapidly growing number of hospitals all over the world, Reiki complements medical treatment, natural therapies, and massage therapy.

Reiki is being successfully integrated into numerous clinical settings to complement medical care and psychological counseling. It is gentle enough to offer support and reduce the discomforts of pregnant women and can help ease the pain of childbirth.

Reiki Research

Medical research has focused upon verifying Reiki's effects rather than explaining how it works. The results are impressive. Studies have shown a 'highly significant reduction in pain,' including cancer pain, following Reiki treatment and surgical patients often have shorter hospital stays and experience quicker healing with the use of pre- and post-surgical Reiki sessions. Another study cited improvement in immune and nervous system functioning and increased mobility in patients with conditions such as multiple sclerosis, lupus, and fibromyalgia.

The Reiki Principles - Just for today, I will give thanks for my many blessings... Just for today, I will not worry... Just for today, I will not be angry... Just for today, I will do my work honestly.... Just for today; I will be kind to my neighbour and every living thing.