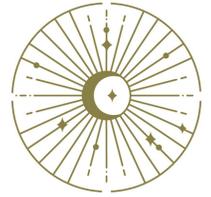




Room set up

Reiki sessions take place in my beautiful Reiki room. You are fully clothed as you lie on my comfortable massage table under warm blankets. The room is dimly lit with meditation music playing in the background.



Reiki is typically a hands-on practice!

In the beginning of each session I ask my clients if they are comfortable being touched. If my client is not comfortable with that, all hand placements can be done by hovering. I choose to use hands on placements, unless otherwise advised. I find it is more securing to know where I am throughout the session, and most people find it more comforting.



Flow of a session

I typically start a session at the feet or the head, depending on where I feel drawn to go first. I then work my way around the body, holding each hand position for around 10 minutes or until the sensations in my hands change.



What does Reiki feel like to the receiver?

Reiki feels warm or hot! Almost like there is a heater coming out of the person's hands. It can also feel cold, tingly, or feel like waves. On more rare occasions it can bring on pain (emotional or physical). Reiki is always working for your highest good so it's best to TRUST the process.

REIKI



Wanna try?

Everyone's experience during a session is different but most people feel a difference physically and/or emotionally. For some, physical problems do not go away but they experience an inner change that makes the issue acceptable and manageable. Traumas or problems from the past or present can be seen under a new light.

NO PROBLEMS, ONLY SOULUTIONS!

What I Love About Reiki



Reiki gives you what you need without you having to think about it. It just knows what to do. Just like when you cut your finger, your body knows exactly how to heal it without your brain getting involved.



Reiki can cause a spiritual experience. I have had many clients see loved ones who have passed and have received powerful messages of love that have changed their lives.



Receiving Reiki is like doing a meditation on steroids. Reiki allows your body, mind, & Soul to work in harmony



Reiki leaves you with the harmony of feeling both grounded and lighter - enlightened.

