

## **WEST SIDE WELLNESS, LLC**

### **MODALITY: REIKI**

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Reiki is a gentle, calming, hands-on energy modality that reduces stress and promotes healing. Powerful and gentle, it's a supportive treatment that many have used in times of illness and emotional stress. The practitioner lays hands on the clothed client, while focusing on the client's energetic body. Clients report a sensation of warmth and calmness, like a "wonderful glowing radiance." Usui Reiki is a healing modality that came to the USA by way of Japan and Hawaii. Its benefits may include relaxation, easing muscle tension and stress reduction. It is becoming widely used in many hospitals worldwide.

From The International Center for Reiki Training:

"Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way... A treatment feels like a wonderful glowing radiance and has many benefits for both client and practitioner, including altered states of consciousness and spiritual experiences. If a client has a health condition, and wants to be treated with Reiki, it is recommended that they do so under the supervision of an enlightened medical doctor or other health care professional." / <http://www.reiki.org/FAQ/ExperiencingReiki.html>