

Relax & Recharge

Zero-Impact Energy Work

Provided by:

David

~ Relaxation and Healing ~

Reiki is a Japanese technique for stress reduction & relaxation and is a safe, gentle, non-invasive form of hands-on healing. Get results similar to a massage ~ but without the soreness. Reiki recipients report their experience of Reiki includes increased energy, reduction of pain, deep relaxation and a general feeling of well being. Reiki practitioners place their hands lightly on or just above the person receiving treatment, with the goal of facilitating the person's own healing response. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. People use Reiki to promote overall health and well-being. Reiki is also used by people who are seeking relief from disease-related symptoms and the side effects of conventional medical treatments.



- ~ Fatigue ~
 - ~ Depression ~
 - ~ Anxiety ~
 - ~ Stress relief ~
 - ~ Arthritis ~
 - ~ Headaches ~
 - ~ Insomnia ~
 - ~ Cramping and PMS ~
 - ~ Sunburn & sun poisoning ~
 - ~ Infections ~
 - ~ Skin disorders ranging from acne to psoriasis ~
 - ~ Fibromyalgia ~
 - ~ Before surgery and Recovery after surgery ~
 - ~ Sports/Dance related injuries ~
 - ~ Wellness ~
 - ~ Cancer ~
- including minimizing the effects of chemotherapy and radiation treatments



Reiki is one aspect of the healing work I do, but it's a word people can look up if a "healer" is a little too far outside of their box.

got Healer?

Sessions will consist of relaxation, discussion, and identifying problem areas. Once you are relaxed and I know what to work on, you can either sit or lie down and I will begin work on the issue. I am a certified Reiki master and I have been helping people with healing for more than a decade. A majority of the energy work in any given session will follow the typical Reiki sequence. It's like a massage but without the soreness ~ your muscles relax as the energy flows into them. Some people feel varying degrees of heat coming from my hands, some feel pressure, all feel different afterward especially if energy healing is a new experience. Note that due to the way the healing energy flows, it is not necessary for me to actually touch you to help you but I can if the location is not personal and you are at ease.

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