

What is Reiki?

Reiki (ray-key) is a **safe, gentle, non-invasive healing practice** that promotes balance in body, mind, and spirit. It is done with a light touch on the body in a pattern that **fosters deep relaxation, stress reduction and healing**. Reiki mobilizes your natural capacity for self-healing, and encourages a return to wellness.

Reiki was developed in the 1900s by Dr. Mikao Usui, a Japanese scholar and lay Buddhist monk. It was introduced to the West in the 1930's, and has since become one of the most well known and widely practiced CAM* therapies in the United States, today. Reiki is a complementary healing practice that doesn't interfere with traditional medical care. Many well-known hospitals and clinics in the United States now offer Reiki to their patients..

Reiki is **founded on principles of Eastern medicine**. It is based on the fundamental assumption that there is a **bio-field of energy** that permeates and sustains all living organisms. Blocks & imbalances to the flow of this energy can lead to illness and dis-ease by impairing our



natural ability to heal, repair, recover & stay healthy. By correcting imbalances in your bio-field, **Reiki helps you to feel better and to heal better.**

*CAM = Complementary & Alternative Medicine

What Can Reiki Do for Me?

Reiki treatments help restore balance to body, mind and spirit. Clients who have received Reiki say they experience:

- A state of deep relaxation
- Reduced stress and anxiety
- Faster healing of injuries and wounds
- Improve immune system functioning
- An easing of acute and chronic pain
- A greater overall feeling of well-being
- Longer, better, deeper sleep
- Increased vitality and energy

Can I Learn Reiki?

Yes, you can. People of all ages, backgrounds, religions, and levels of education have learned Reiki. If you have a sincere desire to help others, you can learn Reiki. If you want more balance and harmony in your own life, you should learn Reiki. Nurses earn continuing education credit for Reiki training.

For More Information:

Please visit my website or contact me directly:

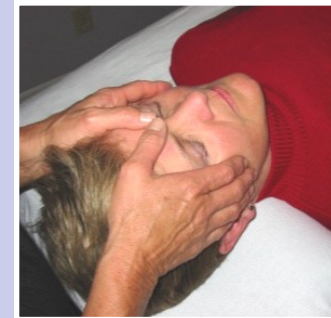
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What to Expect During Your Appointment



Who Will Do My Reiki Session?

Your Reiki session will be done by Reiki Master Bea Lutterbeck, RN. Bea is an experienced holistic nurse practitioner, trained and certified in several healing modalities. To learn more about Bea and about Reiki, please visit her website www.reikinurse.net.

Where Will My Reiki Session Take Place?

Your Reiki session will take place in a warm, comfortable, quiet room. Soft music will be played to help you relax. You will lie on a massage table especially designed for your comfort. If you are unable to lie on flat on a massage table, your treatment can be done while you are sitting in a chair or wheelchair.

Is It Okay to Eat Before My Session?

You will be lying flat during your Reiki session, so do not eat a big, heavy meal beforehand. However, if you are hungry, eating a very light meal or snack is recommended. If possible, do not drink any caffeinated beverages the day of treatment.

Do I Undress for Reiki?

No. You do not undress for your Reiki session. However, please wear light to medium weight, casual, loose fitting, comfortable clothing. Natural fiber is preferred. Bring or wear a pair of warm socks to wear during your session, as your feet may feel cool once you are deeply relaxed.

Is Reiki Like Massage?

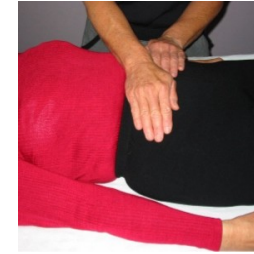
No. Reiki is a gentle, yet highly effective, non-invasive form of bodywork that is done with a very light touch upon various parts of the body in a pattern that promotes deep relaxation, stress reduction and healing. A typical full-body session includes 12 standard hand positions that begin at your head and work down the body to your feet. The front side of the body is treated first and then the back side. Private areas are always respectfully avoided during treatment.

Will I Be Covered During My Session?

Yes. You will be covered with a flannel sheet or light, natural fiber blanket to ensure your warmth and comfort. Occasionally, your arms, legs, and feet will be uncovered to provide better access for treatment.

What Will Reiki Feel Like?

Reiki feels very nurturing, comforting, relaxing and healing. Some people experience nothing more than feeling deeply relaxed, while others say that they can feel gentle “flowing” through their body. Some describe this as feeling subtle, vague sensations of warmth or mild tingling. It is common for a limb to jerk slightly or for the stomach to gurgle noisily (called the “Reiki rumble”) during treatment. Reiki is so deeply relaxing that many people fall asleep, while others will enter into a blissful state of expanded inner awareness. Eyes closed, some people report “seeing” beautiful colors. Experiences vary from person to person and from session to session.



How Long Is a Reiki Session?

Reiki sessions are individualized based on client need. A typical, full-body Reiki session is one hour.

Always allow extra time before you session to discuss treatment goals, as well as time afterwards to get grounded and become fully alert, so that you're safe to drive home.

What Should I Do During My Reiki Session?

Make your self comfortable. Most people just close their eyes, quiet their minds and completely relax or snooze. Feel free to ask questions at any time, as well as to make your needs known.

How Will I Feel After My Session?

You'll feel peaceful, calm, and very deeply relaxed. This might make you feel slowed down at first, but then you'll feel energized and vibrant. After Reiki people often will say they experience heightened awareness with colors appearing brighter, sounds clearer, and flavors more intense. Typically, physical and / or emotional pain is reduced, and insights about issues of concern are experienced. Because Reiki is a subtle energy therapy, it's effects are experienced at the cellular level. As it speeds healing, Reiki can occasionally increase symptoms, but this is usually tolerable and very short-lived. Reiki has detoxification effects similar to what is experienced after massage, so be sure to drink plenty of non-caffeinated fluids after your session. Most people feel Reiki's greatest benefits about three days after treatment.