



A Look Inside Reiki

what it is & how it works

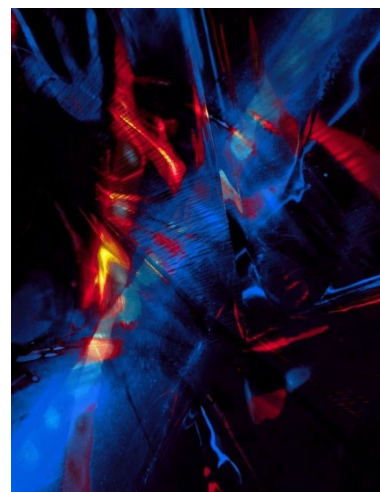


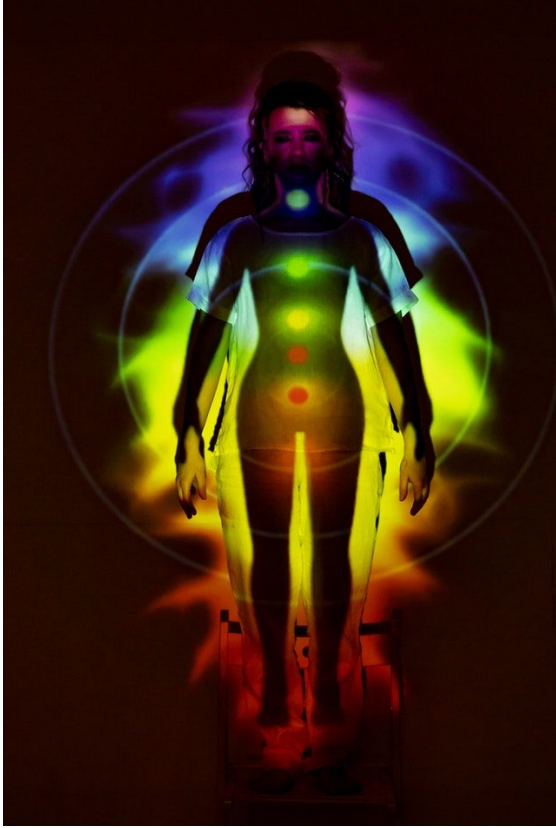
The word Reiki (pronounced ray-key) is a combination of the Japanese words "rei" meaning universal and "ki" meaning life energy. Reiki is an ancient Eastern energy healing methodology that was codified and introduced to the West in the early 20th century.

Though Reiki's foundation is spiritual in nature in that it draws upon our connection to a higher universal energy, it is not a religion: It involves no dogma or worship.

Eastern energy healing practitioners have known for some time and Western scientists and medical professionals are beginning to recognize that all living beings have intrinsic energy fields or biofields. [\[1\]](#)

Variations in the energies of these biofields can impact health and quality of life. And life's traumas, challenges and events can in turn affect the quality of these energies.

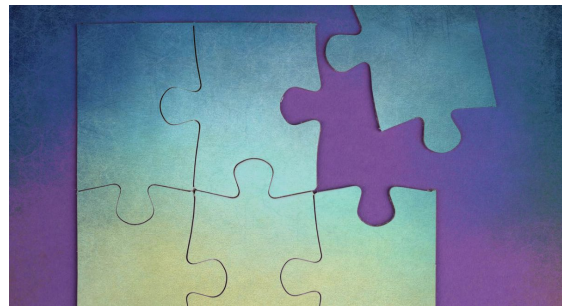




As humans, when our biofield energies are not flowing freely or their vibrations are low for whatever reason - emotional, physical or spiritual, we may feel anywhere from a bit out of step with life to seriously ill.

Reiki energy adjustments, corrections and enhancements usually done through light touch in specific locations by a trained practitioner have been shown to **help accelerate healing** on multiple levels, **reduce pain** and discomfort, **facilitate deep relaxation** and quality sleep, and **improve well-being**.

With its record of positive outcomes in the West, Reiki is becoming more widely accepted by Western medicine as an effective complementary healing modality. [2]



[1] [The Human Energy Field](#), The Scientific & Medical Network ([2nd April 2016](#)).

[2] [Reiki is Reaching the Top Hospitals](#), Eugenio Lepine

CAVEAT: Though Reiki / healing energy is a powerful healing modality, it is important to remember that it is NOT a substitute for, but rather is complementary to conventional medical treatment. Always consult a licensed medical professional if you have concerns about your physical or emotional health.



How can I experience Reiki for myself?

It's easy! Just click the button below to schedule a session.

Remember, whether you choose an [in-person](#) or a [distance](#) session, the energy adjustments, corrections and enhancements you receive will be just as effective.

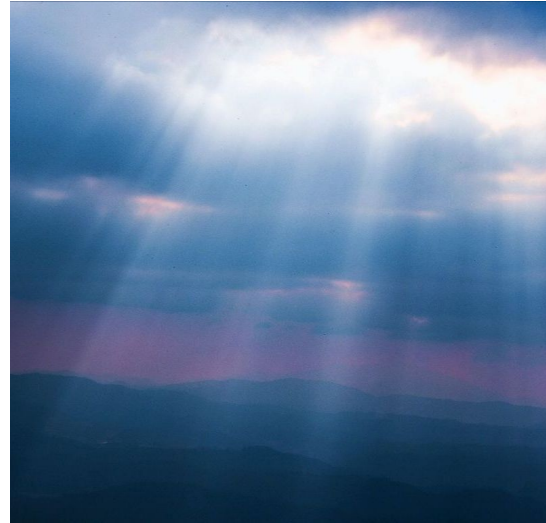
Schedule a Session





**Thank you
for your business!**

Sue Aumer
Usui Holy Fire® III Reiki Master /
energy worker

**"The wound is the place where
light enters you." -Rumi**

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