**Unblock, release and heal with a Reiki Energy Healing Session.**  When your life energy is low due to pressures and the stresses of everyday life - you may experience blocked emotional energy in your chakras - leaving you unable to handle life situations, experience mood swings and deep sadness, have difficulty sleeping, and become more susceptible to illness.

Reiki & Chakra Balancing is an ancient healing art technique, administered by an attuned Reiki Practitioner, that increases a person's supply of Universal Life Force (which sustains us and continuously flows through us)  by clearing and toning the emotional energy centers.

Reiki promotes psychological healing, release of fear, worry, sadness and other unhealthy feelings, and replaces them with harmony, self-worth, confidence, deep peace & tranquility.

**What happens during a Reiki Energy Healing Session?**  You induldge your senses, lie back on the comfy massage table fully clothed, relax, allow your mind to release all thoughts and fears, listen to the soft meditative music, focus on the present moment, breathe deeply and simply rest.  Continue on your journey of deep relaxation with visualizations and essential oil Aromatherapy as chakra healing crystals are strategically placed on and around you.  After you have settled in,  I proceed to place my hands on or hovering above different locations on your body.   Through long static holds, life energy is transmitted to clear blocked energy lines within you, promoting the proper energetic balance and flow of your chakras (your emotional energy centers)

Some clients experience the energy as a color, pure love, a lucid dream, or incredible peace, and some become emotional as old patterns surface and blocked energy is released.   At times you may feel a light touch of the hands or a warm sensation.   After the session, many feel lighter, happier, relieved, more centered, calm, focused, grounded, more at ease, and many report feeling a heightened sense of awareness and deep inner peace.

**Prepare to be surrounded by peace & enveloped**

**with pure love energy**

**Treatments Scheduled by Appointment Only**