



Reiki works on different levels the physical, mental, emotional and spiritual enhancing everything in life. Reiki is not only one of the oldest healing systems in use; it is also one of the most versatile.

This ancient Japanese method of healing uses energy to balance the body and mind, and its benefits can be felt by both Reiki practitioners and their clients. In fact, Reiki is believed to improve just about any aspect of life, from physical health to emotional well-being to stress reduction and mental clarity. Reiki techniques are used to heal the body, mind and the spirit.

It is often used as a complementary therapy today. Reiki has not only helped patients with physical ailments but also helped those with minor psychological problems as well.

One of the greatest Reiki healing health benefits is stress reduction and relaxation, which triggers the body's natural healing abilities (immune system), aids in better sleep and improves and maintains health.

Reiki helps bring about inner peace and harmony. It can be valuable tool in the quest for spiritual growth

Reiki also balances the mind and emotions. Regular Reiki treatments can bring about a calmer and more peaceful state of being, in which a person is better able to cope with everyday stress. This mental balance can also enhance learning, memory and mental clarity. Reiki can heal mental/emotional wounds, work through dysfunction In more severe situations, Reiki can help alleviate mood swings, fear, frustration and even anger. Reiki can also strengthen and heal personal relationships. Because Reiki enhances your capability to love, it can open you up to the people around you and help your relationships grow. By improving your capacity for empathy, Reiki allows you to connect with people on a deeper level.

Reiki offers relief during emotional distress and sorrow. Reiki helps in the grieving process. It cleans and clears the emotions, preventing them from being so draining and offers perspective.

Reiki is available in 30, 60, and 90 minute appointments. Use as a stand alone or as part of your overall treatment plan!

Call Yoga Source **TODAY** (905) 830-9700 to reserve your time, or to discuss with Christine Moran how reiki can benefit you!

**Christine Moran, DHMHS, RHN**

Questions? E-mail Christine at: [harmonyhousewellness@gmail.com](mailto:harmonyhousewellness@gmail.com)

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