

Preparing For Your Reiki Experience

With Create Within Me - Evolutionary Healing & Wellness



What Is Reiki?

An Overview of the History & Function of Reiki

Reiki (pronounced Ray-Key) is a Traditional Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Ancient cultures, including the Japanese, Chinese, Indians, and Egyptians believed that life energy flowed through the body, which deeply affects our bodies, minds and emotions. Current research strongly suggests that energy does extend throughout and beyond the physical body. Disruptions or imbalances in its flow result in physical, mental and emotional illnesses. Reiki addresses these imbalances to support overall health and well-being. Because we are connected to this universal energy, Reiki can also be transmitted through distance healing when you are not physically present.

Physically, Reiki produces total relaxation, a general feeling of well-being, pain reduction, and rapid physical healing. Additionally, Reiki is useful in releasing energy blockages, and returning the body to its natural, balanced state.

A full Reiki treatment provides healing on four levels: **physical, mental, emotional and spiritual.**

To Learn More about what Reiki Can do for you , Read this article and Contact Creatress Laguer, for more information at:

**(682) 231-0975
or Email CWM at:
HealingBegins@
CreateWithinMe.com**

Click Here to Book Your Sessions and/or Healing Packages Now

What Can Reiki Do For Me?

Reiki Heals Emotional, Mental, Physical and Spiritual Disorders By:

- Reducing Pain Levels & Accelerating Healing
- Restoring Vitality, Eradicating Stress & Depression
- Treating Injuries, Fertility Issues, and Cancer Cells
- Bringing Participants to awareness of their Higher Selves
- Creating A foundation of trust in intuition
- Channeling Unconditional Love throughout the body
- And More...



How To Prepare For Your Reiki Session

IN PERSON SESSION:

- Schedule Your Session and fill out any intake forms
- Set your intentions for the healing and Bring a journal if you want to document what visualizations revelations occur throughout your experience
- Alert Your practitioner of any allergies or pre-existing conditions

DISTANCE SESSION ONLY:

- See ALL IN PERSON SESSION requirements listed above AND the following:
- Send your picture to healingbegins@createwithinme.com or (682) 231-0975
- Create Sacred Space with your Intentions, Candles & Music (Instrumentals are encouraged but not required)

"Create Within Me Reiki Sessions with Creatress have taught me that all magic, all miracles spring forth from positive thoughts. With a pure mind and clear intentions, all things can be manifested. This is the power of God that each of us possess"

**-Brigette Wardrick,
Ghana, Africa**

Reiki Session FAQs

What Can I Expect During A Reiki Session?

During your Reiki session, you will lie down on a massage table, fully clothed. While you listen to relaxing music, the Reiki practitioner will place her hands gently on your body in, non-intrusive positions. The practitioner channels the Universal Life Energy through her hands into your body and energy field. The energy is guided to where she feels it needs to go or wherever you are feeling pain or discomfort. Individuals usually feel relaxed after a session and the balancing energies may continue to work after the session is completed.

How Does Reiki Heal?

Reiki heals by flowing through the affected areas of the energy field and charging them with positive energy. Reiki raises the vibratory level of the energy field in the physical body where any negative energy is attached. The negative energy is dissolved and the energy pathways are healed, allowing the life force to flow in a healthy and natural way.

How Does Distance Reiki Work?

During a distance session, the Reiki practitioner directs the energy to you from a distance by using a proxy. Usually, people can feel the energy when they are receiving distance Reiki. Distance sessions are excellent for individuals who want to receive Reiki, but are out of the area or do not have the time to come into the office. However, it is best to be relaxed during a session. To arrange for a distance session, simply contact us via phone or email to make an appointment.

Is Reiki a Type of Massage?

No. Reiki is not massage. Reiki is a gentle and safe laying-on of hands technique whereas massage involves the manipulation of body tissues. The Reiki practitioner does not have to physical touch your body for it to work.

Do I Need a Certain Number of Reiki Sessions?

No, however the practitioner may suggest a certain number of sessions, based on your individual's needs. I usually recommend at least 4 sessions once a week initially and then we design a treatment plan best for you.

Is Reiki Limited to Humans?

Absolutely not. Because Reiki is Universal Life Energy, it may be used on animals and plants as well..

Can I Learn to Do Reiki Myself?

Yes you can learn Reiki from a Reiki Master/Teacher. You can learn self reiki and learn how to perform reiki for friends, family and even professionally. Learn how you can learn Reiki from Creatress by scheduling a consultation call at the link below.

**Click Here To Schedule Your Reiki Session
and/or Purchase Reiki Healing Packs**