



REIKI CIRCLE MEDITATION

Reiki is a hands-on, non-manipulative method of natural energy healing. It is a gentle and non-intrusive technique, yet very powerful. During a Reiki session, Universal Life Force Energy is transferred through the practitioner to the receiver.

Reiki is considered a form of spiritual healing, yet it helps to balance you on all levels; physically, mentally and emotionally, as well as spiritually. In this way, Reiki facilitates the healing process as it supports the body's innate ability to heal itself. This can be especially helpful after an accident or injury. It can also help to restore energy when one is experiencing or recovering from a health crisis. Reiki can also cleanse and detoxify, bringing renewed vitality.

While Reiki is not a religion of any kind, it does help to connect us spiritually to a Higher Power. Reiki can help us reach a place within ourselves whenever we can experience unconditional love. This loving energy serves to release stress and bring balance, peace and harmony into your life. It is very effective for stress reduction. Reiki helps to raise the vibration of your own energy.

The best way to learn about Reiki is to experience it! Join us for a special

Reiki Circle Meditation guided by

Denise Rienzie and Yolanda Nash

Sat, Aug 18th 8:30pm - 9:30pm

Sign up required - Limit 8 - \$10 love offering

***Denise & Yolanda are both Certified Traditional Reiki Masters**