



# The Colours of Life

Coaching - Energy Healing - Spiritual/Soul Therapies

## Reiki :

Reiki is an ancient Japanese technique of natural healing, stress reduction and relaxation. It is a laying-on of hands healing technique that uses life force energy to heal and balance the subtle energies within our body. It addresses physical, emotional, mental and spiritual imbalances.

Ki (energy) is influenced by the human mind. Positive thoughts and feeling sustained over time produce a foundation of health and well being. If we have unhealthy thoughts and feelings, our life force becomes unhealthy and promotes weakness, disharmony and poor health. This unhealthy ki forms around various organs and tissues of the body causing adverse affects on the function of the organs and over time will create dysfunction and illness

Reiki has the ability to release the unhealthy ki and also heal the repressed feelings. During the Reiki treatment, Reiki energy flows from the practitioner's hands and into the client, often the practitioner will be guided to those areas that are the most receptive for Reiki to enter the client's energy system. The practitioner is a conduit only and channels the energy of the universe to allow the clients natural processes to be restored.

Reiki gently and effectively opens blocked meridians, nadas and chakras, and clears the energy bodies, leaving one, feeling relaxed and at peace.

## Benefits of Reiki:

- Provide deep relaxation
- Reduce stress
- Accelerate healing
- Facilitate release of pain
- Assists the body in realizing toxins
- Removes negative blocks/ energies
- Empower Goals
- help remove bad habits: addiction, weight issues, smoking
- house cleansing



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## What to expect:

People often comment how comforting and relaxing a treatment is. The first session may be uneventful, although you may feel somehow better afterwards. The most common experience is an almost immediate release of stress and a feeling of deep relaxation. Even people that do not notice much the first time usually have progressively deeper experiences if they continue. You may notice other changes that continue to unfold as the day goes on: perhaps stronger digestion, a sense of being more centered and poised and less reactive, and sleeping deeply that night.

The experience of Reiki is subjective, changeable, and sometimes very subtle. People often experience heat in the practitioner's hands, but sometimes the practitioner's hands feel refreshingly cool. Other common experiences are subtle pulsations where the practitioner's hands are placed or cascading waves of pulsations throughout the body

During the Reiki healing session the practitioner will place his hands lightly on different parts of your body. Some Reiki practitioners will follow a predetermined sequence of hand placements, allowing their hands to rest on each body placement for 2 to 5 minutes before moving on to the next. Empathic practitioners will freely move their hands in no particular order to the areas where they "feel" Reiki is most needed. Some Reiki practitioners do not actually touch their clients instead, they will hover their lifted palms a few inches above the reclined body. Either way, Reiki energies flow where they are supposing to. Reiki is a smart energy that automatically flows where the imbalances are in your body regardless of where the practitioner's hands are placed.



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## Karuna Reiki

The energy of the Karuna system seems much more definite and focused than that of the Usui system. Use of various symbols shifts the energy to be very heart centered, hence the name Karuna, which is a Sanskrit word used in Hinduism, Buddhism, and Zen, which can be translated as meaning "compassionate action".

Karuna is very useful for past life, karmic and emotional issues. It helps release Karma and deeply seated issues that are often stored at the cellular level, breaking up negative patterns we unconsciously use to insulate ourselves from the truth, thus helping us to shatter delusion and denial then fills the person with unconditional love and restores balance.

Enormous personal and spiritual growth are often realized with the use of Karuna, Profound healings are also often experienced due to the intensity of the energy that the clients are exposed to.



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