

## Reiki Healing by Brad Surette, BA, RMT

Reiki pronounced (Ray-Key) is an old Japanese healing technique that is used for stress reduction, relaxation, and for realizing a general sense of well-being.

During a Reiki treatment the trained practitioner becomes a channel or vessel through which the "Universal Life Force" energy may pass into the client.

When this life force energy is low, not flowing properly, or blocked completely then we are more likely to get sick or feel stress as a direct result.

Reiki promotes a healthy flow of life force energy.

By using specific hand placements the Reiki

practitioner channels this healing energy to areas particularly where the client may require it.

The client's body then draws off the amount of energy that is required. The practitioner is merely the facilitator of the Reiki energy. Therefore the client is not affected by the practitioner's energy or vice versa.

Reiki is quite different from a massage. The client remains fully clothed throughout the entire treatment.

Reiki is completely non-intrusive and employs a very light stationary touch by the practitioner. If you prefer, it is not even really necessary to be touched by the practitioner.

Because we are all different and have different needs each and every one of us may experience a treatment differently. However, expect to enter a very relaxed state which allows your own healing mechanisms to work more efficiently.

Simply having an open mind and a desire or willingness to be healed is all that is required.

Drinking lots of fresh water will aid the cleansing of the body after the treatment is performed.

Make an appointment to give yourself or someone you love a Reiki treatment today. - Brad Surette, BA, RMT



**“To heal from the inside out is the key.”**

Wynonna Judd



**Brad Surette is a Certified Reiki Master/Teacher and has been practicing Reiki since 2003.**