**What is Reiki?**

 **Reiki (pronounced “ray” “key”)** Reiki is an ancient and powerful system of natural healing for body and mind that has roots in Tibet and Japan.

 **Rei means “Universal” Ki means “Life force Energy”.** Ki or Life Force Energy is present in all living things and keeping our energy (ki) in balance and flowing is essential to maintaining optimum health and well-being.

 Reiki is used as a complement to other therapies to promote stress relief and relaxation, and also facilitates the body’s own innate healing process. Reiki is similar to “laying of hands” or “healing touch”, which act in similar ways to promote healing. Reiki is used to balance chakras (energy centers in the body), and release negative emotions and blockages in our energy pathways (meridians). Reiki’s effects are similar to Accupuncture- only without needles.

 Our fast- paced, hectic, modern lifestyle, combined with poor diet, lack of exercise and emotional stress can have an adverse effect on our energy and can eventually lead to dis-ease if ignored or left untreated. Reiki can address these energy deficiencies in a way that enhances the body/mind’s ability to return back into a state of balance.

**What to expect?** Reiki is not massage. I personally do not use touch- some Reiki Practitioners do. My hands are above the person/area treated. Some people report feeling extremely relaxed, less aches and pains, more “open” or clear headed and “connected” to themselves and life again. This effect can last for a few days or several weeks. The best time to receive Reiki sessions are anytime you are experiencing a great deal of stress, during a significant life change, when you need pain relief , want to boost your energy or are experiencing emotional pain or grief. The seasonal changes are also a great time for a session as the body adjusts to the new season to help prevent cold and flus*. \* Although Reiki will be beneficial whether someone “believes in it” or not, one has to be open and allow the energy healing. Therefore, it is best to only get a session when you are ready and open to it. Please contact me with questions and more details.*

 **Call Renée Bogard, Certified Reiki Master for more information or to schedule a session at (520) 401-1662. Visit** [**www.EssentialElementsYoga.com**](http://www.EssentialElementsYoga.com) **for details. Sessions are offered at Allusion’s Salon and Spa in Greenwood, Indiana.** Also available for Corporate Reiki at your workplace or for special events and parties.