

Reiki/Sound Healing: Mini-Healing Session

Hello and welcome to Statera's Reiki and Sound Healing Event.

Today you will be receiving Reiki and the use of tuning forks in a mini healing session.

Reiki is REI- Universal and Ki- Life force energy. It was developed in the 1920's in Japan, by Mikao Usui. One day, he climbed Mt. Kurama, where he began to meditate and fast... on the 21st day he acquired what is known as the REIKI cure. When he tried it on his own body and members' of his family, it brought an immediate result on them.

Reiki energy work is done with the client fully clothed. The Attuned Reiki Practitioner will use their hands to send high frequency energies to the client. This may be a laying of hands on the body, or working in the Aura also known as the energy field surrounding the body. The process can open spiritual doors through which energies can flow and reach areas in the body more effectively.

Reiki is not based on any religious practice but can bring spiritual awareness to anyone. You may feel; a deeper sense of spiritual connection, awareness of your body, a more fluid connection of mind, body, and spirit, deep relaxation, a feeling of knowing, deep gratitude, or any emotion that needs to come forward in the Aura in order to be addressed and healed. Although your eyes will be closed, you may see colors, or symbols, or visions. Relax and let the energies flow. Your experiences are endless.

Tuning Forks have been studied to help tune the body just like they were developed to tune an instrument.

Today's session will include tuning forks of C and G. and the Universal Mid and Low OHM. C & G are great for tuning the Root Chakra and the Throat Chakra. Chakras are energy vortexes that are found in the centers of the spine from tailbone to top of head. These Vortexes are shaped like a funnel. The outer lip of the funnel collects the accumulated stress experienced that day, whereas the middle section is our attitudes and ideals of self, and the tip closest to the spine is the seeds of our destiny that cannot be opened until all the negativity is harvested out.

Mid and Low Ohm – together, creates a 5th Octave, and is thought to be the sound of the Sun's rotation around the Earth. Because this is a sound our bodies connect with, even though we may not sense it with our ears, it is a profound experience that will ground and relax the body.

As practitioners, these mini sessions do not allow for us to spend as much time as we would like getting to know you, other than the connection we feel during your service. Please feel free to connect with us via email or in filling out our short survey, which allow for you to share your experience with us regarding your session. We very much enjoy this work and the positive energies and outcomes as well as your shared experiences!

Full Reiki sessions can be booked at Statera with Teresa Sage or Julie Haufe. Tuning Forks session can be added to any Massage or Reiki service with Julie Haufe.