

REIKI

Barbara G. Smith is a Usui Reiki Master/Teacher with a B.S. in Psychology. She has been involved in coaching and supporting people in what they're "up to" in their lives for the last 20 years. Barbara is a graduate of Landmark Educations curriculum for Living. She currently resides in Doylestown, Pa. with her loving husband and her two beautiful boys.

For more information about Reiki, to schedule a treatment or to register for a class please call or email.

Private classes also available.

REIKI

Is a key that opens the door to your heart and helps you heal your life. Reiki is a journey to the heart and beyond, a gateway to the healing of suffering and pain, a path of deep joy and inner peace. Reiki is a gift that allows us to connect more deeply with who we are and to share this intimate part of ourselves with others in a loving way."

Margot "Deepa" Slater



Barbara G. Smith
Usui Reiki Master/Teacher

Classes
Treatments

215-348-7555
4reiki@comcast.net

Reiki

Reiki is a Japanese energy technique for stress reduction and relaxation that promotes healing. Reiki is a powerfully simple technique that is easily learned. The Japanese word Reiki (Pronounced Ray-Key) means spiritually guided universal life energy. Reiki works beautifully alone or in combination with any conventional and/or holistic modality to help speed up your healing process. It is always for the highest good and can never do any harm. The very essence of Reiki is pure goodness.

What is a Reiki treatment like?

The recipient lies comfortably (they may stand or sit if needed) remaining fully clothed. The Reiki Practitioner gently places or "floats" their hands on specific energy centers of the body. If the client has a pain or disease in a place other than the energy centers the practitioner will concentrate there as well. What one experiences during a Reiki treatment varies, however a feeling of deep relaxation is felt by most. Some experience a glowing radiance flowing through and surrounding them. Some drift off to sleep or experience a floating sensation. We all get exactly what we need as Reiki is an intelligent energy "honing" in on where it is most needed. After the treatment, one generally feels balanced, peaceful and refreshed.

How can I "learn" Reiki?

Reiki is transferred from a Reiki Master to a student through an attunement process, which uses sacred symbols, mantras, and breath. There are 3 levels of Reiki. In level 1 you are attuned to the Reiki energy and learn hand positions so you can Reiki yourself and others. Levels 2 & 3 enable you to intensify the flow of energy so you have access to more Universal Life Energy enabling you to transmit Reiki over distance, space, and time.

Reiki...

Promotes natural self-healing

Complements all other healing modalities

Balances and harmonizes mentally, emotionally, spiritually, and/or physically

Strengthens the immune system

Reduces or eliminates pain

Clears toxins

Induces relaxation

Restores peace

Energizes

Easy to learn easy to use

Pure goodness

