

WHO NEEDS REIKI?

For those individuals who are healthy, Reiki promotes deep relaxation and balancing.

For those individuals who are not healthy, Reiki promotes physical and emotional healing as well as deep relaxation. It is used as a complement to traditional medicine.

Benefits of Reiki

- ✦ Balances The Energies In The Body
- ✦ Promotes Clearer Thought
- ✦ Increases Energy
- ✦ Relieves Physical Discomfort
- ✦ Strengthens The Immune System
- ✦ Releases Blocks and Suppressed Feelings
- ✦ Promotes Creativity

In today's fast-paced world, we need to remember to SLOW DOWN! For some of us, that wake-up call comes in the form of illness and then our entire lives turn upside down. Reiki can help ease emotional and physical distress by balancing the energy field.

NOTE: Reiki is a complement to traditional medicine! In the case of illness, a doctor should always be consulted.



**1035 Spaulding Avenue
Grand Rapids, Michigan
49546**

616.94CROWN (616.942.7696)



Patti Ortyl

Reiki Master/Practitioner

www.thecrownjewelspa.com

Reiki



Stress Reduction and
Relaxation

for

Physical, Emotional,
Mental and Spiritual
Wellness

WHAT IS REIKI?

Reiki is a subtle energy therapy that promotes relaxation and healing through the use of gentle touch.

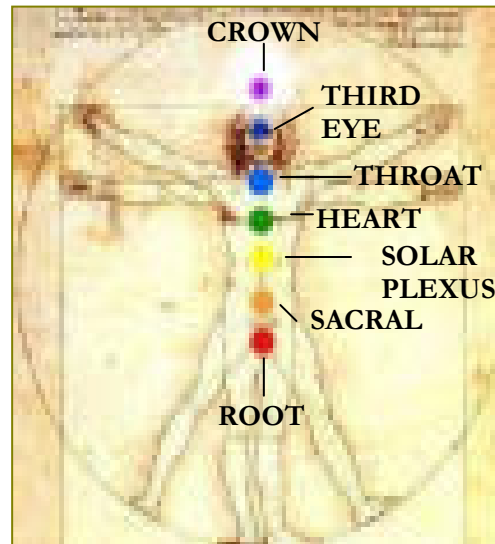
Reiki (pronounced "Ray-Key") means "universal life force energy" and was founded in the early 1900's by Dr. Mikao Usui in Japan.



The principle behind Reiki is that our bodies are electromagnetic and energetic in nature, and this *energy* can be influenced in a healthy, positive way to balance the mind, body, and spirit.

This natural healing energy flows in a powerful and concentrated form through the hands of the Reiki practitioner and enters the body of the receiver.

CHAKRAS



There are 7 primary energy centers in the body called **CHAKRAS**, which spin harmoniously together in a spiraling clockwise rotation (orientation is outside looking at the body).

Under stressful circumstances, chakras can become imbalanced, which can then offset the other chakras.

ROOT CHAKRA: Located at the base of the spine. Physical Imbalances: Chronic back pain, autoimmune diseases, depression, cancer of the pelvic area. Color: Red

SACRAL CHAKRA: Located in the lower abdomen. Physical Imbalances: Lower back pain, female disorders, impotence, prostate disorders, kidney problems, intestinal problems, eating disorders, hormone imbalances. Color: Orange

SOLAR PLEXUS CHAKRA: Located in the solar plexus region above the naval. Physical Imbalances: Arthritis, digestive disorders, ulcers, hernia, indigestion, acid reflux, liver disorders, immune diseases, adrenal disorders, anxiety attacks, gallbladder disorders. Color: Yellow

HEART CHAKRA: Located at the heart. Physical Imbalances: Heart problems, circulatory problems, respiratory disorders, breast cancer, allergies, pneumonia, upper back and shoulder problems. Color: Green

THROAT CHAKRA: Located at the throat. Physical Imbalances: Laryngitis, throat cancer, thyroid and esophagus problems, mouth disorders, MD, TMJ, Parkinson's disease. Color: Blue

THIRD EYE CHAKRA: Located at the center of the forehead. Physical Imbalances: Brain tumors, strokes, neurological disorders, Alzheimer's, eye and ear problems, migraine headaches. Color: Indigo

CROWN CHAKRA: Located above the head. Physical Imbalances: General overall energy depletion, chronic fatigue, stress, MS, genetic disorders. Color: Violet