

*Lifes Balance was created for you to find Peace,
Beauty, and Wellness.*

**It is our vision to facilitate this for all who desire
it.**

*Reiki Healing Energy is one of the services available to
you. We offer healing sessions as well as classes for the
Reiki Practitioner.*

Reiki for Our Time

Reiki is very much a modern day healing practice with its roots in ancient times. It is a peaceful loving practice that combines the intent of the healer with the Universal Healing Energy that we are all connected to. Reiki is natural and simple and allows you to absorb the life force energy. It increases and balances the energies in your body. When our energies are low, we suffer from physical, emotional and mental exhaustion and tend to be more

irritable, short tempered, and
depressed more than usual.

In our fast paced world where we are
constantly bombarded with negative
information that invades our
consciousness, Reiki is a gift that
invites love of self and offers the
healing that so many of us desire to
have in our lives and that of those we
love.

When we are able to discontinue
negative behaviors (which stem from
the loss of self love,) we are able to
heal emotionally and that leads to the
physical healing that we all seek.
Reiki can be used to improve all
aspects of our daily lives.

Some of the many uses of Reiki are:

- Improve your Health
- Balance the Left and Right Hemispheres of the Brain
- Strengthen Your Relationships
- Let Go of Old Aches and Pains
- Help your animal Friends
- Release Negative Energy inside Yourself and Others
- Listen to Your Body's Energy-Free Yourself from Self Sabotage
- Heal Negative Emotional Patterns
- Participate More Fully in Your Own Health and Healing
- Facilitate Distance Healing
- Work with your Children's Energy to Increase Their Energy and Self Esteem
- Get Rid of Personal Barriers
- Clear Negative Energy
- PLUS....Any Other Positive Thing You Can IMAGINE!**

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Peace, Beauty and Wellness.*