



REIKI

The Peaceful Way to Health & Relaxation

What is Reiki?

(Pronounced RAY-key) Reiki is a Japanese technique for stress reduction and relaxation that promotes the healing of body, mind & spirit. **Ki** is the life force energy that flows through all living things. This life energy has been part of the wisdom of many cultures since ancient times, and goes by many names: **qi** in

China, **prana** in India, and science refers to it as **biofield energy**.



When your life energy is low, your Ki is not flowing freely. It is more difficult to deal with stress; you may not sleep well, and you're more susceptible to illness. When your life energy is strong, you feel strong, can more easily deal with stress, and are less likely to get sick. *Reiki is a technique that increases a person's supply of life energy.*

What is a Reiki Session like?

Reiki is administered through the hands of a Reiki Practitioner with the client (recipient) lying fully clothed on a massage table. The client relaxes usually with eyes

closed while the practitioner places his or her hands at locations around the head & shoulders, abdomen, legs & feet. (Muscle tissue is not manipulated.) The practitioner's hands are simply held at each location, lightly touching or slightly away from the body. The practitioner acts as a "satellite" as *Reiki energy flows through the practitioner's hands and into the client's body & energetic field.*



What does it feel like to receive Reiki?

Reiki session feels wonderfully relaxing, like a warm and peaceful wave of tranquility. A glowing radiance surrounds and fills the client in a way that elicits balance, calmness, well-being & promotes the body's natural healing. Occasionally a client may doze off into a light sleep. Some report a reduction in pain, anxiety, or heaviness. Others may feel warmth or light twitches, but not always. With an open acceptance, Reiki always works whether anything is physically felt or not. *Often clients will notice some type of lightness or improvement in the coming days or weeks, as Reiki settles in.*

Benefits

Reiki enhances the body's natural ability to heal, and opens the mind & spirit to the causes of dis-ease & disharmony. Reiki loosens blocked energy, allows muscles to relax, increases blood flow to treated areas, and allows the body to reestablish its natural balance. Practitioners and clients report help with stress headaches, insomnia, upset stomach, sprains, and other minor conditions. Occasionally miraculous results are reported. *Reiki also promotes psychological healing, including the release of anger, fear, worry, sadness and other unhealthy feelings, and replaces them with self-worth, confidence + tranquility.*

Reiki has become increasingly popular with the medical community, with over 800 hospitals across the U.S. offering Reiki as a standard part of care. A research study at Hartford Hospital, in Hartford, CT indicates that Reiki improved patient sleep by 86%, reduced pain by 78%, reduced nausea by 80% and reduced anxiety by 94%. Nurses report that Reiki helps patients heal faster with less pain, reduces stress, and improves mental attitude, appetite, & reduces the negative side effects of chemotherapy, radiation & other medical procedures. Recent studies show that Reiki Doctors, nurses, massage therapists, acupuncturists are adding Reiki to their protocols because of these proven benefits.

History

Usui Reiki was developed in Japan in 1922 by Mikao Usui and was brought to the West in 1937 by Hawayo Takata. The popularity of Reiki has grown exponentially in the past few decades.

About Me

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I am a certified Usui Reiki Master Level Practitioner, wife of 21 years, and mom of two wonderful children, Olivia 16 & Niko 13. I left the corporate world in 2005 to be a stay-at-home mom, and had never even heard of Reiki until 2015, when our son had health issues. For months we saw numerous specialists, as they struggled to find a solution for his symptoms. This was a difficult time for our family and the stress took its toll on us. I was feeling frustrated and powerless, when I recalled a friend mentioning that Reiki had helped her daughter in a similar situation. I had never tried any alternative modalities before this, but felt I had to give Reiki a try, before resorting to more invasive testing. I called the Reiki practitioner, felt comfortable over the phone, and when I brought Niko to see her, we were immediately at ease. I sat next to my son as he held a stuffed animal & laid on her table. She lightly touched his head, shoulders, legs, feet, and I watched him completely relax. At just 7 years old, he gladly received Reiki for 1 hour. When we left, he said he felt “awesome”. From that day on Niko was symptom free for 30 days straight. It was incredible! I began taking him back once a month & eventually began receiving Reiki myself as well. Month by month the gray clouds lifted. My anxiety and my children’s floated away. I was compelled to learn more about Reiki and how such a gentle modality could be so powerful. So, I read and read, then signed up for some courses. I knew right away Reiki was my calling. I have now been practicing since 2017. I have found it to be a beautiful way to help my own family & to serve others. I attained my Holy Fire Master attunement in 2021. I especially love working with children & have been asked to partner with a local behavioral therapist to help her youth clients.

ESSENTIAL OILS: About the same time I discovered Reiki, I also began my essential oil education and quickly discovered pure therapeutic grade oils & Reiki compliment each other perfectly. I have been studying & teaching aromatherapy for 2 years. Last spring I completed an 8-week Essential Oils Expansion Course & Mentorship with Oceana Baity, LAc., where I learned through hands-on applications how to utilize oils more deeply in my Reiki practice. Since then I have received profound feedback from my clients about the way the oils have upleveled their Reiki experience. **Certified Pure Therapeutic Grade** are the only essential oils I use and are now an integral part of how I work.

Your first Reiki session begins with a short phone consultation, which allows us both the opportunity to discuss our expectations and then schedule your appointment.

Precepts of Reiki

1 - The recipient must ask. One must have the desire to heal, and ask for this to take place.

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2 - There must be an exchange of energy for services, as a fee sets a value on the services for the higher good of all. The standard for Reiki is \$1/minute. Most sessions last between 45-60 min. Shorter & longer sessions are available, as well as reduced package rates, and discounts. Frequency is determined on a per case basis. Most benefit from ongoing 4-6 week appointments; however, a little Reiki is always better than no Reiki.

The Reiki Ideals

The art of inviting happiness

The medicine of all diseases

Reiki Affirmation

Just for today,

I focus on the present moment.

I remain peaceful.

I do my work honestly.

I give thanks for my many blessings.

I am kind to my neighbor and all living things.

For adults & children with autoimmune, emotional, special needs, chronic issues, longer more frequent initial sessions are usually more beneficial; however, a little Reiki is better than none. Reiki helps by reducing stress, while promoting relaxation & mindfulness. Reiki has no contra-indications & is used in many hospitals as a complementary treatment for most conditions; Reiki is not, however, a substitute for medical, or psychological diagnosis, and treatment. Reiki practitioners do not diagnose conditions, nor do they prescribe, perform medical treatment, nor prescribe substances, nor interfere with the treatment of a licensed medical professional.