

## Reiki Healing & Energy Work

A gentle, intuitive approach to balance, relaxation, and self-connection

### Welcome

Reiki is a gentle, non-invasive energy healing practice that supports relaxation, emotional balance, and overall well-being. Each session is offered in a calm, supportive space and guided with intention, presence, and respect for your individual journey.

My approach is intuitive and heart-centered. Whether you are seeking energetic balance, emotional clarity, or simply a moment to slow down and breathe, Reiki offers a space to rest, reset, and reconnect with yourself.

### What Is Reiki?

Reiki is a Japanese energy healing technique that works with the body's natural energy system. Through light touch or hands-off techniques, Reiki encourages the free flow of energy, supporting the body's natural ability to restore balance.

Reiki sessions are deeply relaxing and may help release energetic blocks, calm the nervous system, and promote a sense of peace and clarity.

### What to Expect During a Session

Each Reiki session is unique and guided by your comfort and needs. Sessions typically include:

A calm, safe, and judgment-free environment

Light touch or hands-off energy work, based on your preference

Deep relaxation and grounding

Time for reflection and integration

Intuitive insights shared afterward, if desired

You remain fully clothed and comfortable throughout the session.

### Potential Benefits of Reiki

While everyone's experience is different, many people report that Reiki:

Promotes deep relaxation and stress relief

Supports emotional balance and clarity

Encourages a sense of calm and grounding

Helps restore energetic flow within the body

Complements traditional medical or therapeutic care

Reiki supports the whole person – mind, body, and spirit – in a gentle, non-invasive way.

### Reiki-Infused Crystals

Reiki-infused crystals are intentionally charged using Reiki energy to support balance, grounding, and personal intention. Each crystal is infused in a calm, focused setting, allowing the energy to gently align with its natural properties.

These crystals are not programmed with rigid expectations, but rather infused with supportive, neutral intention so they may work in harmony with your own energy.

### How Reiki-Infused Crystals May Be Used

People often use Reiki-infused crystals to:

Support meditation or mindfulness practices

Encourage grounding and energetic balance

Serve as a reminder of personal intention

Create a calming presence in their space

Complement Reiki sessions or self-care routines

Your experience with a crystal may evolve over time depending on your intention and needs.

### About the Practitioner

My Reiki practice is guided by intuition, compassion, and respect for each individual's path. I believe healing unfolds naturally when the body, mind, and spirit are given space to relax and realign.

Each session and crystal infusion is offered with care and intention, honoring your boundaries and meeting you where you are. My goal is not to fix, but to support balance, awareness, and self-connection.

### Important Disclaimer

Reiki is a complementary wellness practice and is not intended to diagnose, treat, cure, or replace medical or psychological care. I do not offer medical advice. Please consult a licensed healthcare professional for any medical concerns.

Reiki-infused crystals are offered as supportive tools for reflection and energy awareness and are not a substitute for professional medical care.

### Intention

My intention is to provide a peaceful, respectful space for relaxation, reflection, and energetic support. Whether through Reiki sessions or Reiki-infused jewelry, my hope is that what I offer supports you in reconnecting with yourself.