



### What's Reiki?

Let's first discuss what Reiki isn't. It's not a religious belief, martial art or miracle drug. Reiki (pronounced "Ray-key") is a calming, invigorating energy-balancing technique used by people across the world.

Founded in early 20th century Japan by Mikao Usui, Reiki enables practitioner and recipient alike to work together towards a common goal: reducing stress and enhancing a sense of spiritual well-being.

Is "energy-balancing" unique to Reiki ?

Maybe you've never heard the word, but perhaps you've heard of yoga, tai chi or acupuncture? These practices and more incorporate energy-balancing in their respective disciplines.

Reiki practitioners follow these general concepts, minus the stretching, sweating or needles. The toughest challenge for a Reiki recipient?

*Relaxing!*

### Reiki Principles:

- Just for today
- Do not be angry
- Do not worry
- Be grateful
- Work with integrity
- Be kind to others

Learn more about Reiki & what it can do for you. Visit us today at:



### Soothe Your Soul

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## Soothe Your Soul

*Presents:*

# Reiki Revolution



Bringing balance  
back to life



### What can Reiki do for me?

Reiki focuses on spiritual wellness and can benefit anyone over a fairly short period of time.

#### Benefits include:

- Deep relaxation
- Reduced feelings of stress and anxiety
- Elevated energy levels
- Pain relief
- Enhanced feelings of inner calm, contentment and serenity
- Improved awareness of the body's own natural healing process

#### Additionally, you will likely:

- Feel more positive, confident and better able to cope
- Deal better with stressful people and difficult situations
- Develop a stronger sense of purpose and clearer thinking
- Remove some of the "emotional clutter" from life

Remember that a Reiki practitioner isn't a doctor providing a medical diagnosis or treatment. Symptoms of illness are matters for a health professional to address immediately.

### Walk me through a Reiki treatment

The Reiki practitioner first discusses your needs, building trust to maximize session results.

Remaining fully clothed (ideally in loose-fitting and comfortable attire, like a pair of sweats), you'll lay on a massage table for treatment.

Your Reiki professional will then gently lay their hands - on or inches above - 12 different spots spanning the head, body and back. The practitioner carefully avoids violating any individual's body privacy.

#### How long does a session last?

About 45 minutes.

#### What will I feel?

Warmth from the practitioner's hands, a sensation of floating or descending, and deep meditation are frequently experienced. Some clients have even fallen asleep, so don't worry - your Reiki practitioner won't be offended!



### Can I learn Reiki, too?



A special background isn't needed, but aspiring Reiki practitioners should begin with a desire to help others in the art of spiritual healing. Reiki students learn how to use the universal life energy, or "chi," to help harmonize mind, body and soul.

Traditional Reiki training has three degrees, with each level focusing on a different aspect of the practice. Soothe Your Soul owner Hannah Cornell-Schroeder is a Reiki Master Practitioner and Teacher ready to assist interested students in advancing their understanding of Reiki.

#### Is Reiki gaining awareness in the American medical community?

Absolutely! More people each year seeking Reiki training are licensed health care professionals looking for a better way to bring spiritual healing to their patients.

Call Soothe Your Soul today to make your appointment 248-236-9855

Hannah Cornell-Schroeder  
Reiki Master & Teacher

Visit [soothe-your-soul.com](http://soothe-your-soul.com) for a list of classes

