



Reiki (靈氣)

Reiki is a form of alternative medicine developed in 1922 by Japanese Buddhist Mikao Usui. Reiki practitioners use technique flows, the “One Universal life force energy” energetic mechanism vibration to balance and increase coherence of the recipient’s wellness.

Reiki Benefits

- * Stress, anxiety, depression, pain reduction
- * Improves focus and control
- * Promotes relaxation and improves inner self
- * Remove energy blocks
- * Increase sleep quality
- * Increase immune system.
- * Develop compassion, positive mind
- * Develop emotional, mental, physical and spiritual wellbeing

Over hundreds of hospitals in the U.S have adopted Reiki as part of patient services to assist in the body’s natural healing processes.



Energy filed the 7 Chakras

Seven chakras serve as major energy centers for energy field healing. They act as transformers, taking in the universal life energy that always surrounds you and transforming it into subtle frequencies your energy system needs to keep you healthy. Each of these seven chakras is associated with specific areas of the body and has important functions

- To vitalize the aura and physical body.
- To develop greater awareness or consciousness.
- To transmit energy between the aura levels.

Self-care practices such as Chakra Meditation, Yoga, or Qi Gong support the functions of these seven chakras.

Energy field healing practitioners (Reiki, therapeutic touch, acupuncture and acupresure) can also help these seven chakras.

For instance, a skilled practitioner can perform chakra balancing or help you release negative feelings or thoughts that can become lodged in the chakras and form blockages to the natural flow of energy.



The Power of heart

Our heart does not just only pump blood. New studies are showing the human heart is the strongest biological generator of electrical fields and magnetic fields in the human body. The electromagnetic field of the heart is 100 to 5000 times stronger than the Brain.

Every day, your heart is sending signals, telling your brain what kind of chemicals to release.

There are 40,000 specialized cells called Sensory neuritis. They're concentrated in such degree that they are called "little brains in your heart". These neurites in the heart, they can learn, think and remember independently from the neurons in our brains, and they communicate with us separately from the neurons in our brain, in a language that we may or may not recognize.

Now we have access to these sensory neurites, we can work with the heart. When we harmonize the heart in the brain, this is the extended neural network that makes us different from all other forms of life. This is where our deepest empathy, compassion, intuition comes from. When we access information with our heart through intuition, we don't go through the logic, fear, self-esteem, doubt, ego and mental functions that we have in our brain.

Our heart doesn't work that way, affirmation is a very powerful tool to implement change in our lives, they are especially potent if we are communicating with our subconscious in a language that subconscious can recognize through channels. We harmonize our heart in our brain to initiate the healing in our bodies.

This is the process that gives you resilience to change and allows you to embrace change in a ~~really~~ healthy way. It is a trigger with over 1,300 biochemical reactions, from anti-aging hormones to our immune response cardiovascular health, all of these forms are primeval and simple to initiate.

Aging is when cells slows down in the processing of telomeres. In our body, there is an enzyme called telomerase that is designed to heal and repair those telomeres. Activating telomerase directly impacts the aging processing and stimulates help to rejuvenate DNA

Human's quality of emotion such as Caring, Compassion, Appreciation...and Love. These emotions are the tools to activate these telomeres cells.

About Michelle

I am a Reiki Master with advanced training in energy and have developed a unique technique with quantum healing coherence in Reiki sessions.

According to quantum physics, everything in the universe is energy in motion. That includes our thoughts, emotions, and actions. All energy flows as vibration frequencies. We are all vibration energy living beings.

If stress, anxiety, depression, grief - those negative energies are strong enough to make you sick, then the positive energies - forgiveness, compassion, peace, can also cure the pain and fulfill your life with health, happiness, and joy.



Reiki Sessions & Packages

Recommended for maximum benefit: at least 2 sessions per week.
3 Treatment packages must be used within 3 months, 6 Treatment packages must be used within 6 months.

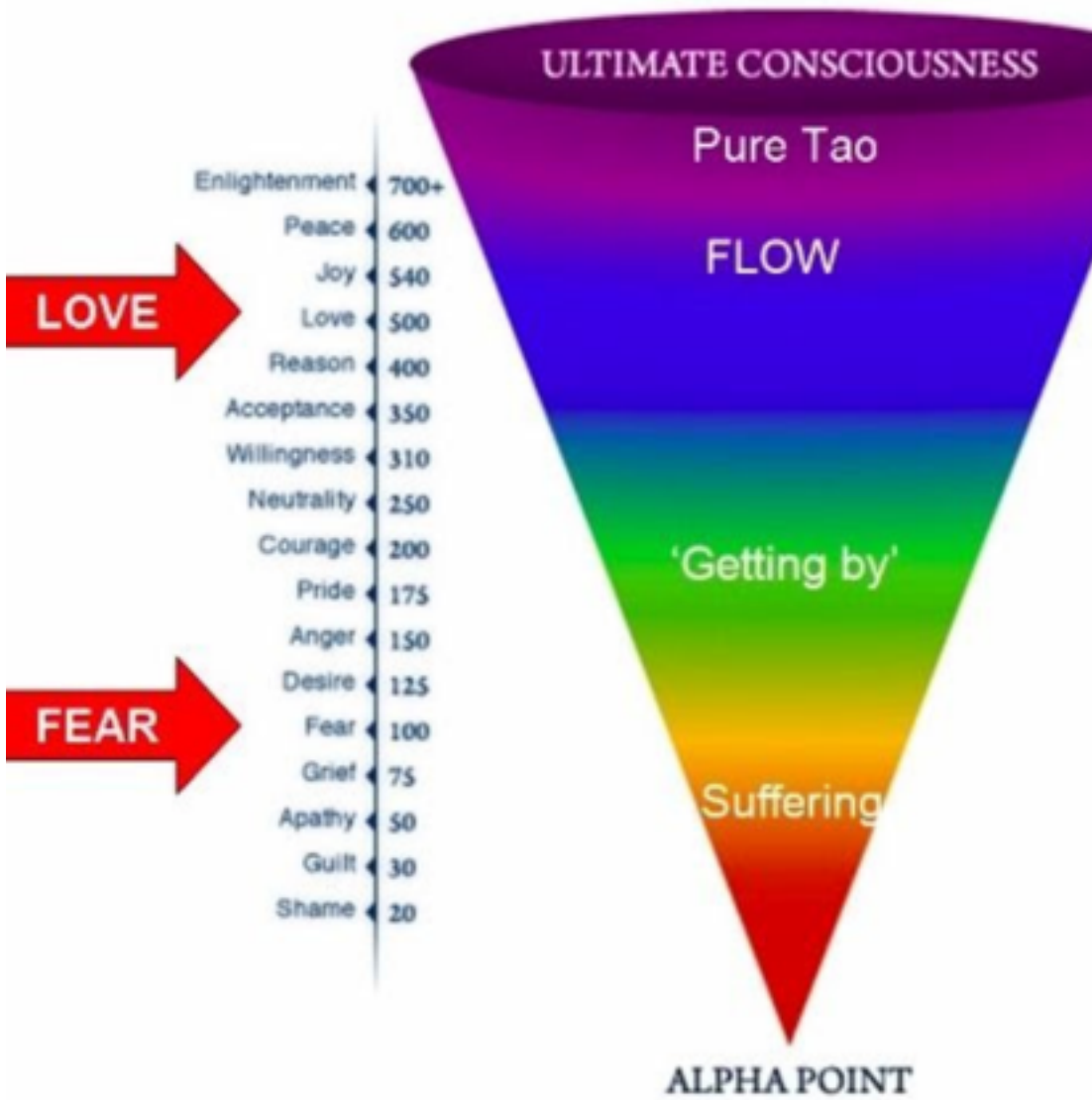
Recommendation:

Dress casual and comfortable / Wear socks / No fragrance, please

Part of your money spent will be donated to CHOC Children Hospital OC

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Frequency Level Chart:

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