



For more information on scheduling or upcoming classes to become a Reiki Practitioner

Please Contact us at

Sacred Journeys Wellness Center

670 South Wolf Creek Pike

Brookville, OH 45309

(937) 313-2420

SacredJourneysWellnessCenter@gmail.com

Or visit our website at
www.SacredJourneysWellnessCenter.com



Directions

FROM I-70

Take the Brookville Exit 21.

If you are coming from the East, turn left onto Arlington Rd. If you are coming from the West, turn right onto Arlington Rd.

Stay on this road until it dead ends onto Westbrook Rd.

Turn left on Westbrook Rd.

After the 3rd stop sign, turn right, onto Wolf Creek Pike.

About 1/4 mile up on the right is Sacred Journeys Wellness Center.

FROM I-75

From I-75, take the I-70 exit towards Indianapolis, and follow the directions above.



Reiki

...the touch that heals



What it is

What it is not

What are the benefits

...and everything to ease you into an understanding of this universal life force that heals the body on all levels!

Jane Mullins & Amanda Hatfield
Reiki Masters

Sacred Journeys Wellness Center

Reiki Is For Everyone!

Restores your vitality...

Brings balance to your life...

Heals reoccurring issues...

*Release sold behavioral
patterns and negative thinking...*

Reduces stress levels...

Returns to wellness...

**Increasing in popularity for hospital care:
pain, sleep, assist with reduction of
negative side effects of medical
procedures and treatments**

Creates a positive shift in all you do!

The most common response to a **Reiki** session is **deep relaxation**. Quite often the experience is so relaxing that recipients will even fall asleep.

Some report that while they may have felt little during a session, later they enjoy a profound sense of calm and peacefulness.

Many others report a sense of openness with others, not surprising as the sharing of Life Force Energy is the true experience of Reiki.

Besides the many health benefits, Reiki is also a pleasurable experience as it helps one to let go and be nurtured and cared for by another.

What is Reiki?

REIKI(pronounced Ray-Key,) is an ancient world derived from *rei*, meaning universal and *ki*, meaning the vital life force.

It is simply a way of taking your own natural life force energy and using it to heal.

This concept of hands-on healing is not new. Instinctively, humans react with touch when someone is in pain, either physical or emotional. For example, a mother spontaneously will draw her hurt child to her and cover the afflicted area with her hands. Likewise, when we suffer stomach pains, we innately hold our abdomen in an attempt to make it feel better.

Reiki encourages the body to return to balance and personal harmony on all levels and positively affects the body-mind-spirit as a whole. Reiki's gentle yet powerful energy will assist in removing the blockages that present us from living a life of total well-being.

What Reiki is NOT

Reiki is not a dogma, cult or religion.

It is not psychic healing, wishful thinking, hypnosis, or mind control .

It is not limited to any certain group or interpretation.

It is not just for special occasions or illness.

How is Reiki done?

This ancient healing technique is administered through the hands of the practitioner with the client lying fully clothed on a massage table. Sessions may be scheduled for 30 or 60 minutes

Reiki treatments are done in hospitals, in your home, or at Sacred Journeys Wellness Center.

What will you experience?

A session may last 30 to 60 minutes... and bring complete relaxation that most often the client gets a gentle nap in the process. Most people report feeling a sense of warmth and comfort when receiving Reiki, and a sense of relaxed renewal.

Scheduling a Session

Schedule your first Reiki session to experience a withdraw from the worldly rushes... and come into peace with yourself. Each session begins with an update on your current health medical status.

We recommend biweekly or monthly sessions to continue the opening of the healing channels in the body and a sense of relaxed renewal.