

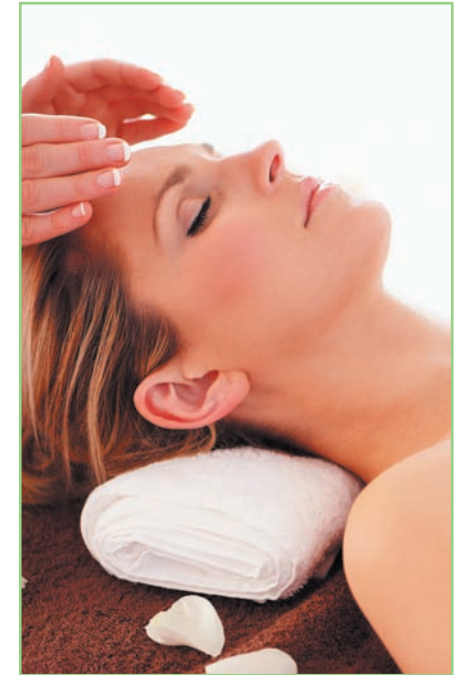
What is Reiki?

Reiki is a Japanese word that means “Universal Life Force Energy,” the energy that surrounds, flows through and gives life to all things. Reiki is a multi level technique that gently and effectively supports your journey to health and healing.

What is Healing Touch?

Healing Touch is a collection of more than 30 energy-based techniques that are used by Healing Touch practitioners to work with the client to effect health and wholeness.

Although often referred to as ‘healers,’ Reiki and Healing Touch practitioners do not heal. They are simply conduits for and facilitators of this balancing, calming and healing energy. The energy flows through the practitioner, not from the practitioner, and the client always receives exactly what is needed. Both Reiki and Healing Touch address disease at the root level of cause.



FMH Wellness Center

FSK Mall, 5500 Buckeystown Pike
Frederick, Maryland 21703

240-379-6010 240-379-6050 Fax
TDD 240-566-3700

www.fmh.org

*Celebrating
a Healthier Life*



Energy therapy for mind, body, emotions and spirit

Reiki and Healing Touch are two energy based therapies based on techniques and principles that have been used for thousands of years. They are methods of stress reduction that also promote healing. Since the late 1990's, they have been used in medical and health care centers world wide to support healing and wellness. We have a physical body and we also have an energy body. The National Institutes of Health defines Reiki and Healing Touch as energy "bio-field therapies." They are used in conjunction with traditional medical care or as stand-alone treatments.

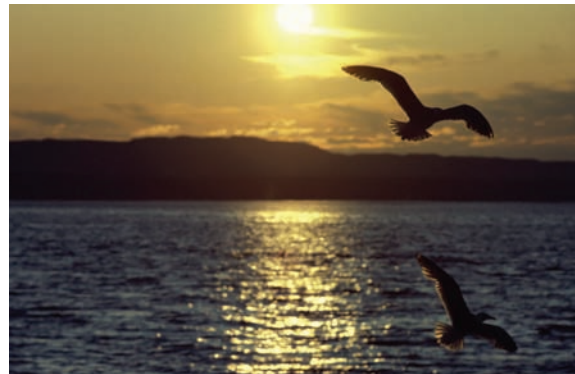
The goal of energy therapies, like Healing Touch and Reiki, is to restore, revitalize, harmonize and balance our human energy system and our physical body. When we are stressed, overworked, tired, or in pain, our energy system becomes blocked and we often become sick. Reiki and Healing Touch help to create an optimal environment so that the body's innate tendency for healing and balance can occur.

Reiki and Healing Touch are holistic, non- invasive stress reduction and relaxation therapies that support and nurture us physically, mentally, emotionally and spiritually.

Creating an overall sense of calmness and well being

Benefits of Reiki and Healing Touch

- Relieves or decreases physical pain
- Calms the mind and emotions
- Reduces and releases feelings of anxiety, stress and depression
- Strengthens the immune system
- Decreases negative effects of trauma, chronic pain and post traumatic stress
- Enhances feelings of being cared for and nurtured
- Supports and accelerates healing after surgery and medical procedures
- Reduces nausea, fatigue and discomforts from chemo and radiation therapies
- Decreases need for pain medication
- Assists with the dying process
- Helps during withdrawal from smoking and substance abuse
- Promotes and strengthens integration of mind, body, emotion and spirit



What to Expect in a Session:

During a Healing Touch or Reiki session, the individual remains fully clothed while relaxing comfortably on a massage table or sitting in a chair. The practitioner gently places his or her hands in different positions on or above the body.

Most report feeling deeply relaxed and peaceful during and after a session. Others may experience warmth, coolness, or tingling sensations during the session. You may even fall asleep. The experience is different for each person. Reiki and Healing Touch 'meet you' where you are.

Many energy based therapies, such as massage, acupuncture, reiki and healing touch, can affect you for 2 or 3 days following your session. Your system is adjusting and this is part of your body's natural healing process.

*Connect with your wholeness,
harmony and inner peace!*

