



*Soothing Session Room*

### **What is Reiki?**

Reiki enhances and supports your body's natural abilities to heal by promoting relaxation and stress reduction. Reiki can

- Reduce stress
- Enhances and supports traditional healing treatments
- Enhance nutrients of food and drink
- Clear Energetic Blocks in the body and environment (mind, body, spirit)
- Supports the Immune system
- Creates a sense of well being

## **Chris Hayward Owner/Operator**

Chris Hayward of Divine Qi is an internationally known Reiki Master Teacher. She has been practicing Reiki since 1996.

### **Contact Us**

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***DIVINE QI®  
REIKI***

*Key to Your Life Force Energy*



Reiki Principles to Live By

## A Cleveland Clinic Article States

“Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing.”

### Feeling stressed, overwhelmed, and on edge?

Reiki works with whatever you are currently doing to enhance and support your body’s natural ability to heal. Reiki does not replace traditional medicine; but, boosts any benefits you receive.

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*“According to a past survey conducted by the National Institutes of Health, 1.2 million adults and 161,000 children in the United States had received energy healing therapy like Reiki in the previous year”*

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### Is Reiki the same as Massage

No. Reiki is not massage. You remain fully clothed during a Reiki session and the practitioner does not have to touch your body (although sometimes there is a light touch) for you to receive the benefits of Reiki.



Relaxed and Calm during a noninvasive Reiki Session

Not sure about what Reiki is all about. Ask about our Reiki Exchange Events.

### Our Products and Services

- Certified Spiritual Life Coach Sessions
- In Person and Remote Reiki Energy Balancing Sessions
- Reiki Certification Classes
- Other Intuitive Energy options