

## WHAT IS REIKI?

I've been wondering lately: "What is the first impression people have when they hear Reiki as an offer to help in their healing?". I've smiled a number of times hearing "raking will be too rough on my body" 😊.

The tradition of healing by hands has been around for ages! Many cultures have different names for it, but this is all it really is – a gentle touch of the hands with intention of healing through loving compassion. It might bring the relief and the healing, or not, but it always brings peace and a moment of wonder: what if there is something bigger than me in this moment?

On my recent boat-camping adventure, my husband tripped and hit his shin on the boulder quite badly. It swelled up quickly, indicating a vessel has ruptured. Thankfully we still had cold stake and some ice left in the cooler. These, plus elevating his leg were the only first-aid options we could find at that moment. He has let me to use Reiki on him many times in the past, so that was our next treatment option. Thirty minutes later he is walking again, the swelling is gone mostly, and only touching the site of the injury would remind him of accident. No visible bruising appeared at all! The bump on his bone is diminishing slowly. Glad we did not have to abandon our journey too soon. And so grateful that his body could heal so amazingly quickly! I believe that loving compassion and touch with intention do make a difference. Why else would we hug and hold those who suffer?

If you want to learn Reiki and its applications, please join my Reiki workshop in September.

May you find joy in everything,

*Lena*



### September Events

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Sat Sep 8th 9:00am - 10:00am  
[Wellness Spa: Cancer Patient and Caregiver Support Group](#)

Thu Sep 13th 7:00pm - 8:30pm  
[Guided Meditation Class](#)

Sat Sep 15th 11:00am - 3:00pm  
[Pop-Up!](#)

Thu Sep 20th 5:00pm - 8:00pm  
[Edmonds Art Walk](#)

Thu Sep 27th 6:15pm - 7:45pm  
[Guided Meditation Class](#)

Sat Sep 29th 9:00am - 1:00pm  
[Reiki Workshop](#)

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Write a review of your appointment with me and take \$20 off your next visit!