



## Get in touch!

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By Appointment Only

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Scan to schedule your  
session!



# OUR offerings

Reiki

Guided Healing Sessions

Online courses

Aromatherapy Blends

Smudge Sprays

And More!

Please note that this document is for informational purposes only. Reiki is meant to complement professional medical care and treatment, not replace it. This information should not be used in place of medical advice or medical care, nor should it be considered a diagnostic or treatment tool for medical illnesses and conditions.

## ENLIGHTENED PSYCHE



# REIKI Benefits

EnlightenedPsyche.com

# What is it?

Reiki is an alternative energy therapy that originated in Japan. It's a combination of two words, "rei," which means universal, and "kei," which signifies life energy. The fundamental belief behind Reiki is that everything in the universe, including living beings, is made up of energy that flows through it.

According to Reiki principles, disruptions to this energy field can result in various health issues. To bring balance back, the therapy entails redirecting the universal life energy to the patient.

## WHAT TO EXPECT IN SESSION

Sessions are performed fully clothed, laying down on a massage table or you may choose to sit in a comfortable chair. I will then move slowly around the body with my hands either hovering just above or gently touching you. While working over the body, I am providing Life Force Energy to you and also using that energy to balance your subtle bodies (aura, chakras, meridians).

While every session is different, people often report they experience:

- Feelings of safety, calm, and peace which may lead to various forms of emotional expression
- Temperature changes, overall body temperature or cool / warm spots
- Have visual experiences such as swirls or formations of color / light; images of people, places, or things.
- Fully immersive experiences, as if you were there or watching a movie or play.



# WHAT are the BENEFITS

- Reduction in stress levels and promotion of relaxation
- Activation of the parasympathetic nervous system, leading to a decrease in heart rate and blood pressure, and an increase in heart rate variability
- Pain management
- Elevation of self-esteem and quality of life, and reduction in anxiety and depression in individuals with chronic health conditions
- Improvement in sleep quality and overall well-being
- Symptom relief in some conditions, such as cancer
- A stronger sense of connection with oneself and others
- Encouragement of positive thinking.