

## How Reiki Energy Healing Helps

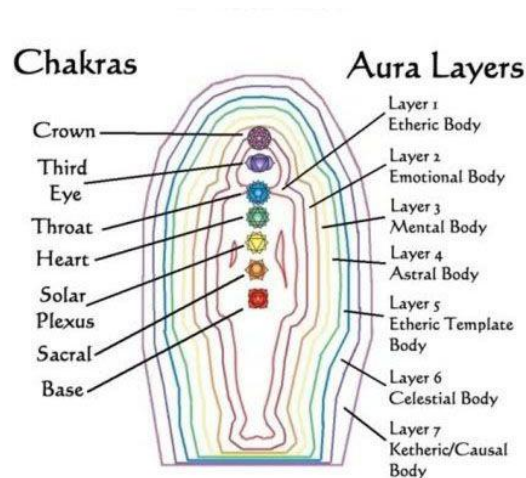
Energy moves along the meridian pathways within the body, clearing away the stored emotional blocks, identifying stagnant and old mental energies, and often moves physical toxicity held within the cells of the body.

Reiki may:

- ease chronic pain,
- increase the quality of sleep
- identify, ease and address the source of anxiety, depression, tension
- contribute to a slower heart rate, lower blood pressure, and a drop in stress hormones
- increased immune function

Reiki can be a great support to treatments for:

- Cancer, Chronic fatigue syndrome
- Disorders that affect your brain, like MS, Parkinson's or Huntington's disease



The Brennan Model

## How Causal Realignment Helps

Causal realignment is a gentle, powerful technique. The alignment process brings the physical, astral, mental and causal bodies of the aura into perfect, harmonious alignment. It is a treatment that realigns and harmonizes the causal body with the other auric bodies.

As a result, you may experience

- deepened/strengthened connection to spirit
- detoxification/strengthening of the physical & spiritual bodies
- bringing creativity to the next level, improved capacity/clarity to handle decisions
- increased ability to love self/others
- increased self confidence, self esteem, releasing the potential of your life