

Reiki Benefits



Adapts to needs of recipient



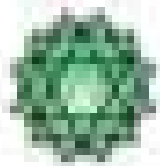
Helps meditative states



Promotes personal awareness



Enhances spiritual connection



Fosters natural self-healing



Relaxes and reduces stress



Balances energies in the body



Relieves pain and discomfort