

What can Reiki do?

Anyone can benefit from a course of Reiki treatments, no matter their age or state of health, and beneficial changes can take place over a relatively short span of time.

Reiki can produce:

- Deep relaxation
- Reduced stress and anxiety
- Elevated energy levels, energized
- A feeling of inner calm, contentment, and serenity
- Accelerated natural healing process

Reiki can also help you to:

- Feel better mentally and physically
- Be more positive and confident
- Handle stressful people and difficult situations
- Develop a sense of purpose
- Remove some of the 'clutter' from your life and mind
- Enjoy a better quality of life

People use Reiki for relaxation, self-healing, for spiritual- or self-development, and to treat others.



Options

Remote Reiki

As the primary service, sessions can be provided to anyone worldwide in the comfort of their own location.

In-person Reiki

The location for in-person sessions varies. To submit an inquiry about locations for service on any given date, please go to www.triciadaye.com/contact.

Reiki Workshops

Workshops can be catered to your unique needs and group size. To submit an inquiry about your workshop needs, please go to www.triciadaye.com/contact.

BRING THINGS INTO BALANCE WITH REIKI

*Find out what a Reiki treatment
can do for you*



TRICIA DAYE

Reiki Practitioner & Coach



www.triciadaye.com/reiki



hello@triciadaye.com

certified and insured

What is Reiki?

Reiki (pronounced "ray-key") is a simple Japanese energy-balancing method rediscovered in the early 1900s and used by millions of people today worldwide. In the medical community, it's classified as a biofield energy therapy.

Reiki is the Higher Self's connection to this universal energy that breathes life into all living things. It stimulates growth, health, life, and healing.

The practice of controlling and enhancing energy can also be seen in practices like tai chi, feng shui, meditation, yoga, and acupuncture.

Reiki treatments reopen and rebalance energy flow to promote healing, health, balance, and calmness.



What are remote Reiki sessions like?

Receiving Reiki from a Practitioner is a simple process. One of the main reasons why remote sessions are different is because the client will be creating their own quiet, relaxing space.

During the session, the client will lay or sit in their space, shut their eyes, listen to soothing music if they choose, and simply focus on receiving Reiki energy and its excellent benefits.

The Practitioner will move through the Reiki movements & hand placements in the same manner as in-person sessions. Just virtually.

Thanks to the advancement of quantum physics, we're gaining a better understanding of how these energies are shared over distances.

Will I feel anything?

It varies from person to person and session to session. You may feel:

- Deep relaxation and may fall asleep
- A sensation of heat or cold
- See colors, often vivid
- Emotional response
- Memory flashes



Can I use Reiki alongside medical treatment?

Reiki is safe and will support any form of complementary or medical treatment, but it is not a substitute for medical treatment, nor will a practitioner diagnose or recommend treatments.

Reiki is safe for adults, children, babies, pregnant woman, animals, insects, and plant life, to name a few.