

Learn a bit more about Reiki

WELLNESS ON THE FARM

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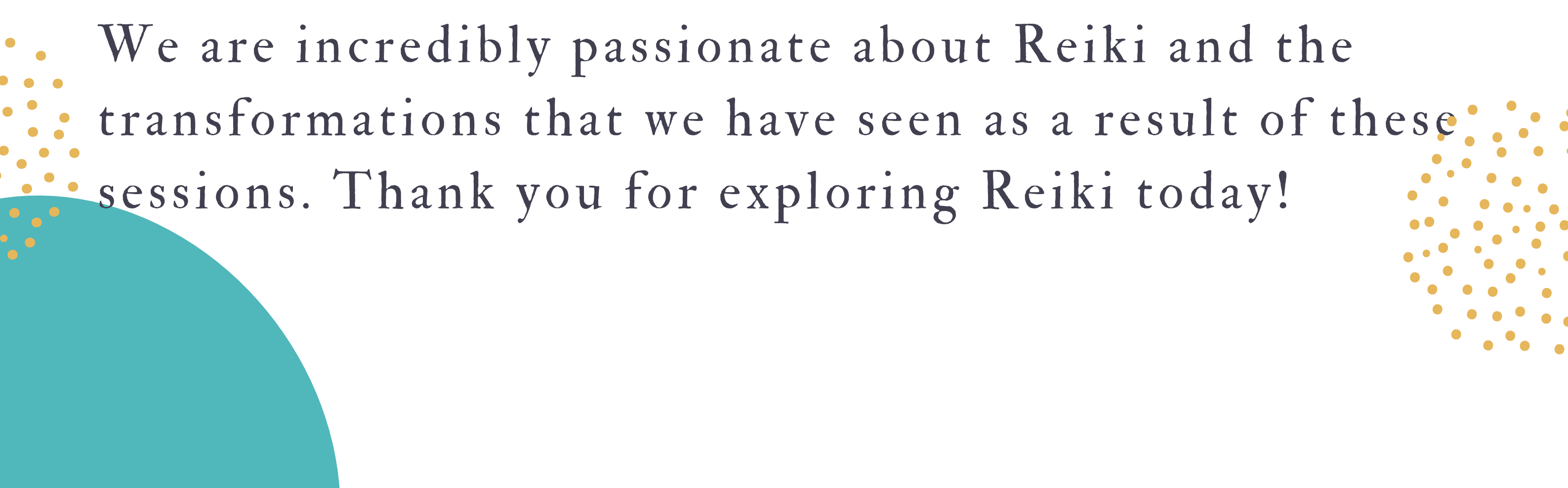
What is Reiki?

Reiki is a beautiful healing modality that helps people, animals, even plants to feel in better alignment with their physical bodies and emotions.

This powerful healing requires only light touch but can have a profound impact - even beginning to heal past traumas in a gentle and compassionate way.

Originating in ancient Japan, reiki has been passed down throughout the generations, promoting deep relaxation and healing to so many.

We are incredibly passionate about Reiki and the transformations that we have seen as a result of these sessions. Thank you for exploring Reiki today!





How Does Reiki Work?

Reiki is a non-invasive healing modality that works with the energy flowing through your body. A reiki session can be performed through gentle touch, with the practitioners hands just above you, or even from a distance!

A typical session involves the practitioner placing their hands at the main energy points (chakras) of the body. They run from the top of your head down to the soles of your feet.

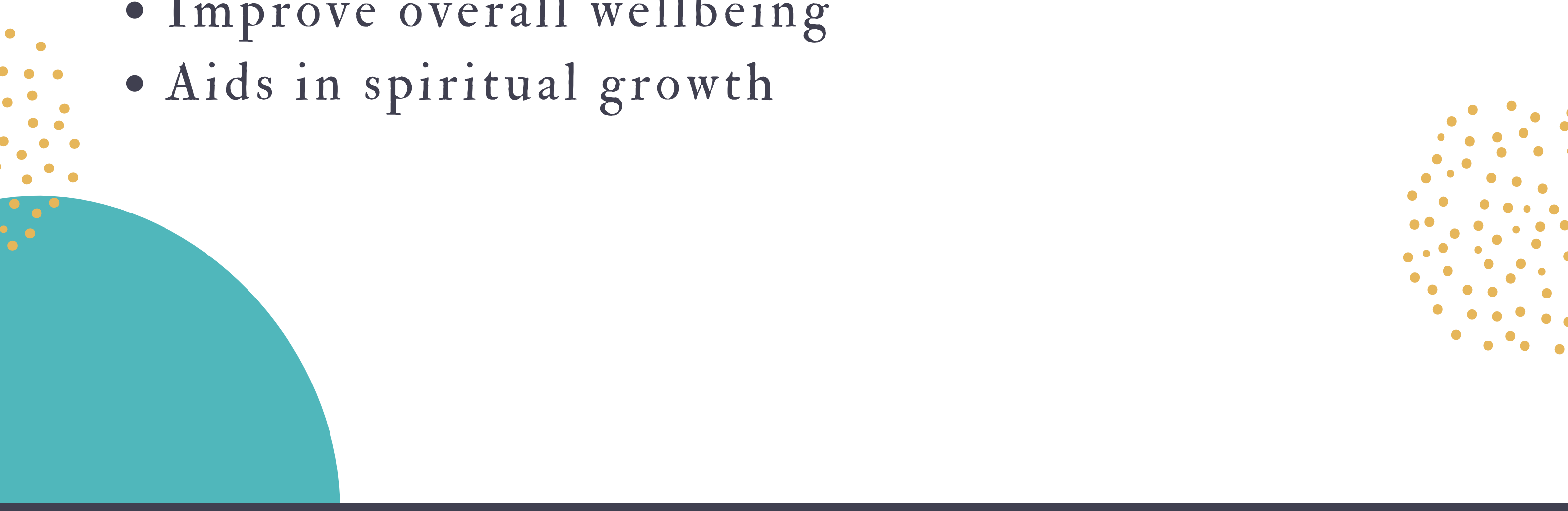
Reiki energy flows out from the palms of the practitioner and into your body to begin the process of healing and restoring balance.



Benefits of Reiki

Reiki is a great compliment to other medical and healing treatments. It's a beautiful way to help your body begin to heal itself.

Reiki helps to:

- Promote balance within the body
 - Relieve pain and discomfort
 - Accelerate the body's natural ability to heal
 - Clear the mind and improve focus
 - Facilitate deep relaxation
 - Improve overall wellbeing
 - Aids in spiritual growth
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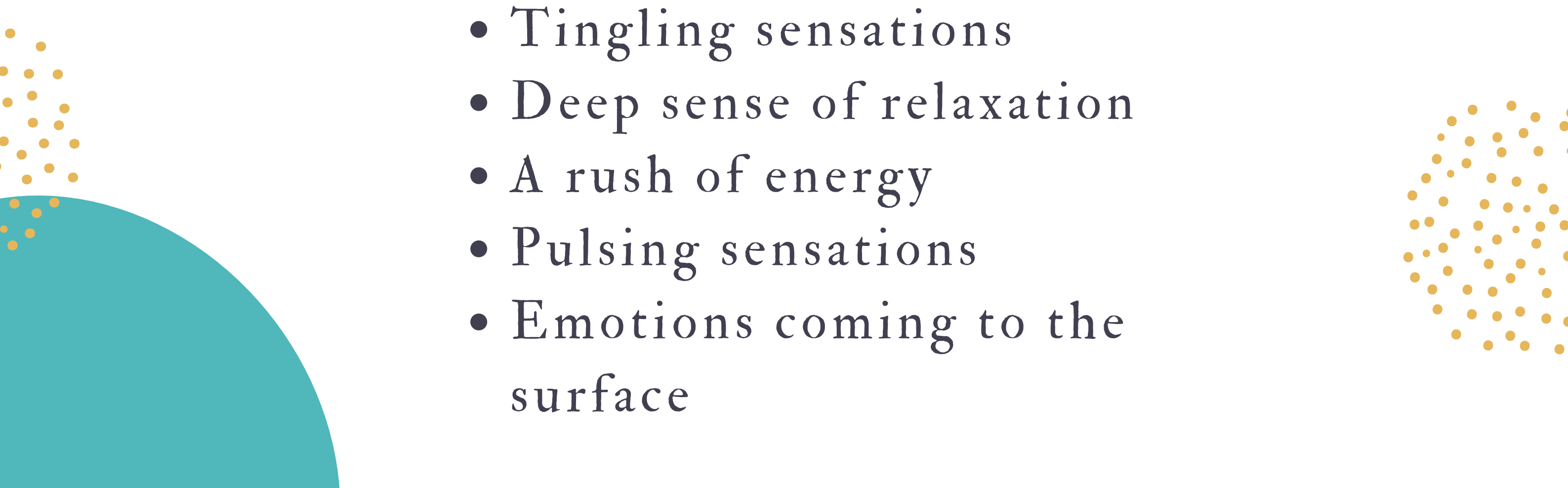


What to Expect

If you've never experienced Reiki before, you're probably wondering what it will feel like, and what you can expect to experience during a session.

Each Reiki session is completely unique, so it can feel different every time. What you experience during a session will depend on what you have to work through at that point in time.

People often feel:

- Warmth
 - Tingling sensations
 - Deep sense of relaxation
 - A rush of energy
 - Pulsing sensations
 - Emotions coming to the surface
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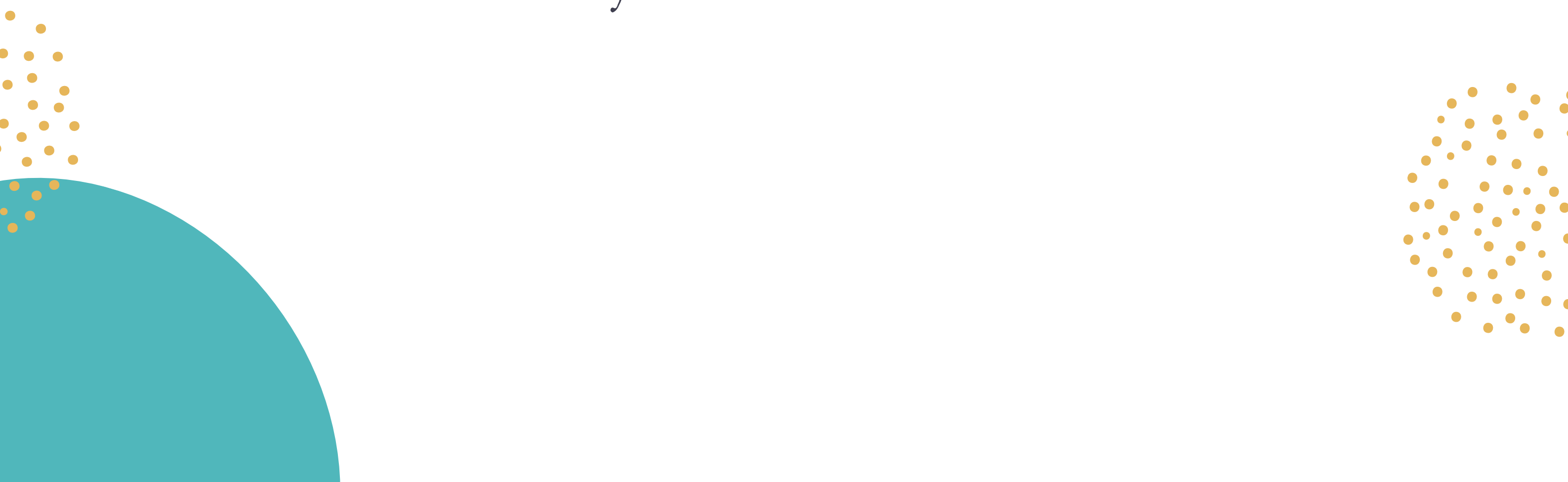


Distance Reiki

It's pretty amazing, but you don't actually have to be in the same physical space to receive a reiki session!

Because reiki works through energy, it is possible for a practitioner to send reiki to a client wherever they are.

All you have to do is sit back or lay down, relax, and allow the reiki energy to do its thing! Energy is incredibly smart, so it goes wherever it is needed most within the body.



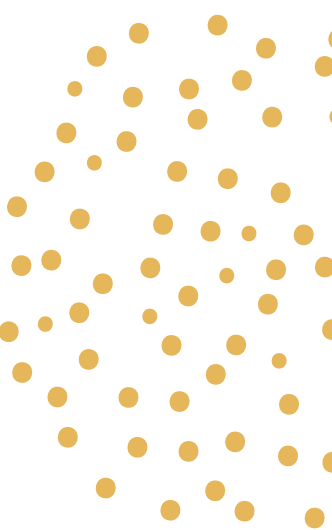


Reiki for Animals

Reiki isn't just for humans - our animal companions get out of balance and need healing as well!

Reiki is a beautiful, non-invasive way to help our four legged best friends process trauma, fear, anxiety and find more peace and balance.

Even if your pet hasn't experienced any type of trauma themselves, reiki can still be incredibly beneficial. Our animals are often such strong mirrors for what is going on with their humans, and they can take on some of our struggles themselves.



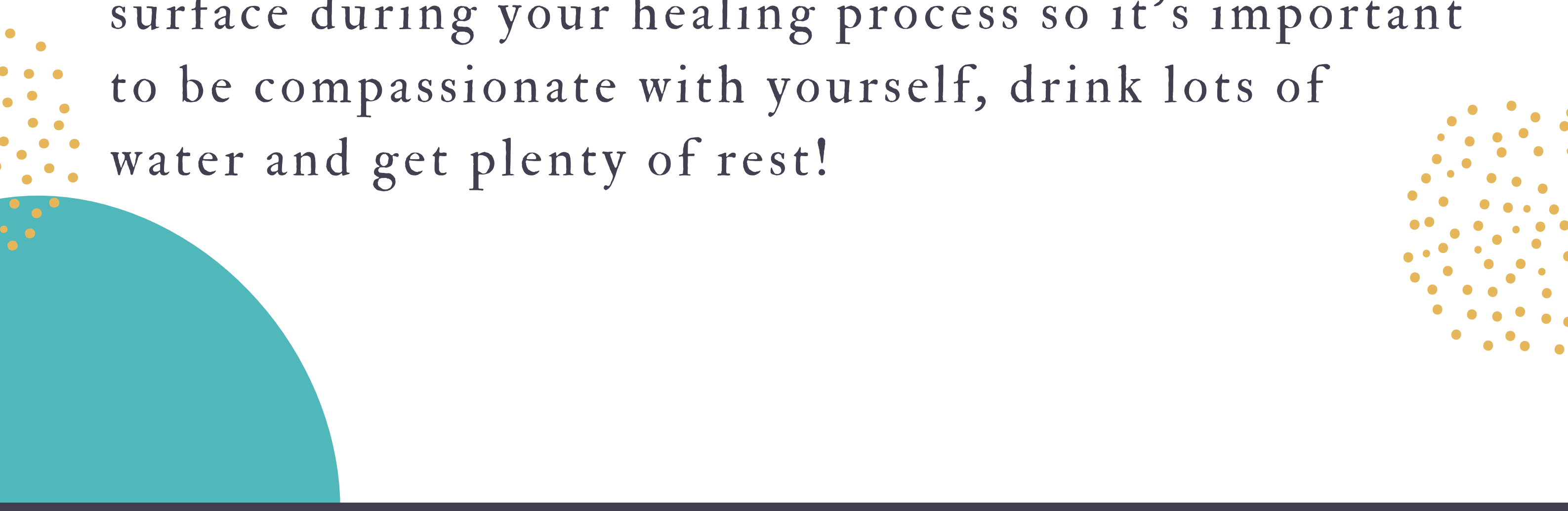


After Reiki

Your Reiki healing doesn't end just because your session did - this is one of the things that make it so powerful! We naturally wish to be in balance so once the blocks to this balance are cleared, the healing will continue!

Some people feel tired after a session, while others feel filled with energy - it really just depends on what came up and was cleared during your session.

Often emotions will feel a little more close to the surface during your healing process so it's important to be compassionate with yourself, drink lots of water and get plenty of rest!





What Clients are Saying

You girls are the BEST ♥♥ we loved our session.”

Honestly it was amazing. I think it's opened me up in a way that I was holding back. Brought things up, in good ways. Thank you so much!”

I definitely felt shifts. Honestly each time I do this with you guys I feel like I've open something up so wonderful. Able to speak my truth more.”

My horse is actually engaging with her herd mates - it's amazing and has totally blown me away!”

I've never slept so well in my life! When can I book the next session?”

Reiki in Action!





Want to Know More?

We're always happy to chat about reiki! We both love being able to share this healing modality with others and witnessing the healing that takes place.

If you want to learn more or are interested in experiencing energy healing for yourself, reach out to us!

You can send us an email at:
info@wellnessonthefarm.ca



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