

REIKI + SOUND HEALING + STRETCH

Reiki = Life Force Energy

What is Usui Reiki?

Usui Reiki is a gentle Japanese energy healing practice that uses symbols, breath and light touch or hands hovering just above the body to support, relaxation, alignment, balance, and a sense of overall well-being. Reiki is intended to create a space for the body and mind to slow down, release tension, and reconnect with a sense of inner peace.

What is a tuning fork?

A tuning fork is a metal instrument with two prongs that when struck, it produces a frequency.

How do tuning forks enhance the Reiki sessions?

The tuning forks create vibrational waves around and inside of you. Our bodies are made up of over 60% of water, which allows the frequencies to more easily resonate throughout. The combination of Reiki & Tuning Forks helps remove blockages, which may bring up emotions and heaviness you are needing to release. Trust your intuition and the process. Let go. This is your safe space to exist as a human, to release and realign. Immerse into a peaceful, meditative state, while taking in the benefits of Reiki + Frequency Healing.

What are some of the benefits of Reiki with Tuning Forks?

May help with:

- Anxiety
- Depression
- Body Pain
- Headaches
- Heartache
- Sleep
- TMJ
- Digestion
- Menstrual Cycle
- Trauma
- Self-Awareness
- Self-Healing
- Body Love
- Confidence
- Inner Peace
- Motivation & more...

What frequencies are available and what are the benefits?

Please let Jenel know your choice before your session.

UT 396 Hz – Liberating Guilt and Fear, turning grief into joy

RE 417 Hz – Undoing Situations and Facilitating Change

MI 528 Hz – Transformation and DNA Repair

FA 639 Hz - Connecting/Relationships

SOL 741 Hz - Expressions and solutions/solving problems

LA 852 Hz - Returning to spiritual order, awakening intuition

SKY 174 Hz - Relieves both physical and energetic pain, great for removing toxins and EM radiation from the body's cells

LAND 285 Hz - Rejuvenates our mind, body, and energy levels, stimulates the third eye and dissolves energetic blockages, improves our well-being and overall health

XI 963 Hz - Linked to the pineal gland and helps to heal the central nervous system, fosters awakening, oneness and connection, helps one return to its natural state

What is some info on the sound bath portion?

The crystal bowl sound bath emits a frequency of 432 Hz, which helps open the heart chakra, and supports harmony, inner & outer peace, deep relaxation and gentle connection with yourself.

The 3 crystals bowls are:

Morganite - light pink, heart chakra, love & affection

Amethyst - light purple, crown chakra, creativity, intuition & spiritual knowledge

Sapphire- light blue, throat chakra, truth, authentic self-expression & growth

Why is assisted stretching incorporated in the session?

Each session is different based on the client + what is going on energetically that day, but we usually incorporate 8-10 mins of assisted stretching, where I use the tuning forks to focus on certain areas that may be carrying more tension or causing pain. Movement also helps the body to loosen up and open up the energy centers to more easily immerse in the healing energy & frequencies.

What to do to prepare for session?

Stay hydrated before your session.

Dress comfortably.

Avoid bulky or thick sweaters and hoodies.

Avoid or limit amount of alcohol, meat & dairy 24 hours prior the best you can (do not let this add extra stress to you).

For the session, remove Apple Watches and put phone on silent or DND.

Enter your session with an open heart & open mind.

If in session, you feel the urge to release through breath, sound, cries or movement, please do not hold back.

How will I feel or what will I experience afterwards?

Rest and Reflect: Take a few moments to rest after the session. Reflect on your experience and any sensations or emotions that arose during the treatment.

Stay Hydrated: Continue to drink water after your session. Hydration helps to flush out any toxins released during the energy work.

Journal or Voice Memo Your Experience: Consider writing down or voice recording your thoughts and feelings post-session. This can help you process the experience and track any changes over time.

Allow for Emotional Release: It's normal to experience a range of emotions after a Reiki session. Allow yourself to feel whatever comes up without judgment.

Avoid Intense Activities: For the rest of the day, try to avoid strenuous physical activities or stressful situations. Focus on gentle, calming activities.

Integrate the Experience: Give yourself time to integrate the healing energy. You may feel more relaxed, energized, or even sleepy; listen to your body's needs.

Schedule Follow-Up Sessions: If you found value in the session, consider scheduling follow-up appointments to continue your healing journey. Minimum 1-2x/month is recommended.

Stay Mindful: Pay attention to any shifts in your physical, emotional, or spiritual state in the days following the session. These changes, even if they seem small, can provide insight into your healing process.