



New Year,
New You

with Reiki

the natural healing therapy

Sometimes the new year calls us to reinvent ourselves, perhaps rewrite our stories. Maybe we've gone off-track in the past year and we genuinely want to reroute ourselves. At this time of year especially, we resolve to make changes for our own well-being.

Reiki is a hands-on therapy that can be used to support this resolution. Creating a personalized foundation for your wellness, this complementary therapy promotes relaxation—assisting balance both emotionally and physically. In this state your mind calms and your body's organic ability to heal can catalyze, affecting crucial issues like pain management and immune system function.

Reiki supports other therapies as well—including medications, surgery, physical therapy, and mental health counseling—often enhancing their effects while minimizing unwanted side effects, sometimes even reducing the need for them as approved by your doctor. Many hospitals and clinics use Reiki in their patient-care protocols.

Resolve to support your wellness with Reiki this year. Schedule your hands-on session now with Anne, a Reiki Master with sixteen years' experience. She is the USA-Southwest & California Local Representative of The Reiki Alliance—an international organization of traditional Reiki Masters. Anne is also on the Council of Reiki Home, a non-profit organization that brings together Reiki communities around the world.

Interested in learning Reiki as a natural healing therapy to practice on yourself and, if you choose, on others? Anne's weekend Reiki I training is straightforward and practical. Start the new year right, register for her first 2023 class, January 27-29. Anne@ReikiTexas.info or (830)739-5828. Visit her website at ReikiTexas.info

