

A NEW YEAR, A NEW LOOK at wellness



with Reiki, the natural healing therapy

When you think of wellness, what do you consider? If your focus is only your physical state, you're not seeing the whole picture. Research shows that thoughts and emotions can impact our body's health. Medical treatment rarely addresses those important aspects of simply being human.

Reiki is a hands-on therapy that can be used to support body, mind, and spirit. Creating a personalized foundation for your wellness, this 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—our Kerrville VA utilizes Reiki for their inpatients.

Broaden your perspective on wellness; resolve to support your total wellness with Reiki. Schedule your hands-on session now with Anne, a Reiki Master with seventeen 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 refreshed and renewed, register for one of her first 2024 classes, January 26-28 OR February 23-25. Anne@ReikiTexas.info or (830)739-5828. Visit her website at ReikiTexas.info

