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When the flow of the "Life Force Energy" is disrupted, weakened or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, including fear, worry, doubt, anger, anxiety, negative self-talk, toxicity, nutritional depletion, destructive lifestyle and relationships, neglect of self and lack of love for oneself or others, from emotions that are not expressed in a healthy way. Some of today's most serious health concerns such as heart disease, anxiety disorders, depression, obesity and immunity disorders, are caused by or are related to stress.

Reiki is for everyone: it heals adults, babies, toddlers, children, and elderly. Reiki Healing Energy provides means to balance the human energy fields (Auras) and energy centers (Chakras) to create conditions needed for the bodies healing system to function. The energy that is channeled from the hands of a Reiki practitioner is said to "break up and wash away" negative thoughts and feelings that are stopping the flow of your life force energy, leading to improved mental and physical health. Because Reiki operates from the healing band of universal energy which is outside of time and space, Reiki can be applied at distance and can be used to offer healing to past and future events as well as to karmic issues.

Reiki has applications for use during life transitions such as pregnancy and childbirth; transitioning into death (Hospice); and relationship changes. It is also indicated during and after surgery and medical procedures; healing constricted relationships; releasing emotional blockages; developing psychic intuition; releasing emotional trauma; manifesting goals and intentions; and enhancing spiritual growth. Reiki is being used in hospitals to assist cancer patients and treat wounds and it is currently being applied to work with traumatized veterans.

During your Aromatherapy Reiki session you will receive the energies of Reiki and botanical essential oils personally customized for you. Your first session is 60 minutes and includes a client intake and customization of essential oils to harmonize and balance your physical, psychological, and spiritual well-being.

Some Physical Benefits of Reiki

- Reiki works on all chronic and acute illnesses, including serious problems like heart disease and cancer as well as skin problems, flu, fatigue, headaches, and back pain.
- First Aid (as it speeds up healing).
- Reduces blood pressure.
- Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony.
- Assists the body in cleaning itself from toxins, accelerating the body's self-healing abilities.
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy.
- Reduction in pain and nausea after allopathic treatments such as chemotherapy or surgery.
- Your body being more fully prepared for surgery, including using less anesthesia, and a shortened recovery.
- Tissue regeneration to replace scars and burns.
- Lessening of arthritis pain, stiffness, and increased ease of movements.
- Improved circulation to reduce swelling from many causes (injury, surgery).
- Balancing of the organs and glands and their bodily functions.
- A lessening and relieving of symptoms of Fibromyalgia and Chronic Fatigue Syndrome and other auto immune diseases.
- Strengthened immune system, and improved capacity of your body's ability to clear toxins.
- Supports pregnancy and childbirth, and afterwards. Many women report painless childbirth using Reiki.

Some Mental Benefits of Reiki

- Your mind becomes calmer.
- Improved memory.
- Enhanced creativity.
- Help contacting the 'healer within' and relief from emotional upset, anxiety and depression.
- Restful sleep with more vivid dreams during sleep.
- You think clearer and you can 'see' clearer.
- Increased self-confidence. You will be able to answer your own questions knowing that you have the answers.
- Enhanced personal awareness.
- Increases vitality and postpones the aging process.

Some Emotional Benefits of Reiki

- Deep relaxation, the mind calms and becomes less erratic.
- Aids the body to release stress and tension,
- Eases depression, insomnia, lack of confidence, addiction and fear-based illnesses.
- Increased intuition, and creativity.

Some Spiritual Benefits of Reiki

- Increased intuition and creativity leads to a more purposeful direction in life.
- Feel more connected and in tune with others and the universe.
- Peace.
- Raises the vibrational frequency of the body.

Some more benefits when coupled with Essential Oils:

Aromatherapy is an ancient method of holistic healing using essential oils extracted from plants. It invigorates not only the body, but also mind and spirit.

- Many of the Essential Oils have a high frequency vibration and help to bring our frequency up.
- Many Essential Oils have a high antioxidant rating.
- Many Essential Oils help relaxation and more restful sleep.
- Many Essential Oils help relieve physical discomfort and pain.
- Many Essential Oils are known to improve immunity to ailments such as cold and flu.
- Many of the Essential Oils help emotional traumas by accessing the Amygdala (the part of the brain that retains memories from emotional trauma) through the olfactory nerves.
- Science has confirmed that many individual Essential Oils are anti-bacterial, anti-viral, anti-fungal, anti-microbial, anti-inflammatory and antiseptic.

Essential Oils for Chakra Health

- Base (Root) Chakra : Patchuli, cedarwood, sandalwood, vetiver
- Second (Sexual) Chakra: Rose, rosemary, ylang-ylang, juniper, sandalwood, jasmine
- Third (Solar Plexus) Chakra: Juniper, lavender, bergamot, rosemary, vetiver
- Fourth (Heart) Chakra: Cedarwood, rose, sandalwood
- Fifth (Throat) Chakra: Lavender, patchuli
- Sixth (Third Eye) Chakra: Geranium, lavender, rosemary, spearmint
- Seventh (Crown) Chakra: Jasmin, frankincense

To book a Freeing Your Reiki-Aromatherapy session, please contact Gainesville Holistic Health Center at (571) 248-0695 or Email us at ghhcenter@hotmail.com.