

Bernadette Doran

THE POWER OF ENERGY THERAPIES

Reiki

with Bernadette Doran, RMT

Reiki is a deeply relaxing and revitalizing energy therapy that stimulates the human energy field to encourage enhanced, integrated functioning of the body's natural healing systems. Reiki relaxes the body at such deep levels, one hour of Reiki is equivalent to three or four hours of very deep sleep.

Because of its simplicity and fast, dramatic results, documented in increasing numbers of research studies, Reiki is one of the fastest growing complementary modalities in the world. Reiki is now used not only by individuals but also in more than 70 per cent of hospitals in the U.S.

Reiki helps rid the body of accumulated stress, thereby helping to prevent illness and maintain good health. Clinical studies show that Reiki boosts the immune system, clears toxins, relieves pain, and improves sleep. Reiki can be done in person or as a distant treatment.

Reiki is especially recommended for:

- **Stress and anxiety**
- **Sleep disorders**
- **Chronic illness** – including arthritis, diabetes, multiple sclerosis, lupus, fibromyalgia, AIDS, chronic fatigue syndrome, headaches
- **Surgical patients** – Research shows that people who have Reiki treatments before and after surgery tend to have less pain, need less pain medication, and heal more quickly, often in half the time.
- **Cancer patients** – Studies have demonstrated that of Reiki helps provide pain control with lower doses of prescription medication, speeds up the elimination of toxins, improves the immune response, relieves discomfort, and helps manage nausea and other side effects during chemotherapy and radiation.
- **Caregivers** – Reiki replenishes and restores physical, mental and emotional balance, allowing caregivers to feel both relaxed and energized, and able to handle the stresses of their situation with calmness, clarity and a renewed sense of compassion. With caregivers for the elderly and the dying, Reiki facilitates the release of anxiety, grief and fear, supporting positive emotional closure with loved ones.

FEE: \$100 for a 60-minute session

To schedule a session, please contact Bernadette at bernadette@bernadettedoran.com