



What Reiki Can Do

Reiki works with the energetic, physical and emotional aspects of the individual to address imbalances on all levels.

Reasons you may want to experience a Reiki session:

- General balancing
- Clearing emotional blocks
- Physical pain
- Increasing clarity
- Issues with life

How is Reiki different from other therapies?

Reiki is holistic in its approach and works with not only the symptoms an individual experiences but the root cause of the imbalance as well.

Reiki helps to restore the body's natural ability to heal and create balance

How do I know this is right for me?

People who have a nagging feeling that something in their life or body mind is out of balance or they feel like they are struggling within themselves and their environment usually find Reiki at the perfect time for them. The fact that you are reading this brochure could be the sign that your body mind is ready to healing and experience growth.



Experience the many of benefits of Reiki

A Reiki session is usually very relaxing for the client.

What to Expect During a Distance Reiki Session with Ramata

You will complete a confidential client history Google form that outlines the areas in your body and life that you would like the session to focus on. This will also help us monitor your progress from session to session. The session will last an hour: 10 min pre-session conversation, 40 min where I'll perform distance Reiki and 10 min follow-up conversation to discuss any questions you may have and share about the experience. The 30 min session is organized similarly as 5 + 20 + 5 min.

