

How can Reiki help before, during and after birth?

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Reiki can assist in many different situations including:

- # Easing of back pain before and during birth
- # Easing and releasing sciatic nerve pressure
- # Turning the baby
- # Healing babies before they are born
- # Healing drug and alcohol affected babies
- # Providing relaxation and healing for the parents
- # Healing anxiety about the birth
- # Easing pain caused by pregnancy
- # Addressing cravings and self destructive behavior
- # Easing the effects of postpartum depression

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Why Choose Reiki?

f The birth of a child is often the catalyst for women who want to take a new approach to medicine and healing. When I had children, I came to the realization that I wanted to do my utmost to play an integral role in helping them stay healthy and strong. I chose Reiki to nurture myself and my unborn child. Reiki helped to ease backaches, revitalize my energy and raise my awareness to the energy connection between mother and child. In my experience, Reiki proves to be an incredible healing tool to address infant ailments and to maintain family well being. (Kids Health Naturally, by Stephanie B. Sheid, 2003.

f Reiki is another healing tool to add to your tool kit. Reiki can provide support for everyone involved (including: parents, unborn child, children) on physical, emotional, psychological, and spiritual levels before during and after pregnancy.

f Reiki can be very effective in helping to restore balance to the entire mind-body-spirit system after a major transition such as birth. (Pregnancy Birth and Beyond <http://www.pregnantbirth.com>)

If you are interested in learning
Reiki please contact
Sage Tozeland

at:

Tel: 204-772-2948

Email: stozeland@hotmail.com



Reiki

Usui Shiki Ryoho
For Pregnancy, Birth,
and Postpartum

Take **control** of your
life through REIKI



Sage Tozeland

Master Teacher in

Usui and Karuna® Reiki Systems
Timeline Therapy™ Master Practitioner
Master Hypnotherapist

Tel: 204-772-2948

Email: stozeland@hotmail.com





What is Reiki?

Reiki (pronounced ray-key) is a non-invasive energy healing technique that is thousands of years old. Reiki is thought to have originated as an ancient Tibetan Buddhist practice that was rediscovered by Dr. Mikao Usui, a Japanese Buddhist, in the early 1800's.

Reiki is a profound yet simple technique that can add health, joy and healing to anyone's life.

Reiki is a powerful healing tool that addresses issues on every level: mind, body and spirit. Reiki can be used for one's self or for the treatment of others. Reiki works with the body's natural energy flow to clear out old blockages and create balance.

A Reiki session includes the practitioner laying hands on or near the client's body. Reiki energy flows through the practitioner's hands to the client.

- # One of the guiding principles of Reiki is that it can do no harm.
- # Clients remain fully clothed throughout the session.
- # Clients often experience temperature sensations and/or tingling sensations from the practitioner's hands.
- # Reiki can be sent across long distances once the practitioner has attained level II.

Become a Reiki Master

Reiki is an ancient healing technique that anyone can do after they have received an "attunement" from a Reiki Master. Attunements help to realign the neurology in the body to accept and utilize the increased energy flow.

Courses are designed to aid Doulas, Midwives, Parents and Expectant Parents in using Reiki.

Reiki I

This course includes an overview of the history of Reiki, guidelines for basic treatments, hand positions, and techniques for self treatment, the level I attunement to the Reiki Energy and success stories of how Reiki aided in pregnancy, conception, birth and postpartum.

1 day \$100.00

Reiki II

This course includes an initiation to Reiki Symbols and the level II attunement which will enable practitioners to send distant Reiki across space and time, as well as increase the power of their Reiki.

1 day \$100.00

Reiki III

Advanced Reiki Training

This course introduces you to the first Master Symbol, as well as Aura Cleaning (Psychic Surgery) that will enable you to treat clients, access the fetus during pregnancy, and provide yourself with more tools to heal. You will also receive your ART attunement.

1 day \$200.00

Reiki Master

This course introduces you to the rest of the Master Symbols, how to give attunements, as well as how to share this wonderful, rewarding gift with the universe. With this course you can teach Reiki to parents and anyone else who is interested.

2 days \$495.00

Become a Karuna Reiki® Master

Karuna Reiki® utilizes the principals of Reiki and builds on them adding increased results, through the use of toning and chanting as well as powerful spiritual experiences.

Karuna Reiki® I and II

This course includes an overview of the history of Karuna Reiki®, introduction to the Karuna Reiki® symbols, how to give a Karuna Reiki® treatment, as well as 2 attunements.

2 days \$200.00

Karuna Reiki® Master I and II

This course introduces you to the Karuna Reiki® Master Symbol, how to give attunements, as well as how to practically apply Karuna Reiki® to your healing practice.

2 days \$300.00