

THE QUIET POWER OF REIKI

Awakening the Healer Within



Sarah Sturino | Empowered Wellness

WHAT IS REIKI?

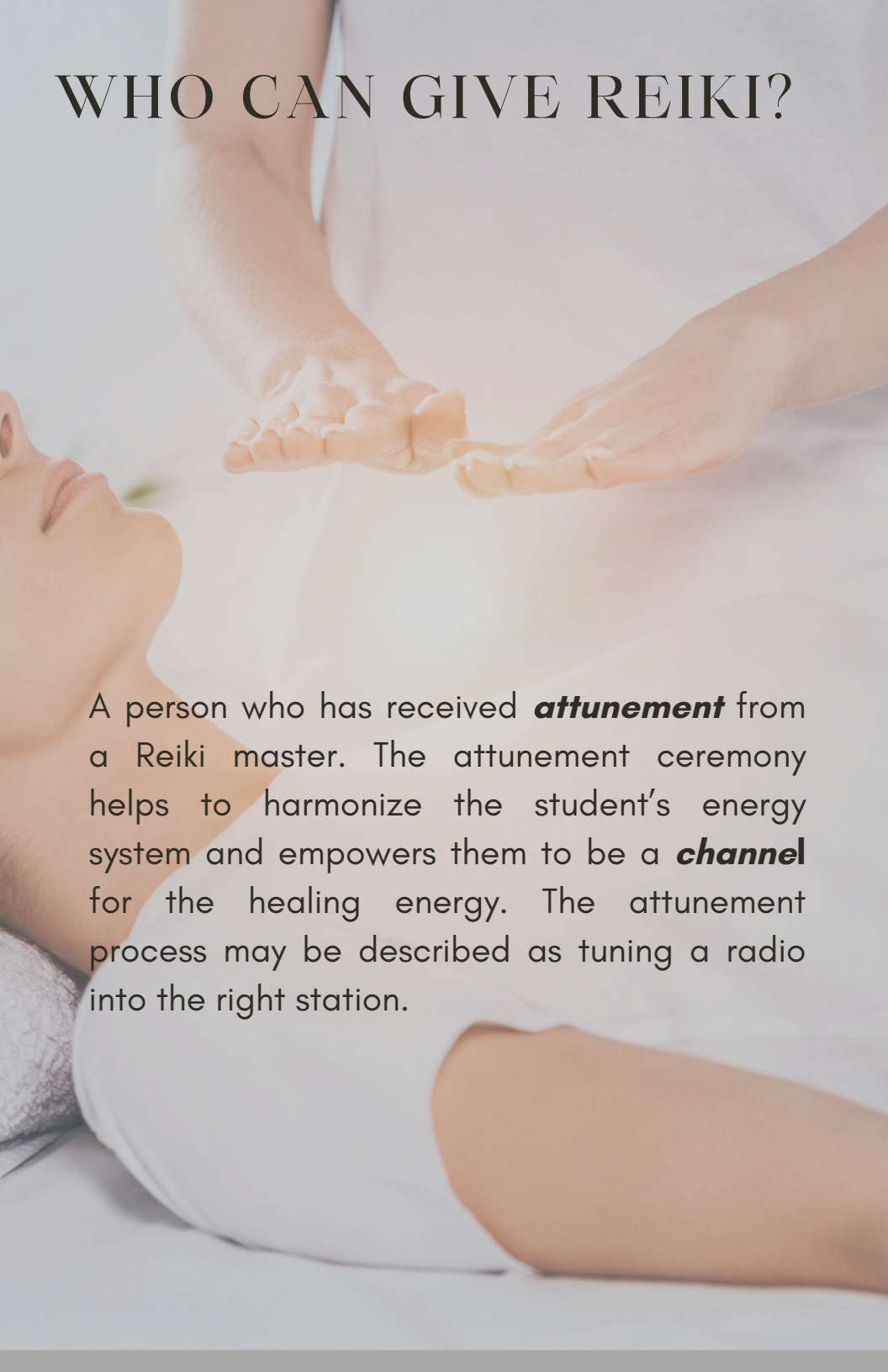


Everything in the universe is energy, vibrating and oscillating at different rates. This is commonly called '**aura**' or the '**biofield**' .

Reiki is a **safe** and **gentle** ancient healing system that has been rediscovered in modern times.

The Japanese word Reiki (pronounced (ray' key) describes **universal life force energy** (also known as chi). This universal life force energy can be balanced to create physical, psychological, emotional and spiritual well-being.

WHO CAN GIVE REIKI?

A person in a white shirt is performing Reiki on a client lying down. The practitioner's hands are held palm-to-palm, hovering just above the client's abdomen. The client is lying on their back, wearing a white sheet, with their head resting on a grey pillow. The background is a soft, out-of-focus white.

A person who has received **attunement** from a Reiki master. The attunement ceremony helps to harmonize the student's energy system and empowers them to be a **channel** for the healing energy. The attunement process may be described as tuning a radio into the right station.

WHEN & WHERE DOES REIKI HAPPEN?

A Reiki treatment can occur in a variety of ways. A ***hands-on treatment*** may be as brief as a few minutes or up to one hour. Most practitioners prefer to do this in a quiet room on some type of table or bed, but this is not necessary. A brief Reiki treatment may occur in a busy workplace or at the kitchen table.

Distant Reiki can be given anytime, anywhere. The practitioner focuses and opens energetic channels to the receiver, often while sitting quietly or walking in nature. The receiver may also walk or rest comfortably.



Some practitioners augment treatment with oracle cards, crystals or other tools.

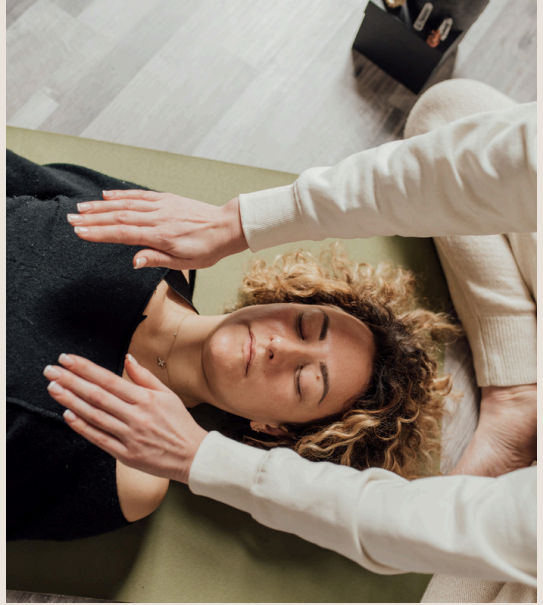
WHY WOULD SOMEONE WANT A REIKI TREATMENT?

Why not?

This healing modality is non-invasive and has no negative side effects. The receiver of the energy is completely in charge.

This method is increasingly being learned and adopted by medical practitioners such as physiotherapists, nurses and doctors.

People seek Reiki for physical, emotional and spiritual healing.



In fact, it was my physiotherapist who introduced me to this form of healing and it was recommend for use with my father by oncology teams when he was dying of brain cancer.

PRACTICE DETECTING YOUR OWN ENERGY

Hold your hands in front of you with the palms facing one another, about 2ft apart.



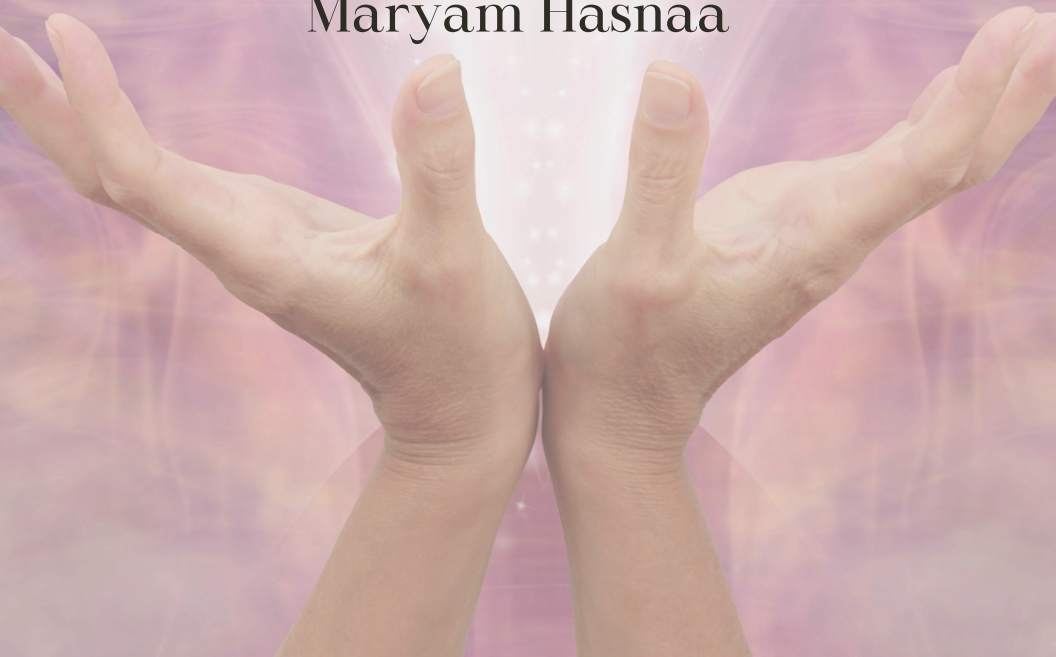
Set an ***intention*** to detect your own biofield. Close your eyes and focus on any sensations in your hands and fingers and then slowly bring your hands closer together.

If your palms change ***temperature***, or your fingers begin to ***tingle***, or you feel a ***resistance*** – THAT is your energy field.

A healer does not
heal you.

A healer is
someone who holds
space for you while
you awaken your
inner healer, so
that you may heal
yourself.

Maryam Hasnaa



REFLECTION: IS REIKI RIGHT FOR ME?

A Reiki session could be beneficial to you if you answer yes to any of the following questions:

MIND:

- Always busy/hard to slow it down
- An abundance of negative thoughts
- Difficulty focusing or concentrating

BODY:

- Aches and pains with or without explanation
- Coming to terms with a new diagnosis
- Trouble sleeping

SOUL:

- Struggling with grief
- Feeling confused and/or stuck
- Fatigue and lethargy

Sarah Sturino is a certified Reiki Therapist, Pilates Instructor, Mindfulness Facilitator, and one of the few Applied Quantum Biology practitioners in Canada. She bridges the science of energy with the art of healing, helping clients understand and attune to their biofield.



In her signature ***Soul Sessions with Sarah*** she blends Reiki, mindfulness, intuitive insight, and quantum-informed practices to restore balance in body, mind, and spirit.

[Click here to book In Person Sessions](#)

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To Book Virtual Sessions

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