

What is Reiki All About?



Some of the Benefits of Reiki

- Provides relaxation.
- Works on our physical, mental, emotional and spiritual well being.
- Aids in the natural healing of one's body.
- Unblocks those places where one holds tension and stress.
- Helps promote health and wholeness.

Reiki comes from the Japanese word “**Rei**” meaning “God’s wisdom” or “higher power” and “**Ki**” meaning “life force energy”. Reiki differs from other energy work in that the practitioner has been attuned to this energy. In a Reiki session, energy is not dependent on the practitioner, but is given for the highest good for the person receiving it.

Principles of Reiki:

Just for today I shall not worry.
Just for today I shall do my work
honestly.
Just for today I will not anger.
Just for today I shall respect and be
kind to all beings.

Background Experience



My background is a patchwork quilt. Just as a quilt is woven together with a rainbow of colors, so is my life woven.

- Reiki Master Teacher trained by Arline Rowden.
- Karuna Reiki® Master trained by Betty Pound
- Trained in SEVA Stress Release Acupressure from Soul Lightning Acupressure
- Spiritual Companion for Women as a Story Midwife trained by Trish Bruxvoort Colligan.
- “Awakening Your Light Body” Graduate
- Meditation leader trained at the former Meditation Institute.
- Masters in Education from Cardinal Stritch University and taught as an adjunct at a local university.



Spirit Space, LLC
Susan Hodges

Reiki Master Teacher
who gives private Reiki Sessions and teaches all levels of Reiki Attunement classes

**Trained in
SEVA Stress Release
Acupressure**
who gives SEVA Stress Release sessions alone or in combination with a Reiki session and participates in Community SEVA Clinics

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Services Offered

EXPERIENCE REIKI

Reiki Session

A session lasts between 60-70 minutes. Also allow about 15 minutes extra for questions. I offer SEVA Stress Release Acupressure that can be included at the beginning of a Reiki session at no additional cost. This combination is very effective for relaxation and stress relief. Cost: \$60.00.

What to expect in a Reiki session

The client is fully clothed and either lies on a massage table or sits in a chair. The practitioner uses light touch hand placements either on or above the body. The practitioner's hands are usually warm and comforting. The practitioner is the tool through which the energy flows and it goes to those places in the body that need it. After a session, the client may feel relaxed and balanced. Reiki stays in the body for several days after the session.

Monthly Reiki Sharing Circles

Taken at least Reiki I and want to practice your Reiki skills? Here is the place to do it. It is a time to practice and receive "hands on" Reiki, connect with others in Reiki. At times we send distant Reiki as a group. Sometimes we use Reiki tables and at other times we do chair Reiki. All lineages welcome. Come to meet others who love Reiki.

Sue Katzuba and I facilitate the Reiki Sharing Circles.

LEARN to use Reiki on Yourself and Others

Reiki Classes

Classes are small usually limited to 2-4 students to give personal attention to the Reiki experience. Most classes meet for about 5 hours depending on the number of students. The classes are either scheduled in two shorter sessions or in one longer session. Cost for all except the Master Teacher Class. \$125.00.

Reiki I Attunement Class

This class includes meditation, Reiki I attunement, instruction, practice, manual and certificate of completion. You will learn how to easily use Reiki on yourself and others.

Reiki II Attunement Class

You will learn Reiki symbols and how to use them for absentee Reiki and to enhance hands on Reiki. Includes meditation, Reiki II attunement, instruction, hands on practice, manual and certificate.

Reiki Master Practitioner Class

In this class, you will learn additional Reiki symbols and the Reiki breathing technique which can be used to enhance your own energy and the absentee Reiki process. Includes meditation, Reiki III attunement, instruction, practice, mentoring, manual and certificate.

Reiki Master Teacher Class

See my website for more details.

SEVA Stress Release Acupressure

In Sanskrit, the word SEVA means
selfless, compassionate service.

It was created as a gift to the world to relieve suffering. It was first taken to New York City and delivered to the rescue workers and to those who endured such tremendous shock and stress during that time

SEVA Stress Release Acupressure is a gentle acupressure method for balancing and renewing your natural state of well-being.

You will be fully clothed either lying on a massage table fully or sitting in a chair while soft music is playing. There are specific acupressure points on the body that are accessed in order, with firm but gentle finger pressure.

The session begins and ends with a light full body stretch, and takes about 20 minutes to complete. Plan on about 40 minutes. Cost: \$15.00.

SEVA Stress Release Acupressure can be added at the beginning of a Reiki Session. **There is no additional cost added to the Reiki session.**