

What is Reiki?

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

Some of the Benefits of Reiki

- *Means of relaxation.*
- *Aids in the natural healing of one’s body.*
- *A way to unblock those places where one holds tension and stress.*
- *Helps promote health.*

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 hand placements either on or above the body. 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 usually feels relaxed and balanced.

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 (RMT) trained by Arline Rowden.*
- *Karuna Reiki® Practitioner trained by Marlou Ricke, FSPA*
- *Spiritual Director of Women as a Story Midwife trained by Trish Bruxvoort Colligan, Founding Director of Spirations Institute for Interspiritual Formation.*
- *Certified Lay Speaker in the United Methodist Church since 1985 and former School Sister of St. Francis.*
- *Meditation leader trained at the former Meditation Institute.*
- *Masters in Education*

Spirit Space, LLC



Susan Hodges

*Reiki Master Teacher (RMT)
Spiritual Mentor for Women
as a Story Midwife
Women’s Retreat Leader*

Contact Information By Appointment only

*414-807-0617
Thursdays
(Other days/times as needed)*

Kindred Spirit Center

*2312 N. Grandview Blvd,
Suite 101
(Off of I94 & T)
Waukesha, WI
First Floor, Handicap Accessible*

*susan@sspiritspace.com
<http://www.sspiritspace.com>*

*Blog: Journey Heart
<http://shodges.wordpress.com>*

Services Offered

DISCOUNTS for Reiki

*First time client for Reiki Session - \$10 off.
Refer a friend: \$10 off Reiki session or class.
Reiki class: \$15 discount if you already took a class with me. Discounts for students, health care workers, and seniors.)*

EXPERIENCE REIKI

*Reiki Session ————— \$60
A session lasts between 60-75 minutes.
Appointments are scheduled for Thursday morning, afternoon, evening or on another day if necessary. Shorter sessions also available. 1/2 hr. ————— -\$30*

30 minute Chair Reiki in Nursing Homes and Assisted Living Facilities. ————— \$25

LEARN to use Reiki on Yourself and Others

*Reiki I Attunement Class ————— \$125
This class includes meditation, Reiki I attunement, instruction, practice, manual and certificate of completion. You will learn how to use Reiki on yourself and others.*

*Reiki II Attunement Class ————— \$125
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, practice, manual and certificate.*

*Master Practitioner Class ————— \$125
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.*

Classes are usually limited to 2-4 students. Class meets about 4-5 hrs. (number of students determines the ending time.)

Spiritual Mentoring for Women as a Story Midwife

What is a Story Midwife

Being a story midwife is encouraging the "unforced rhythms of grace..." (Matthew 11:29. The Message) to find their home in a woman's soul.

A time of holding sacred space for another so that she, in the telling of her story, may birth the true meaning, significance and connections that it holds.

It is confidential listening of another where she knows that her story has been honored.

It is a place where listening births the seeds of possibility in another and that she realizes more clearly that her life is part of the "Great Circle of Life."

Spiritual Mentoring Sessions

Sessions are usually scheduled for an hour. Contact me for more information.



Women's Retreat Leader

I believe that in the everyday pace of life, we tend to overlook the images in our world and the deeper meanings they hold. It is through reflecting on these images that one can be in touch with one's inner self and find the Holy One.

To facilitate this experience I use projected images to help create a setting



where one can connect images with life experiences. I use symbols in centerpieces that carry the theme of the retreat. Scripture, live internet videos and song tie the theme

together. At times rituals are a way of focus. Through these rituals, and blessings, the deeper meaning of the message again comes through.

Small group prayer and reflection, large and small group discussions, journaling, private time, reflection on challenging questions of life are in the retreat design to meet the learning and spiritual styles of those attending.

The cost of the retreat is determined on travel and length of the event.