

# Reiki at LivingWell



Judy Armelin  
Reiki Master/Teacher

Reiki, for me, has been a spiritual journey to wholeness.

I believe we all have brokenness in our lives.  
Reiki helps connect you to your inner self  
and allows your body to guide your healing.

— Judy Armelin

## Reiki Clinic and Reiki Training Coming to LivingWell

Reiki . . .

- stimulates the body's natural ability to heal itself and helps to quicken the healing process.
- relieves chronic and acute pain.
- reduces stress and promotes a state of deep relaxation.
- creates inner harmony and promotes calmness and serenity.
- enables your body to balance itself physically, emotionally, mentally, and spiritually.
- adjusts itself according to the need of the recipient.

Reiki is excellent for bringing healing to physical, mental, emotional, and spiritual issues, of all kinds.

### Try it, and feel for yourself what Reiki is ...

**Reiki Clinic, Mondays and Tuesdays 9 am–5 pm (August dates 7, 14, 15, 21 and 22)**  
**15 minute sessions - \$15**

**Private Reiki Sessions, Wednesdays and Thursdays**  
**30 minute sessions - \$30**  
**60 minute sessions - \$60**

**Appointments can be made at Judy's website: [www.innercairnreiki.com](http://www.innercairnreiki.com)**

**“Some Reiki is better than no Reiki.”**

— Mrs. Hawayo Takata, the Japanese Reiki Master credited with bringing Reiki to the West.

## **More About Reiki and Reiki Services**

Reiki is a high vibrational, spiritual energy practice that encourages healing of body, mind, and spirit. It helps to heal the causes as well as the symptoms of disease, problems, and difficulties. It connects us with our true essence, our deepest self, our most authentic self.

Reiki is now being used in hospitals to promote healing and decrease length of stay, in oncology centers to relieve the pain and side effects of cancer treatment, in recovery centers to support the recovery process, and it decreases stress, especially for those suffering from PTSD. It also supports those on a spiritual journey by helping them connect to self and spirit. Reiki is a complement to all other therapies.

### **What is a reiki session like?**

The Reiki room will be filled with soothing music and non-scented candlelight. You will lie, fully clothed, on a massage table.

You may feel a slight touch as my hands lay gently on or above your body. Hand positions cover the entire body to help with the movement of energy, however, my hands are raised above private areas of the body.

During a session, some may feel heat or tingling, and some may not feel anything at all. Almost all, however, experience a deep sense of relaxation permeating their whole being.

### **What is the difference between a private reiki session and a reiki clinic session?**

A private reiki session is longer (30 or 60 minutes), you lie on a massage table, and the hand positions cover most of the body.

A reiki clinic session is shorter (15 minutes), you sit in a reclining chair, and the hand positions cover the head, heart center, and feet.

## **About Judy**

Judy is a Reiki Master/Teacher and has been practicing Reiki since 1999. She has been attuned in Unlimited White Light Reiki, and Usui Shiki Ryoho.

She has a Master's degree in Health Education and Health Administration from St. Joseph University in Philadelphia, PA. Recently retired from public school teaching (she was a one-on-one ABA instructor for low functioning, non-verbal autistic students, and taught middle school Health and elementary Physical Education), she moved to Maine in 2016 and has a private Reiki practice.

Judy was a religious sister for 12 years, and reiki practice is, for her, an extension of her spiritual life.

She is a member of the International Center for Reiki Training and Reiki Community Health and Wellbeing (a cooperative group in the Portland area).

## **Reiki Training In the Near Future**

Have you ever thought of becoming trained in Reiki? Judy will be offering a Reiki I – Shoden training in the near future. Dates for the first training will be posted here at LivingWell and also on Judy's website.