

Reiki - Hands-On Healing



Reiki is a natural and powerful, yet safe and gentle, hands-on healing art that restores a person's life, freedom, balance and well-being in a much fuller way than ever experienced before. It is a Japanese term that means "Universal Life Energy" and is the pure, positive, creative energy that is around and within all living things. It accelerates the normal healing process because it addresses all levels—physical, mental, emotional and spiritual—thereby allowing the opportunity to fully heal any situation by getting to its origin.

Reiki enhances rather than interferes with medical procedures such as surgery, psychotherapy or medication and is widely recommended for stress, allergies, asthma, ulcers, back pain, migraine headaches, diseases, phobias, fears as well as recovery from all types of abuse and trauma.

All of the disease in our life is simply energy we have held onto in a negative way and Reiki provides the opportunity for the body to release the trapped energy



and replace it with positive energy. Reiki is a wonderful gift we can give ourselves and comes into our lives when we are ready for healing to occur.

Although you don't have to believe in Reiki for it to work, there is a need to be open and willing to allow for the energy exchange. The channeled energy, brought through the practitioner's hands, is drawn into the body in the quantities and areas that are needed.

Most people experience feeling nurtured, calm, safe, supported, comforted, stress and pain relief and unconditional acceptance. With Reiki, what is lacking comes into our life and what



CANADIAN
REIKI
ASSOCIATION

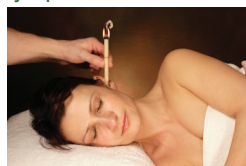
is excessive begins to dissipate. We all have the ability to heal ourselves with the practitioner assisting in that process to attain inner freedom and happiness. Reiki courses for all ages are offered during weekdays as well as weeknights/ weekends.

Ear Candling



Emotional Freedom Technique

Ear Candling is used for its gentle, relaxing and natural cleaning of the ears and eyes, pain relief, vertigo, better lymphatic and blood circulation, treating earaches due to problems with air pressure, dental issues, tonsils, poor diet, insufficient blood oxygenation or cold or humid climates. It also addresses the nasal and sinus passages, assists with ear wax removal, headaches, asthma, tinnitus, allergies, shampoo and antibiotic residue. It enhances the senses of hearing, sight, taste and smell. It also allows for clearer, more focused thinking and activates the acupuncture points.



Ear Candling can benefit infants, musicians, those with hearing aids or previous ear injuries. It is helpful after having had a severe cold, pneumonia, bronchitis or tonsillitis. Information on classes is available upon request.



Emotional Freedom Technique, EFT, is a healing technique where meridian points are stimulated by tapping on them with our fingertips, releasing emotional issues or unbalanced energy meridians. Emotional stress contributes to pain, disease and physical ailments, so EFT often provides physical relief, addressing phobias and fears. EFT has been called "psychological acupuncture" or "emotional acupuncture without the needles", unblocking traumatic or negative experiences from the body's energy system, restoring well-being, health and balance back to the mind and body.



Susan McDonald

susan@reikimasterinoakville.com
www.reikimasterinoakville.com
(905) 469-4770

Natural Hands-On Healing for the Mind, Body, Heart & Spirit

- Reiki
- Reflexology
- Axiatonal Alignment
- Ion Cleanse Detox
- Foot Bath
- Ear Candling
- Emotional Freedom Technique



Susan McDonald

Oakville (905) 469-4770
susan@reikimasterinoakville.com
www.reikimasterinoakville.com

Reiki Master in Oakville





Reflexology Foot & Hand

Axiatonal Alignment Therapy

Ion Cleanse Detox Foot Bath

Reflexology is a natural, non-invasive, healing art based on the principle that there are reflexes in the feet (as well as hands and ears) that correspond to every part of the body.

By stimulating the reflexes using specific pressure techniques, reflexology promotes natural functioning and healing of the body systems.

The process is a systematic application of pressure using the thumbs and fingers. The technique is specific—certain thumb and finger movements are used to access the reflex points. The reflex points represent areas of the body as well as the organs & glands. The reflexing of these areas creates an overall feeling of euphoric relaxation.



When the body is functioning at its optimum, a state of homeostasis (balance) is achieved. This automatic process helps the body to maintain balance with such conditions as body temperature, heart rate and blood pressure.

Reflexology creates a more effective way to maintain health and prevent disease, alleviate stress and tension, improve circulation, aid in the removal of toxins, encourage the immune system to work at its optimum level, help rejuvenate the system, increase energy levels, break up blockages affecting the flow of energy throughout the body and relieve common aches and pains. It contributes to the overall well-being of the body, mind and soul while promoting healthy organ function and stimulating the body's own healing potential.



Most people feel nurtured and experience a deep sense of relaxation.



Axiatonal Alignment Therapy is a healing modality that permanently opens damaged or blocked meridians to release emotional blocks that keep us in fear and hold us to our karmic past.

Axiatonal Alignment Therapy helps re-establish the connection of the primary/secondary chakras through the meridian system (a "re-wiring" of sorts) using all the acupressure and shiatsu points allowing one to feel whole and "gathered back together again", unlock unresolved issues, balancing the male/female self/allowing one to function at a higher vibrational level resulting in a much stronger connection with angels, spirit guides, your Higher Self and God.



Once the meridians are opened, the energy can flow freely and gives the freedom to experience the unconditional love that is everywhere at all times. The second stage is to "connect the dots," which creates a "communication highway" between the mind and body, between the male and female self and gathers back one's energy. The third stage of the procedure awakens you to Christ Consciousness or by whatever name you call it, "being connected to All." It creates the opportunity to become objective in situations, looking from the outside in, from the bigger picture, being able to emotionally detach from situations, activities, relationships and careers that are no longer serving them. This enables one to operate with more objectivity, creating a continuous inner calm through the raising of a person's vibrational energy, as well as feeling whole again.



It is recommended that a person receive 3 initial alignments, done approximately a month apart, and then on an "as needed" basis. Each treatment is about 30 minutes long and can be done separately or incorporated into a Reiki treatment. To learn Axiatonal Alignment therapy, it is recommended that the 2-day weekend course is taken after receiving the initial set of 3 alignments.

susan@reikimasterinoakville.com

The **Original Ion Cleanse Detox Foot Bath** is a great way to alleviate mucous/congestion from the lymphatic system, remove excess uric acid which causes joint pain, release heavy metals/lead/mercury, reduce yeast/Candida along with the cleansing of the kidneys, bladder, gallbladder and liver. Most people experience better energy, deeper sleep, improved digestion/elimination, pain relief, easier breathing (asthma and allergies) and improved skin.

The **Original Ion Cleanse Detox Foot Bath** gives the experience of a full body detoxification and achieves balanced PH levels through the body. Most people's



bodies are highly acidic, due to such toxins as processed foods, preservatives, chemicals, dyes and additives, pesticides, parasites, mucous, inflammation, arthritis, coffee, alcohol, red meat, pollution, stress and the environment, all which can allow cancer cells to proliferate and breed. By helping the body's PH levels become balanced towards an alkaline state, we can prevent and stop cancer from spreading while also fully detoxifying the body.

The sessions are no longer than 30 minutes due to the amount of toxins being released into the bloodstream, allowing 2-3 days afterwards to fully flush the toxins from the body. It takes between 10-15 sessions to fully clear the body, with spacing them 2-7 days apart ideally. Foot baths can be done on children and those in poor health but will need to be done in shorter sessions of 15-20 minutes instead.



The chances for reducing chronic degenerative disease, cancer prevention and quality of life can be regained, giving the person the chance to take back their health, balance and well-being.