

WHAT IS REIKI ?

Reiki is the Japanese word for "Universal Life Force Energy," or the energy inherent in all creation, although its concepts and techniques have their origins in ancient Tibetan Buddhism. Dr. Mikao Usui of Japan studied and developed the system in the early 1900s, and then it was introduced to the western world in the mid 1970s. Reiki is a system of hands-on healing that taps into and maximizes the benefits from this universal energy to open, clear and rebalance one's energy system. The concept of using the hands to transfer healing energy to open blockages is an ancient one that spans many continents.

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Today Reiki is becoming one of the fastest growing alternative or complementary therapies in the world as more and more people discover its benefits in aiding the body's natural healing process and promoting rapid personal growth. Reiki provides relief from many ailments that benefit from improved internal energy flow, such as carpal tunnel, arthritis, fibromyalgia, and other conditions of stiffness or pain. It can also benefit people receiving medical therapies by reducing the negative side effects and promoting the effectiveness of the treatments.

Reiki is a natural holistic energy healing therapy that treats the whole person – physically, emotionally, mentally and spiritually – through the transmission of universal life energy to restore natural balance, harmony and strength to the body's energy centers, or chakras. The healing of emotional issues and traumas can also be accelerated with Reiki. It is an effective treatment for the management and/or release of stress, fears, anxiety, anger, grief and other difficult emotions. Reiki always seeks to harmonize the root cause of a problem or disorder, rather than simply treating the symptoms. Reiki is also highly intuitive – if you don't know exactly what ails you, the healing energy will go to where it will benefit you the most.

SOME BENEFITS OF REIKI...

- Release tension through deep relaxation.
- Greater sense of peace, security and well being.
- Produces a feeling of mental clarity, calmness.
- Lowers blood pressure.
- Stimulates immune system function.
- Maximizes one's innate healing potential.
- Healing of dis-comfort and/or dis-ease.
- Healing of emotional issues/traumas.
- Helps deepen one's connection to spirit.

WHAT IS A SESSION LIKE ?

Different than with massage, Reiki treatments are non-manipulative, non-invasive and the recipient remains fully clothed at all times. You will be lying comfortably on a massage/reiki table, perhaps covered with a light blanket for added comfort and warmth.

First you will be asked to focus on your breathing, and then I will lead you through relaxation techniques to help you further let go of the day's stresses.

As you continue to relax, I will move slowly around the table placing my hands gently on different positions along your body, typically corresponding to the body's energy centers, or chakras, in order to directly connect you to the universal source and channel the energy into those areas.

At the same time, I will be leading you deeper into relaxation using hypnotic suggestion and guided imagery to assist in releasing the old negative beliefs and thoughts that no longer serve your highest good, and to help you reach your goal(s).

You may experience physical manifestations of the energy in your body in the form of tingling, vibrations, and warmth. Like massage, Reiki stimulates the flow of energy through the body. You may (or may not) fall asleep during the session due to the deep relaxation felt on so many different levels.

ABOUT LINDA DONALDS

Linda Donalds enjoys working with people using hypnosis techniques to help them dissolve barriers that have stood in the way of them reaching their goals. In January 1998, Linda became a Certified Hypnotist through the National Guild of Hypnotists (NGH), after completing their "Certification in Hypnotism" course. The National Guild of Hypnotists was founded in 1951, and is the oldest & largest hypnosis organization in the world. Its certification is the most widely recognized credential for the professional practice of the hypnotic arts. Over the years, Linda has also completed several additional advanced training programs in the field of hypnotherapy, including certification in Neuro-Linguistic Programming (NLP), 5-PATH® Advanced Transformational Hypnosis, and as a HypnoBirthing® Practitioner. To learn more about her, please visit her website.



SERVICES AVAILABLE

- Private Sessions
- Group Workshops
- Gift Certificates
- Payment Options: Cash, Checks, Visa and MasterCard are accepted.

TO SCHEDULE AN APPOINTMENT

Office hours are by appointment only.
Sessions are available in both Lunenburg & Westford.
Please call 508-246-2721.

HOW TO LEARN MORE...

For more information about private sessions and upcoming workshop offerings, please be sure to visit Linda's website:

www.newhorizonsinhypnosis.com

WHAT IS HYPNOSIS ?

Hypnosis is a mind-body therapy that offers a holistic approach to reaching your goal. The basic definition of hypnosis is a state of deep relaxation combined with focused attention directed toward a specific goal.

- What goals do you have? What kinds of changes would you like to make in your daily life?
- What do you find yourself struggling with on a regular basis? What negative thinking patterns do you sometimes get stuck in?
- What do you find yourself doing, without first thinking about it, that you wish you could do differently?

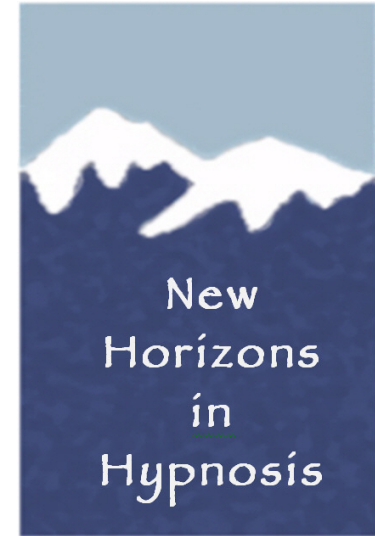
Hypnosis is helpful for anything where your mind is influencing the situation. And the human mind is really quite powerful – what you are consciously aware of is just the tip of the iceberg.

WHAT IS HYPNO-REIKI ?

Hypno-Reiki is a new healing modality growing in popularity that combines the calming powers of Reiki with suggestive powers of Hypnosis. When one is in the state of hypnosis, the conscious mind and body are relaxed, while the subconscious mind remains awake and receptive to positive suggestions. Because Reiki deepens the level of relaxation, it creates an ideal state for the use of imagery and positive suggestion to bring about change, thus increasing the effectiveness of the hypnotic suggestions so that positive results can be reached much faster and easier. Additionally, Reiki is also going to work in its own way by helping to bring about change on an energetic level, creating emotional balance as well as physical releases. Together they can bring about powerful life changes.

As most of our ailments today derive from the stress we encounter every day, Reiki is a natural compliment to traditional hypnotherapy for stress reduction. It is very beneficial in helping people release emotions such as grief, anger or anxiety, as well as for issues of pain management and to strengthen the body's immune system.

HAVE YOU TRIED HYPNOSIS YET ?



HYPNO-REIKI

FOR THE BODY, MIND & SPIRIT

Linda E. Donalds, CHt.
Certified Hypnotherapist
Reiki II Practitioner

Member of the
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New Horizons in Hypnosis

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