

REIKI AND ARCING LIGHT



We all have both divine masculine and feminine aspects that empower our lives when they are in harmony. When these energies are out of balance, the body, mind, spirit and emotions suffer and can allow dis-ease to gain a toehold in our bodies and lives.

Masculine qualities include logic, reason, action, rationality and strength.

Feminine qualities include intuition, gentleness, expressiveness, patience and flexibility.

This is about balancing seemingly opposite energies, such as yin and yang, sun and moon, earth and sky, or dark and light. Too much of one can lead to the depletion of the other. Ideally, we strive to live in the temperate zone, or the balance between the two energies. Sometimes it is necessary to receive outside help in balancing our feminine and masculine aspects.

For this reason, I have trained in the complementary energy therapies of **Reiki** (**The Divine Masculine**) and **Arcing Light** (**The Divine Feminine**) to help people begin to instinctively express BOTH the masculine and feminine qualities in a more balanced way.

Societal pressure on women to succeed undermines women's innate gentleness, intuition, etc., resulting in stress and anxiety. Suppressing the Divine Feminine energies can lead to dis-ease in our bodies, minds, and spirits.

In contrast, the masculine energy has a sharp quality to it. A constant, single-mindedly forward approach oftentimes suppresses the feminine and ignores a vital part of our true natures, that of tenderness, patience and flexibility.

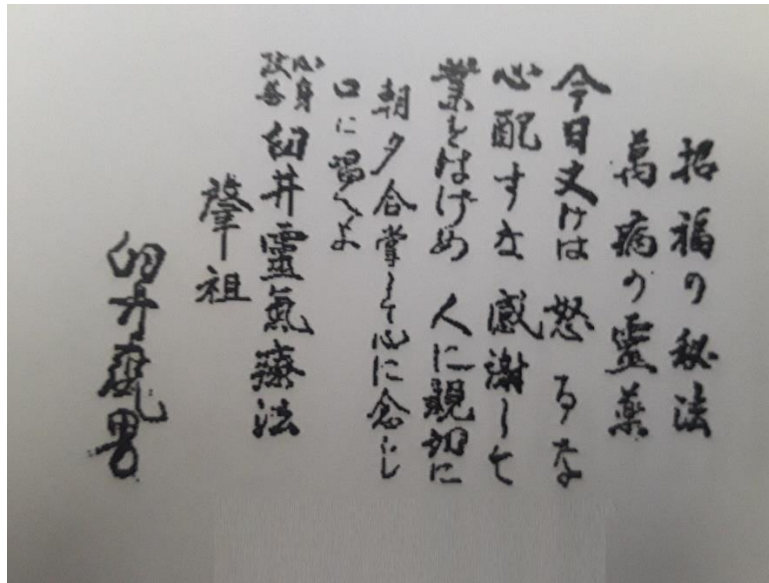
Neither energy is right nor wrong. Neither energy can function properly without the other. They are BOTH necessary in a balanced, fully-expressed life.

If we want to be physically and emotionally healthy, we must be in balance, utilizing the different energies to our advantage, calling on them when we need them. We must embrace both the masculine and feminine sides of ourselves.



The masculine, Yang (white) energy requires a black dot of feminine energy to balance the whole, and the feminine, Yin (black) energy must have a corresponding white dot of masculine to make the energies complete.

REIKI



The secret art of inviting happiness
The miraculous medicine of all diseases
Just for today, do not anger
Do not worry and be filled with gratitude
Devote yourself to your work. Be kind to people.
Every morning and evening, join your hands in prayer
Pray these words to your heart
And chant these words with your mouth
Usui Reiki treatment for the improvement of body and mind
The founder, Usui Mikao

Reiki, pronounced RAY (Spirit) and KEY (Energy) is a Japanese technique for stress reduction and relaxation that also promotes healing.

靈 Rei (Spirit)
氣 Ki (Energy)



The theory is that the Reiki practitioner can channel energy by means of “laying on of hands” (or no touch whatsoever) to facilitate activating the natural healing processes of the client’s body to restore his/her physical and emotional well-being. The principle is that an unseen "life force energy" flows through each of us and is what causes each of us to be alive. If one's life force energy is low, then he/she is more likely to get sick or feel stress. If this life force is high, he/she is more capable of being happy and healthy.

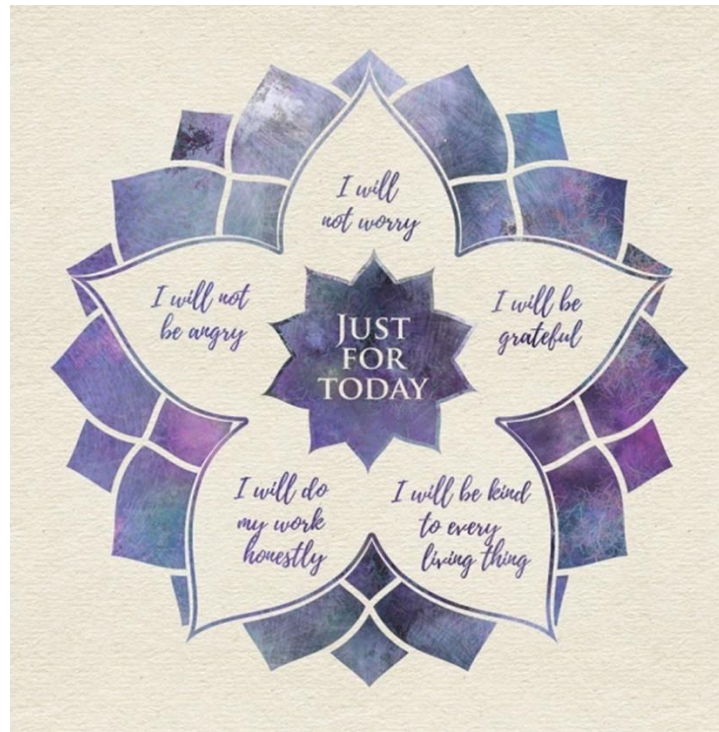
The Reiki practitioner is tapping into the infinite, universal life force to share and replenish the depleted parts of the other person to raise the life force of both.

The word Reiki is made of two Japanese words, Rei which means "God's wisdom or the higher power" and Ki which is "life force energy." So Reiki actually is "spiritually-guided life-force energy." A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, mind, emotions and spirit, creating many beneficial effects that include relaxation and feelings of peace, serenity, security and well-being. Many have reported miraculous results. Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It works in conjunction with all other medical or therapeutic techniques, relieves side effects and promotes recovery.

REIKI BENEFITS



REIKI PRINCIPLES



ARCING LIGHT

Arcing Light is a high-vibration, loving energy that is powerful, yet gentle, that promotes calmness, wholeness and well-being.

Arcing Light creates a heart connection and alignment with one's divine Higher self which allows one to release all conditions of stress and brings one into love, joy, and peace. This loving feminine energy nurtures the body, mind and spirit.



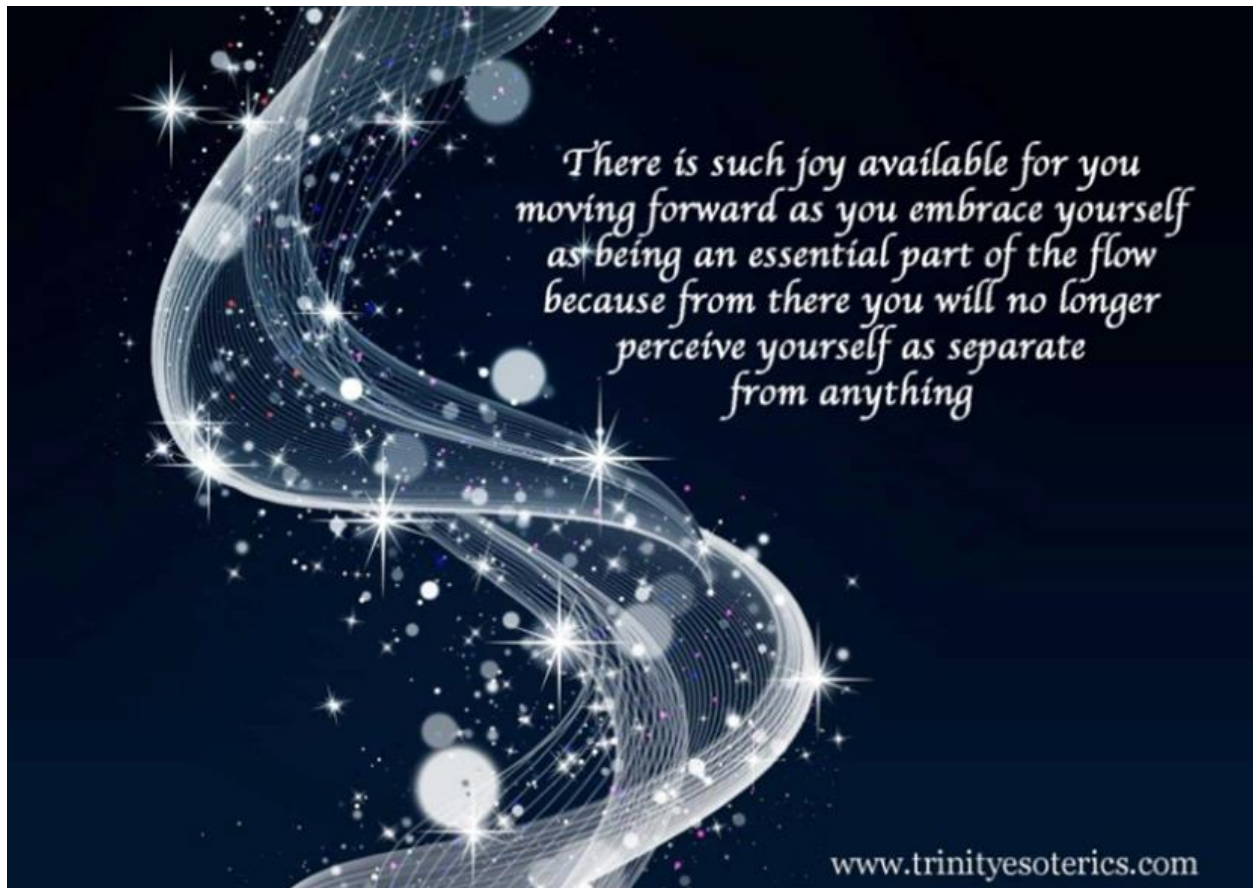
The **physical body** is able to release density and toxins that create disease.

The immediate response from those that experience **Arcing Light Radial Energy** is an incredible feeling of calmness and relaxation as well as a release of pain.

The **emotional body** is able to release old, negative emotions deeply buried and replace them with a sense of lightness and peace.

The **mental body** becomes sharper; thoughts, ideas, creativity, and decision-making become much easier.

The **spiritual body** is able to make the connection to the Highest part of one's true Self.



A session of Arcing Light and Reiki begins with the client's setting an intention of what he/she desires to release/receive. Most intentions vary according to individual needs, such as the release of anxieties, panic attacks, depression, sleep disorders, inability to focus, back pain, arthritis, neck and leg problems, etc.



I incorporate Reiki and Arcing Light into my reflexology sessions, but energy sessions can also be stand-alone therapies.

All reflexology and energy sessions are done with the client fully clothed, resting/reclining in a reflexology chair or massage table. I can also share Reiki and Arcing Light energies long-distance if someone is hospitalized, unable to travel or lives quite a distance away, so a person is still able to receive all the benefits of an in-office session.

Read more about the energy modalities Reiki and Arcing Light:

<https://www.reiki.org/>

<https://www.arcinglight.org/>

For information on energy modalities, see 7 Main Chakras section of the Anointed Reflexology website and Traditional Chinese Medicine (TCM).