

Reiki is the practice of hands-on healing, a gentle energy balancing technique that helps overall well-being.Â It originated in Tibet, travelled to Japan, and then spread to the United States in the 20th century.Â Reiki is learned by initiations to levels I, II, and III (the Master's level).Â Reiki I is working with the physical ray or vibration.Â It is useful for trying to bring about change in the physical body.Â Reiki II deals with the emotional ray, as well as providing the practitioner with the Power and Distance symbols, in order to increase the effectiveness of the treatment and be able to work remotely.Â Reiki III (or the Master Ray) allows the practitioner to work with the energetic ray.Â It is believed that dis-ease begins on the energetic level.Â Often undetected it continues to develop in the emotional body.Â If the dis-ease still does not have our attention it will make itself known in the physical body.Â As a Reiki Master Teacher in the Usui tradition, we offer attunements to Reiki I, and Reiki II.

If you are interested in receiving a Reiki treatment, or would like to know more about Reiki I or Reiki II attunements, please [Click Here to Contact YogAloft](#)

For prices see "Services" tab.