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FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Reiki Treatment

Traverse City – Energy healing is based on the ancient concept that there is a vital force of energy both within the physical body and extending out from it in a subtle energy field 2 to 3 feet thick called the aura. Our negative thoughts are not just in the brain, but also collect in various locations throughout the body and in the aura. The places where negative thoughts and feelings collect is where energy is restricted in its flow. The physical organs that exist at these locations are restricted in their functioning. The goal of energy healing is to unblock or re-balance your energy force.

Reiki is a Japanese technique used in the sphere of energy healing. The word Reiki comes from the Japanese word rei, which means universal life, and ki, which means energy. A Reiki session can help ease tension and stress in the body, allowing it to heal on all levels – physical, mental and emotional.

Join Reiki Master Donna DeSoto at the Traverse City Senior Center, 801 E Front Street, on Tuesdays, July 11 and August 18, between 1 to 4 p.m. for a 15 minute Reiki appointment. Reiki can be hands on or hands hovering over troublesome areas. DeSoto places her hands above or on the problem area and the recipient draws the energy in. She will be doing just spot treatments for the 15-minute intervals.

The cost is \$5 and registration for the appointment is required.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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