

Holy Innocent's St. Paul's
7001 Torresdale Avenue
215-624-1144
www.HISPEpiscopal.org

Office Hours: Monday - Thursday 9:30am-1 pm
Friday 9:30am - 12:30pm

Please join our mailing list:
HISPEpiscopal@aol.com
Info@HISPEpiscopal.org



Normally, every 2nd & 3rd Wednesday of the month
2nd Wed - 12 noon - lite lunch offered
3rd & 4th Wed - 7:30 pm - 9pm

*Dates may change please call, e-mail or check out
our website for confirmation

Reiki Healing



On a Labyrinth

What is Reiki?

Rei-ki is Japanese for 'spiritual energy.' The energy is also referred to as universal life force energy, the energy of life, the energy of love.

Reiki is also a system of natural healing (Developed by a 20th cent. Japanese Buddhist monk, Mikao Usui), administered through light-touch or floating-hands. The Reiki practitioner acts as a channel of the energy, with the intent of promoting or supporting the recipients' own natural capacity for self-healing.

Some of the benefits attributed to Reiki are:

- * safe, non-invasive
- * stress reduction
- * easing pain and physical discomfort
- * balancing emotions, enhancing mental clarity
- * facilitates an overall sense of wellbeing.

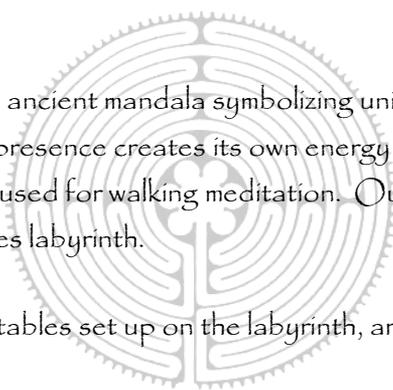


Primarily a mode of self-healing treatment, Reiki is also frequently administered to others, and in groups. Our group environment is technically a Reiki Healing Circle, or Reiki Circle, where multiple practitioners gather to channel energy to one or more persons.

Labyrinth:

A Labyrinth is an ancient mandala symbolizing unity & wholeness. Some believe its presence creates its own energy vortex. Life-sized floor versions are used for walking meditation. Ours is a copy of the 11-circuit Chartres labyrinth.

We have multiple tables set up on the labyrinth, arranged like spokes on a wheel.



How we do it here

Our atmosphere is intended to be meditative. The music & candles help promote a relaxed mindset in preparation to both administer, and receive Reiki. Treat your time here as sacred time. You may talk, but please maintain respectful quiet. Our purpose is to help you feel at ease and rejuvenated. We begin with group prayer and/or intentions together in a circle.



When a table opens: *take your shoes off*

- * feel free to walk up to a table
 - * you may prefer to wait for a particular practitioner(s)
 - * you will be asked your name, if you have any specific areas for healing (physical, emotional, spiritual), and if you are comfortable with being touched.
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- * Relax.....close your eyes...concentrate on your breath.
 - * Some practitioners may speak to you during the treatment. It is your session; if you prefer silence, simply tell the practitioner.
 - * If you have difficulty walking, or cannot get up on a table, you may remain seated and receive a treatment.
 - * Distant healing: you may request distant healing for someone, acting as their proxy.
 - * Average time per recipient: with multiple practitioners per person, approximately 10 min/person.
 - * You may simply sit, watch, and listen.
 - * Generally, we end around 9 pm, we invite everyone to join in a circle for concluding prayer and intentions.