**/*Reiki* ***p://lighthouseire***

The Healing Benefits of Reiki and Giving up unhealthy Lifestyles  
  
 There are many wonderful benefits of Reiki.   
Reiki is a very simple process, but usually produces quite profound effects. The main purpose of [Reiki](http://thethirstysoul.com/?page_id=126) practice is not only to heal diseases, but also to promote a positive mind and healthy body so that people can experience Joy of Spirit in their lives.  
  
 However, Reiki does not promise a miraculous cure from disease. Some Conditions have taken years to manifest in the physical body and cannot be cured in a few sessions. *The person has to want to be well and will probably also need to make some lifestyle changes so that the source of stress and negative emotion (dis-ease) does not recur.* As in the process of Addictions. It takes time for the Physical, Emotional, Mental and Spiritual bodies to be brought back into balance. Reiki is often used as an aid and/or tool in the treatment of most physical, social and emotional conditions. Addiction is but only one of them.  
  
Top 10 Reasons for a Reiki Session  
  
 People receive [Reiki treatments](http://thethirstysoul.com/?page_id=134) for many reasons and there are many reported benefits of receiving Reiki. What many people enjoy about a Reiki session is it allows them time to themselves where they aren’t ‘doing’ but just ‘being’. Clients of mine have reported feeling clearer of mind, peaceful, relaxed and lighter within themselves.  
  
 Many of my clients are well and want to stay that way. Some come to Reiki to develop themselves spiritually and experience a greater sense of meaning in life. And of course many have sought continued Reiki treatments or training- realizing that balancing their systems can help them to cope better with a wide range of health conditions, including stress, anxiety, addictions, depression, chronic pain and even infertility.

* REIKI relieves stress and anxiety
* Increases your energy levels
* Relaxes you - mind and body
* Helps with the grieving process
* Improves your overall Health
* Relieves pain
* Reduces cravings from recovering individuals
* Decreases the duration of Detox
* REIKI aids better sleep
* Ease aches/pains from arthritis or fibromyalgia
* Promotes Emotional and Spiritual growth
* Releases heavy heartfelt emotions
* Assists the body in cleansing & releasing toxins from chemicals and addictions
* Reiki also aids in discomforts of cravings from addiction withdrawal

 Try to avoid smoking a cigarette first during your high risk or stressful situations. Instead, Take a deep cleansing breath, relaxing your shoulders or make yourself a cup of tea. If you find it helpful for us to discuss it in your individual or group sessions - which may benefit another individual who may feel the same way, make a list of those which you usually smoke a cigarette,

 Make using tobacco more difficult. Use matches, not a lighter. Keep your tobacco products in a different place or different room so they’re not handy.

 Begin smoking outside now if you currently smoke indoors, try not to smoke in your car if currently do so. Have your car detailed, removing the smell which will keep you motivated!

 Take a moment and congratulate yourself on taking this step which takes courage to Change Your Habits and Change Your Life!  
  **A GOAL IS A DREAM WITH A DEADLINE!**

Journal Handouts written by Yvonne Testa, Credentialed Counselor and Reiki Master Level Practitioner to enhance and better lives in SMOKING CESSATION CLIENTS

Do You Need a Reiki Treatment?

Reiki gives you the time to become more aware of what is going on inside your body and mind. You can rest and keep your spirit still, even as the world keeps moving around you. The more present you are in your body, the more you can access that inner knowing and wisdom that we all have!

# Image of butterfliesCravings will come but guess what… They Will Pass!

NOTE: After a full week of abstinence, Cravings lasts only 5 minutes– or less if you don’t indulge in the thought of it. So be prepared and be ready for it. Don’t worry, by then you’ll have the skills in place to help you deal with them! ☺  
Comments, questions or something you’d like to add to our list?   
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