



Client Testimonial

Massage and Reiki Combination Treatment



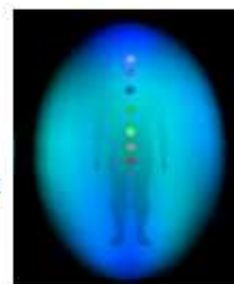
Hi Annette, I just can't believe how much energy I have. Wednesday night I felt the usual great feeling after having a massage but Thursday I went to work, came home went for a jog, took one of the girls to soccer practice and was in the kitchen fixing dinner when I thought "Man I feel really good, very energetic, then it hit me -Oh yeah I did that energy healing session yesterday." Well, the feeling lasted all week. I feel so good, and excited about the energy. I

have been jogging all week and let me tell you in the last year or so my jogging has slowed way down (I don't even bother with the hills). This week I have increased my time and jogged up every hill (there are 4). I have such a great sense of well being, and today one of the teachers at work said "Wow you sure have a lot of energy today." Looking forward to meeting with you this week. LC

Aura Readings

See your Chakra Energy Centers

Computerized aura readings can show the colors surrounding our bodies as well as the Chakra energy centers running from the base of our spine up to the top of our head. The reading is taken through a biofeedback system using the left palm. When there is illness or fatigue it is shown clearly in these areas. Photos and a printed report are given for future reference. One photo of your face is given with surrounding color and the second photo is of a body type with your colors surrounding the body and each chakra center.



Attend my special 15 minutes for **\$15.00 value Aura Readings** at Kindred Journeys, 510 N. Coast Highway Ste. A, Oceanside, CA 92054. The date is April 25th from 10:00 am to 5:00 pm. First come first serve. Purchase a photo for \$5.00 or a 22 page report for \$30.00.

Read what the colors mean on my website at www.radiantmassageandreiki.com

Understanding Reiki

Usui Reiki Method



Anyone any age can learn Reiki. It is useful for practicing on yourself, family, pets or even plants and food. You are taught from a Reiki Master and this art is handed down in classes where your energy is aligned with universal energy. My lineage back to Dr. Mikao Usui is: Dr. Midao Usui, Dr. Chujiro Hayashi, Hawayo Takata, Iris Ishikuro, Arthur Robertson, Rick Ferguson, Margaretta Shelton, Nancy Retsloff, Leonie Rosenstahl, Kathleen Ann Milner, Gail Axelrod. I use textbooks from William Lee Rand. The latest Book I have read is Quantum Touch by

Alain Herriott outlining advanced energy healing techniques. Read more about Reiki at: www.radiantmassageandreiki.com Interested in learning more about Reiki or discussing energy? Please join me for my ongoing Reiki Healing/Learning Circle on Monday evenings from 6 - 8 pm by calling 760-723-3564.

Staying Healthy With Crystals

Apophyllite Crystals



Apophyllite has a high water content which makes it a very efficient conductor of energy and a powerful vibrational transmitter. It is the stone par excellence to assist Reiki healing taking the patient into a deeper state of relaxation and receptiveness. It promotes introspection into one's own behavior. It allow's you to see your true self releasing mental blockages and negative thought patterns. It

overcomes anxiety and fear. I use a pyramid Apophyllite crystal placed on the forehead during Reiki sessions to enhance spiritual vision. (From The Crystal Bible by Judy Hall)

Attend my May 2nd class from 1:00 - 3:00pm to make your own Healing Grid using crystals for \$20.00 at Kindred Journeys, 510 N. Coast Hwy Ste.A, Oceanside, CA 92054. Call now to reserve a space. Space is limited. 760-721-2110.

My next class at the same location is May 16th from 11:00 am - 1:00pm called **Energy Space Clearing and blessing your home and workplace**. Receive instructions and supplies. Call to reserve your space.

Reading Recommendation for April: [Three Cups of Tea](#) by Greg Mortenson. This story is about Greg's journey to build schools for children in Pakistan and I found it very inspirational.