



Benefits

- Relaxes and Reduces Stress
- Alleviates Muscle Pain and Stiffness
- Improves Circulation
- Strengthens Immune System
- Clears Toxins
- Improves Orthopedic Conditions
- Balances Organs and Glands
- Assists in Releasing Emotions
- Promotes Self-Healing
- Balances Energies
- Enhances Personal Awareness
- Compatible with Other Therapies
and Treatment

Reiki and Massage



Sacred Touch®
P.O. Box 386
Huntsburg, OH 44046

The Art and Practice of Sacred Touch®



"Within all of us there is a deep, peaceful space of abiding stillness where our bodies, minds and souls find their equilibrium, where we can meet the divinity that resides within ourselves." – Maria

Reiki and Massage

Reiki

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom" or "the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

Reiki is a simple, gentle and non-threatening technique that helps you to absorb more of this life force energy. It flows, in a powerful and concentrated form, through the hands of a trained practitioner to wherever it is most needed in the body of the receiver.

Reiki treats the whole person—mentally, emotionally and physically – by reducing stress and promoting relaxation and a sense of well-being.

Massage

Massage is the therapeutic application of hands-on therapy to soothe aches and pains and stimulate the body's own ability to heal.

A revered practice dating back to the ancients of Egypt, Greece, Rome and Asia, massage has withstood the test of time and continues to be explored and expressed by trained practitioners around the world.

Sacred Touch[®] employs a systematic manipulation of body tissues using stroking, kneading, trigger point therapy, cross-fiber stretching, digital compression, and effleurage (light stroking) in a unique application of this ancient practice.

Experience

Experience the peace and healing of **Sacred Touch**[®] in the comfort and privacy of your own home. Call for an appointment today. There is simply no better way to nurture yourself!

Namasté
Maria

Maria Flaherty, LMT
Reiki Master Teacher
Registered Yoga Therapist
40 years experience in the field of touch therapy
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"The Miracle comes quietly into the mind that stops an instant and is still. It reaches gently from that quiet time and from the mind it healed in quiet then to other minds to share it's quietness." A Course in Miracles