

Kind Words

I appreciated Lyn's easy teaching style. There was no stress and no undue pressure at any time. The presentation of the material was clearly delivered, and more was added as she offered her own helpful hints and techniques. I feel that I have received excellent training for all levels of Reiki.

GB, New Foundland, Canada.

I took Karuna Ki Reiki Master/Teacher with Lyn Ayre. She has a deep dedication to her students and imparting the Reiki knowledge and energy in a thorough manner. She made me feel welcome and her enthusiasm for sharing Reiki was very evident.

CP, Mayne Island, BC

I am from Mexico City, Mexico. It's great to be here in a so personal course and attunements. Now I'm translating the manuals into Spanish for my courses in Mexico. It's nice to meet people so kind like Lyn and Norm. They are warm and I had great moments with them.

GP, Mexico City, Mexico

I am so glad to have chosen Lyn as my Reiki teacher. Her knowledge of Reiki and energy healing, along with all the other modalities she practices is limitless. She is an incredible teacher. Loving, compassionate and non-judgmental. The course was filled with so much useful information, above and beyond the standard. Lyn supported and encouraged me through the entire process and continues to do so. Lyn has inspired me to continue learning about and practicing the beautiful, gentle healing of Reiki. I am immersing grateful to her.

VH, New Westminster, BC

I am a 58-year-old male with ankylosing spondylitis who has recently had quite a severe attack in both my ankles, causing extreme pain & swelling requiring the use of a walking stick.. After 2 months of suffering, I had 5 Reiki sessions and felt sufficient improvement that convinced me this system might just be the help I needed. PC, Surrey,



Mikao Usui, founder of Reiki Tokyo, Japan

12Aug1865-9March1926

The Five Principles of Reiki

Just for today, I will not anger.

Just for today, I will not worry.

Just for today, I will be grateful.

Just for today, I will work
hard on myself.

Just for today, I will be
kind to others.

As an energy worker, I am fully aware that if any healing takes place, it happens through me not by me. I only offer to facilitate healing as I move my ego and personality aside and become a clear conduit for Spirit's healing grace and our body's own innate healing ability.



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Reiki
~A touch of
healthy living~

☸ A simple and effective form
of relaxation that assists
your body in its own
self-healing.

☸ A wonderfully beneficial
thing to do for yourself.

☸ A vital part of your
integrated healthcare.

What is Reiki?

Reiki is a light-touch, energy-based relaxation modality that uses Universal Life Force Energy to balance and harmonize the physical, emotional, mental, and spiritual levels of the body. It is available to any person interested in developing his or her innate self-healing ability. The "Attunements" to become a practitioner are directly passed from Reiki Master/Teacher to the student.

Reiki is a wonderful tool to help one develop conscious awareness, create a sense of balance, release withheld emotions and energy blocks, and is a key to healthy living. As in most things in life, one must experience Reiki to appreciate it.

During a Reiki Session

During a session, the client lays fully clothed on a massage table. The practitioner uses light touch above or lightly on the energy

I am a certified Reiki Master and Teacher in Usui Shiki Ryoho Reiki & Karuna Ki Reiki. I'm a registered teacher with the Canadian Reiki Association. Fully licensed and insured, I have my practice in Coquitlam.

centers of the body to facilitate balance, harmony, and deep relaxation.

Reiki supports medical treatments and any other complementary healing methods a client may be using. It is of growing interest to medical doctors, massage therapists, chiropractors, physiotherapists, psychotherapists, psychologists and dentists.

Anyone can learn to tap into an unlimited supply of 'Universal Life Force Energy' to improve health and combat pain. They can enhance the quality of their life by learning Reiki, or by enjoying sessions from a certified Reiki Practitioner or Master/Teacher.

What is a Reiki Master

In Reiki, **Master** means teacher. **Master** also means that the student has come far enough along in his or her development that troublesome lifestyle habits and limiting belief systems are taking less and less time and

Give Reiki a try. You will never regret the time you take to look after yourself. Call for an appointment today. 604-524-8565.

energy away from living a fully conscious life. A Master has taken the responsibility to become Master of himself or herself. It is not a designation used to imply total enlightenment or used to manipulate others.

For your own peace of mind, ensure that the person you are considering to be your Reiki Master/Teacher is registered with the Canadian Reiki Association, and that you are willing to do the work required to get training in Reiki. It is a daily commitment and process to heal oneself. Being healed is different from being cured. Ask me how.

What can Reiki do?

- ☯ Increases creativity & awareness
- ☯ Balances energy & helps release lodged emotions and blocks to wholeness
- ☯ Relieves stress & amplifies vitality
- ☯ Works on the cause of the problem or dis-ease on a physical, emotional, mental, and spiritual level
- ☯ Increases level of feel-good hormones released by the brain to combat pain
- ☯ Induces a deep level of relaxation for the benefit of wellness
- ☯ Supports and activates the body's natural capacity to heal itself
- ☯ Is beneficial for plants and animals
- ☯ Is safe to use in any situation
- ☯ Is simple to learn and apply