

Decrease Stress & Increase Your Ability to Self-Heal

WHAT IS REIKI?

- Reiki is a Japanese word and means 'Universal Life Force Energy' Reiki is an ancient natural and non-invasive process of healing using universal energy to balance and harmonize the client on a physical, emotional, mental, and spiritual level. Any one or all areas can be addressed during a session.
- Reiki loosens blocked energy caused by stress, promoting total relaxation and re-establishing well being throughout the person.
- Reiki is relaxing and healing for the mind and body and suitable for all ages as well as animals too.
- Reiki is performed generally lying down on a table with light touch on various areas of the body. Clients are fully clothed, may rest their head on a pillow, and may even be covered with a blanket to help with comfort.
- Reiki sessions last for approximately 50-60 minutes & are completely tailored to the clients needs.



Jennifer Lauren Burkhart – JLB Intuit – Just Love Be Into It!

Jennifer is formally trained as an Occupational Therapist. After a series of events, shifting her life direction, she became professionally trained in the intuitive arts. Presently, she uses a vast array of techniques in her practice.

All sessions are geared towards breaking the perceived barriers of the conscious and subconscious that prevent one from their natural and healthy state of being.

Jennifer helps clients ranging from physical to emotional and mental traumas, to relationship, and financial issues.

More information about sessions and group sessions can be found at JLBintuit.com – Just Love Be Into It!