

Reiki is

- ... simple, safe and natural
- ... subtle and gentle
- ... holistic
- ... beyond dogma
- ... non-invasive



Reiki is

- ... a transmission of universal energy, not a use of the practitioner's own energy
- ... safely used with medication or other treatments
- ... not limited to a particular belief system

The Ethical Principles of Reiki

Just for today, do not worry.

Just for today, do not anger.

*Honor your parents,
teachers and elders.*

Earn your living honestly.

Show gratitude to everything.

— Dr. Mikao Usui

Marcia Marszalek is a third degree Reiki Master and Practitioner. She received her mastery in the Reiki-Raku Kei lineage in 1997.

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Intrinsic Wellness Treatment

Marcia Marszalek
Reiki Master and Practitioner

What is Reiki?

The word Reiki (pronounced “RAY-key”) literally means “universal life force.”

Reiki is an ancient system that transmits life force energy (“ki,” or “chi”) for harmonizing, healing and balancing.

Reiki energy flows to advance healing and to dissolve blockages that impede a radiant life, thus restoring a natural balance.

Reiki is a means of increasing this vital energy that is inherent in all living things. With that harmony comes improved health at all levels.



What does Reiki do?

Reiki harmonizes the parts of the body, mind, spirit and emotions that are out of balance, and promotes healing and wholeness where it is most needed.

Reiki strengthens the receiver's energy system to promote healing.

Reiki helps us to be balanced, so it is easier to respond (rather than react) to daily life situations, and to better deal with life's challenges.

What happens in a Reiki session?

The Reiki practitioner works with gentle, light-touch hand movements on or above the body, addressing the body's major organs and chakras. Breath and ancient symbols are also utilized.

Reiki sessions are usually given with the receiver fully clothed on a massage table or in a chair.

Individual experiences vary, but most universally include:

- ~ relaxation
- ~ nurturing
- ~ clearing
- ~ lightness
- ~ improved well-being

The length of a session is based upon the individual's needs. Most sessions are offered for half or full hour periods.