

Reiki Relief Sessions – Complimentary for Covid 19 Front Line Support

Reiki is a gentle, ancient Japanese technique that helps reduce stress, provide relaxation and restore mind-body balance for its recipients. When done in person, it is sometimes described as “laying on of hands”.

Did you know Reiki can be performed remotely, without disrupting your daily activity? My name is Julie Seward Lazaraton and I have helped hundreds of people and pets using Reiki both in person and remotely. I am called to support those on the front line of this crisis and am confident that Remote Reiki may offer you a bit of peace and relief, while you give your all to our community.



More about my business:

<https://livingthroughwellness.com/>

I sincerely thank you for all you do!

- What I am offering:**
- 2 Donated 30-minute Reiki sessions each day, Monday - Friday afternoons, for anyone on the front lines of Covid 19.
 - Appointments to be filled on a first-come, first-serve basis.
- Starting when:** Immediately and until the Covid 19 crisis resolves
- How to sign up:**
- Email Julie Seward Lazaraton, Reiki Practitioner: Julie@livingthroughwellness.com
 - Please put ‘Remote Reiki’ in the subject line. In the body of the email, include the Reiki recipient’s name, phone number (for follow-up as needed) and a digital picture of the recipient. **This information enables the remote work and will NOT be shared.**
- Too busy to sign up:** Have a designee sign you up for one of the free appointments.
- What to expect:**
- How you feel during the session varies by individual (see below for more).
 - After the session I will email you an outline of what took place during your session (observations, recommendations, etc.). For example, I may notice imbalances that may be supported by a vitamin supplement or other wellness strategy.

More About Remote Reiki & Other FAQs

- What is Remote Reiki?** During Remote Reiki, a practitioner works exactly as they would during an in-person session. Reiki technique is a form of energy healing work. Because it is energy based, a Reiki practitioner can work on someone’s energy from a distance by sending the Reiki to that person.
- Do I have to stop what I’m doing during the session?** No. You do not have to stop what you are doing during a remote Reiki session unless you want to. Some clients do like to meditate during their session but this is not required.
- Will I feel the Reiki work during my remote session?** Some people do feel the work and some do not. It is also possible that you will notice things later, after the session is finished. For instance, some realize later that they feel lighter or that they slept better.
- How often should someone have Reiki done?** Frequency depends on the person. During stressful times, weekly sessions may be of most benefit. In less stressful times, every other week or monthly may be all that is needed to maintain wellness. Like Massage and Reflexology it is always good to have it done on a consistent basis for optimum wellness results.
- What if I want to have another session?** I am always available for Remote Reiki appointments and usually charge \$1/minute. However, during this pandemic I am open to discussion on my rate as I want anyone who needs support through this time to receive it.
- More Questions?** Email Julie Seward Lazaraton: Julie@livingthroughwellness.com