

*what we do*

### **Healing Reiki Treatments**

Reiki means 'universal life energy'. A non-invasive light hand touch that transfers the flow of energy. Clearing any energy blockages and inducing a deep state of relaxation. The practice of Reiki is based on the teachings of a Japanese man, Mikao Usui, who taught and practiced Reiki in the late nineteenth and early twentieth centuries. Research into the source of Usui's work points to ancient Buddhist sutras and teachings of great Eastern masters, as well as his own meditation practice. Usui put his inspiration to good use - over the next century, Reiki spread throughout Japan and then the world.

Reiki is not massage, hypnosis or a tool for diagnosing illness. Reiki is a technique that addresses both chronic and acute conditions, gently and powerfully promoting balance among the body's systems and the normal regenerative processes of the body and mind.



### **Healing Reiki/Craniosacral Treatments**

Craniosacral therapy is a good energy healing addition to Reiki, as it guides clients to access their inner calm, opening themselves to their natural stillness wherein which they can find balance and reorganize their internal patterns for greater healing.

*about us*

### **Ardath Berliant,**

**Reiki Master-Teacher**

Biodynamic Craniosacral Practitioner

[ardath@ardath.com](mailto:ardath@ardath.com)

Ardath became a Reiki Master-Teacher in 1995. She can track her 9th generation lineage directly back to Dr. Mikao Usui, the founder of Reiki. See our website for more information.

Ardath's Reiki practice focuses her natural empathic nature to help ease the stress and sometimes physical pain associated with today's hectic lifestyle. Although Ardath's main focus is stress reduction and trauma related concerns, her clientele also consist of people suffering aches and pains associated with daily living, depression, people recovering from surgery and cancer. Ardath also works with children and companion animals.

Ardath recently began studying Biodynamic Craniosacral therapy. She is a certified PreCognitive Re-Education Practitioner and has also studied Tellington Touch for Animals and Donna Eden's Energy Medicine.

In the early 1990's Ardath trained with renowned psychic Rita Goldsmith in Sedona, AZ. This training helps Ardath use her innate intuition during Reiki sessions.

### **Current Practice Locations:**

Meskill Center in Wilmette

Mindful Movement in Highland Park

Please call for additional information, or book your appointment on our website.

847.251.5776 ~ [www.ardath.com](http://www.ardath.com)

*feel better*

**Healing Reiki**  
*by*  
**Ardath**

**Holistic Energy Therapies**

## what is reiki?

Many ancient cultures, including the Japanese, Chinese, Indians and Egyptians embraced the belief that life energy flows through the body, deeply affecting our bodies, minds and emotions. Current research strongly suggests that energy does extend throughout and beyond the physical body, and that disruptions or imbalances in its flow correlate to physical, mental and emotional illnesses. The healing art or Reiki (pronounced 'Ray-key') addresses these imbalances to support your good health and well being.

## recent research

Medical research has focused upon verifying Reiki's effects rather than explaining how it works. The results are impressive: One study showed a highly significant reduction in pain, including cancer pain, following a Reiki treatment. Another study cited improvement in immune and nervous system functioning and increased mobility in patients with conditions such as multiple sclerosis, lupus and fibromyalgia. At Columbia/HCA Portsmouth Regional Hospital in New Hampshire, surgical patients decreased their use of pain medications, stayed for shorter periods and reported increased satisfaction with pre- and post-surgical Reiki sessions.



## our services

### **Reiki:**

Your first Reiki session includes a discussion about what to expect along with any health concerns you have. The "on table" part of the first Reiki treatment lasts approximately 60 minutes.

**First session - \$65**

**Additional Sessions last 60-75 minutes - \$85**

### **Reiki Combined with Craniosacral Session:**

Includes full Reiki Session with Biodynamic Craniosacral work as needed throughout the session. Or you can choose to have Craniosacral work as the focus for the session with Reiki work interspersed throughout the session. A very relaxing experience. You can discuss your choices with the practitioner at the beginning of the session.

**60-75 minutes - \$100**

## what to do now

Choose the treatment you would like. If you are not sure, we will discuss your needs at the beginning of your appointment.

At that time, you will be asked about your health and wellbeing, please give full details, as this information is necessary when deciding the most appropriate treatment plan for you.

Wear comfortable clothing. You will be laying on a massage table, full clothed, during the session.

It is always a good idea to give yourself ample travel time, before and after your appointment.

Sometimes, the treatment has a detoxifying effect on the body. Drinking plenty of water helps this process and reduces the feeling on "toxin release".

If you feel you need advice or more information on the therapies, please call or email me.



## reiki in healthcare

Used by a rapidly growing number of hospitals all over the world, Reiki complements medical treatment, natural therapies and massage therapy. Reiki increases a caregiver's ability to provide patient support and is easily practiced in a hospital environment, from outpatient to intensive care. (We currently teach caregivers to give Reiki in these environments through the "Rays of Hope" curriculum by Reiki Master Teacher Judy McCracken. Contact Ardath for further information.)

Reiki is being successfully integrated into numerous clinical settings to complement medical care and psychological counseling. Hospitals such as Tucson Medical Center, St. Luke's Hospital in San Francisco, The Cleveland Clinic in Ohio, and St. Mary Medical Center in Pennsylvania have teams of Reiki practitioners available to a range of patients, including those with cancer or recovering from surgery. Reiki is especially appreciated in hospice care where ability to alleviate pain and anxiety for both patients and family members is so greatly needed.

Along with Sunrise Senior Living in Wilmette, we are currently conducting a study on the benefits of Reiki to residents with Alzheimer's and dementia.

*feel better . . . awaken your body to the wonders of Reiki*