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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: April 16, 2019**

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**Subject: Can Reiki Help?**

**Traverse City** – Energy healing is based on the ancient concept that there is a vital force of energy both within the physical body and extending out from it in a subtle energy field 2 to 3 feet thick called the aura. Our negative thoughts are not just in the brain, but also collect in various locations throughout the body and in the aura. The places where negative thoughts and feelings collect is where energy is restricted in its flow. The physical organs that exist at these locations are restricted in their functioning. The goal of energy healing is to unblock or re-balance your energy force.

Reiki is a Japanese technique used in the sphere of energy healing. The word Reiki comes from the Japanese word rei, which means universal life, and ki, which means energy. A Reiki session can help ease tension and stress in the body, allowing it to heal on all levels – physical, mental and emotional.

Join Reiki Master Donna DeSoto at the Traverse City Senior Center, 801 E Front Street, on Wednesday, May 8 at 10 a.m. to learn more about this practice. Reiki can be hands on or hands hovering over troublesome areas. The presentation is free, advance registration is required.

For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-2080.

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