



USUI LIFE FORCE ENERGY



Usui Reiki Healing — Key Principles

Restores Balance

- Usui Reiki supports the natural flow of life force energy, helping bring the body, mind, and emotional field back into harmony.

Encourages Deep Relaxation & Clarity

- Sessions promote calm, stillness, and presence, allowing stress to soften and inner clarity to naturally emerge.

Supports the Body's Innate Healing Wisdom

- Reiki works gently and non-invasively, creating space for the body's own intelligence to release, recalibrate, and restore.

A Quiet Return

In stillness, something softens,
what was tight begins to breathe.

No effort, no fixing —
only a gentle remembering.

Energy finds its way home,
moving where words cannot go.

The body listens.
The mind rests.

What is ready releases.
What is true remains.

E-mail jeff@actualized.com.au or Call **0405640016** to ask any questions on the offering. Our Vision at Actualized is to support raising consciousness together. We appreciate others are here to assist on our journey of self discovery. Scan QR code below to book. This can be organized in person or distance.

