



## Usui Reiki Healing – Key Principles

### Restores Balance

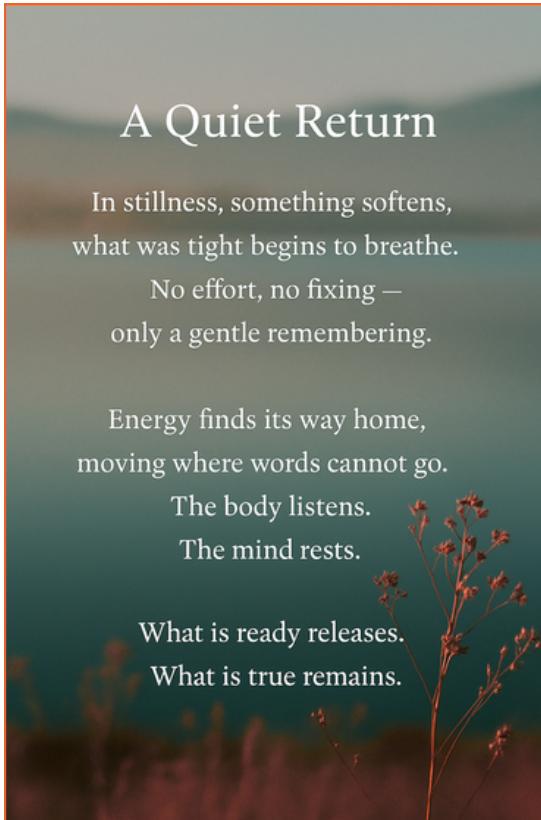
- Usui Reiki supports the natural flow of life force energy, helping bring the body, mind, and emotional field back into harmony.

### 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.



E-mail [jeff@actualized.com.au](mailto: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.

