



Cindy Carlson

Reiki Energy Healing

- Relieves anxiety and depression
- Heals the body at a very deep level
- Gentle, non-invasive and relaxing
- Experience Reiki and Feel the difference



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Reiki CAN REDUCE ANXIETY

The first way anxiety may be experienced is as a low level uneasiness that occurs in the background of your life. It can be felt as a slight agitation that occurs when you stop to rest or relax.

Anxiety affects approximately 40 million adults in the United States alone, and while is very treatable only about 1/3 of those suffering seek out treatment. There are many ways anxiety can be experienced and often times people experience more than one form of anxiety in their life.

The first way anxiety may be experienced is as a low level uneasiness that occurs in the background of your life. It can be felt as a slight agitation that occurs when you stop to rest or relax. It can be so uncomfortable that you need to get up and do mindless tasks or engage in some sort of activity so you no longer notice it. Some people may need to constantly have a TV or a radio on in the background in order to drown out an uncomfortable silence and soothe the discomfort they feel when they sit in stillness.

Another way anxiety can present itself is as waves of panic for no apparent reason. One moment you may feel fine but the next moment may be in a state of complete panic that feels like danger is just around the corner. Many times there is no apparent trigger and no indication of how long this will last. The third most common way anxiety affects people's lives is in the middle of the night. Waking up at 2:00am with your heart racing and your thoughts engaged in negative stories. Thinking about worst case scenarios and getting the nervous system so fired up that you cannot go back to sleep. All these forms of anxiety can effect your daily life and make it difficult to carry out the basic responsibilities in your life like going to work, taking care of your children or enjoying happy relationships. Anxiety can steal your joy, inner peace and the basic feeling that the world is a safe place.

Reiki is an alternative therapy that is very effective at reducing anxiety. Reiki is a Japanese healing technique that is lightly laying on of hands to guide and release energy in the body. It is very powerful and is now being offered in many hospitals for both patients and their families. After a Reiki treatment a client is generally very relaxed and peaceful. They usually notice a sense of peace and well being, a deep relaxation and calm throughout the body and a reduction in pain and stress. During a session a client may feel their anxiety being melted away or feel it draining out of their body. It can then feel very peaceful and comforting like being covered in a warm blanket. The treatment is so deeply relaxing that clients may fall asleep or go into a deep meditative state. This relaxation can last for hours or even several days after a treatment. Reiki can leave you feeling refreshed and rejuvenated by allowing everyday life to feel lighter and less serious.

If anxiety makes your life uncomfortable or even unbearable give Reiki a try. It is a very effective, gentle, non-invasive form of natural healing. Reiki is healing people and changing the world one person at a time.

For more information visit carlsonhealing.com.



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