



# Angel's Touch Healing, LLC

Reiki and Energy Healing through the hands of an experienced Physical Therapist

## FREQUENTLY ASKED QUESTIONS

### **What is Reiki?**

Reiki is a Japanese technique which reduces stress, increases relaxation, and promotes healing through the physical power of human touch administered through the “laying on of hands.” The word Reiki comes from the Japanese words Rei, meaning “God’s Wisdom,” and Ki, which means “life force energy.” Together, Reiki is translated to mean “spiritually guided life force energy.” The practice of Reiki involves identifying disruptions in the natural flow of energy in our bodies and removing those blockages through a transformative healing process that helps to restore our balance, wholeness, and health.

### **What is meant by “energy work?”**

Our world is full of energy. In nature, energy is found in sunlight, rushing water, and warm summer breezes. In our bodies, energy is found as our muscles contract, in our breathing, and in our beating hearts, as just a few examples. When the natural flow of this energy within our bodies is disrupted, our health is poorly affected. We experience energy disruptions in various ways – as tightness in our neck and shoulders, in difficulty sleeping, and in the stress of everyday life, as a few examples. Other times, we may not know the cause or the location of a disruption to our body’s natural flow of energy, and a Reiki practitioner may be able to help us. The Reiki practitioner conducts energy work to discern, identify, and clear blockages in our energy system which cause tension, stress, and illness. This allows our body to restore itself to balance, wholeness, and health.

### **Who can benefit from Reiki?**

Because it is safe, natural, non-invasive, and it works with our body’s natural healing capabilities, anyone – young, old, and in between – can benefit from the practice of Reiki! It is used together with both Western and Eastern medicine practices as one form of therapy for restoration to health and wellness.

### **Why should I try a Reiki session?**

Reiki services have been found to reduce blood pressure and promote healing through a deep sense of relaxation and stress reduction. Reiki energy work is one additional method of healing that can be explored in concert with traditional practices of medicine such as pharmaceuticals, physical therapy, and mental health treatments in an effort to restore the body to balance, wholeness, and health.

### **What can I expect at my first session?**

Each session with Pam begins with a discussion about the participant's health and wellbeing, including any pain, illness, or life events that may be affecting physical, emotional, and spiritual health. To get started, the participant will rest comfortably and fully clothed on a massage table while Pam begins to evaluate the flow of the body's energy system. Next, Pam will proceed to lightly touch the participant's body in a series of hand positions as she discerns, identifies, and works to clear energy blockages. Following the session, participants describe feeling a sense of warmth, peace, radiance, and deep relaxation.

### **Is Reiki compatible with my religion?**

Yes. In fact, Reiki encourages the participant to rely on his or her higher power as the source of love, light, and wholeness in the process of restoring health and wellbeing. In Reiki, the identity of the higher power is determined by the participant. It is used around the world alongside all common religions.

### **Is Reiki compatible with Western medicine?**

While Reiki is traditionally a practice of Eastern medicine, it is becoming more common as an additional method of healing alongside other practices of Western medicine. Because it is safe and non-invasive, it can be used with other practices such as exercise, natural supplements, pharmaceuticals, and physical and mental health treatments. Some of the most reputable institutions in Western medicine – such as Mayo Clinic, Cleveland Clinic, and Johns Hopkins Hospital – provide Reiki services to their patients as a method of healing.

### **Why should I choose Angel's Touch Healing?**

Reiki services at Angel's Touch Healing are provided by Pam Wargin, a gentle and intuitive practitioner who offers the unique benefit of her experience as both a Reiki Master and a licensed, practicing Physical Therapist. Her experience as a Reiki practitioner allows her to discern and understand energy blockages, while her experience as a physical therapist allows her to incorporate manual physical therapy skills into Reiki sessions. Pam feels blessed by this unique integration of expertise and feels called to share her gift – a deep understanding of how energy disruptions affect the physical body – with clients who desire a holistic approach to finding balance, wholeness, and health.

### **How I can learn more?**

To learn more about Pam and her practice, please don't hesitate to reach out to her directly for more information by email at PamWargin1@gmail.com, by calling / texting her at (414) 531-4234, or by visiting her website at [www.AngelsTouchHealing.org](http://www.AngelsTouchHealing.org). To learn more about the practice of Reiki, a good place to start is the following article from the reputable Cleveland Clinic: <https://health.clevelandclinic.org/reiki/>