

## *Pregnancy Benefits*

- Reiki alleviates morning sickness.
- Reiki reduces stress and tiredness.
- Reiki can be used to treat painful muscles, joints or the spine.
- Reiki strengthens the bond between a mother and her baby.

**\*\*NOTE: When a mother who is attuned to Reiki places her hands on her tummy she is passing pure unconditional love and healing to her unborn child.**

- Reiki keeps the mind body and spirit in balance reducing the chances of post natal depression.
- Reiki nourishes the fetus with love and the universal life force. It gently comforts, protects and envelops the unborn baby.
- If the Mother's partner is a Reiki practitioner he/she can also help during the pregnancy by treating his/her partner. The important bond between parent and child will also be stimulated each time he/she places his/her hands on his/her partners' pregnant tummy. The partner can communicate through his/her hands with their child.
- Reiki can help couples who are finding it difficult to conceive a child by reducing stress and stimulating both the females' natural reproductive cycle and the males' production of sperm. In many cases when a couple are desperate for a child they place extreme stress on themselves causing an imbalance of their mind body and spirits. Reiki helps in lifting the pressure by removing the stress factor. Many couples find their prayers are answered and a pregnancy is discovered, as a result of releasing stress.

## *Children Benefits*

- Reiki can be used to treat your children throughout their lives; from the early days and months through puberty, adolescence and into adulthood.
- Reiki is wonderful for all of their aches and pains.

**\*\*NOTE: Parents give their children Reiki when they kiss or hug their child(ren) after a fall, or a tough moment. By giving this form of Reiki to our child(ren), we speed up the healing process and boost their own natural healing abilities.**

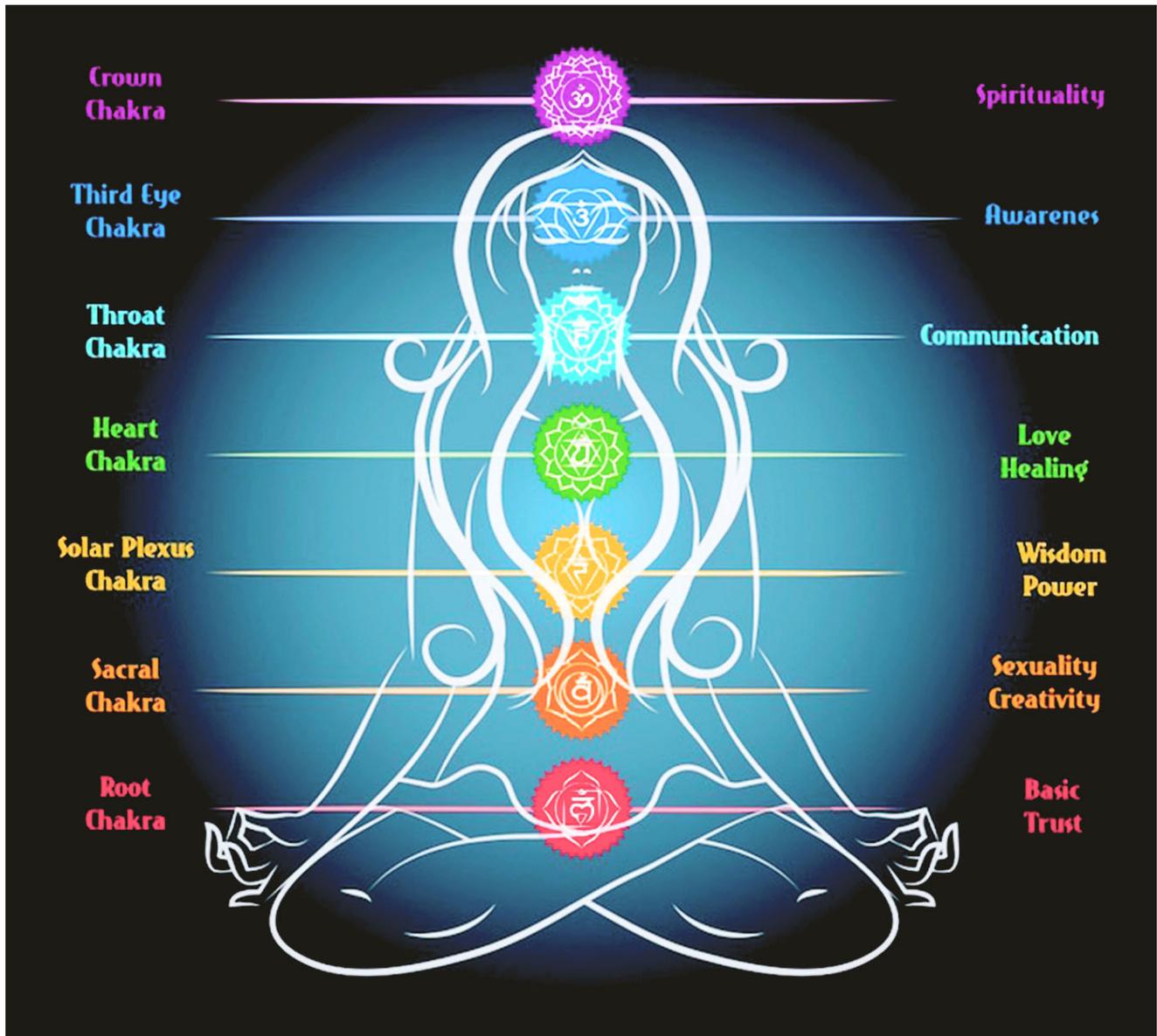
- Reiki is a special gift you can share with your children. We recommend you teach your own children the five principles of Reiki and have them incorporate them into their lives.

1. Just for today, I will not worry
2. Just for today, I will not be angry
3. Just for today, I will work honestly
4. Just for today, I will be grateful for my many blessings
5. Just for today, I will be kind to my neighbors and all living things

- Children love Reiki. If possible you should introduce and attune your children to Reiki. It will help them focus and find their own path in life.
- Use Reiki at bedtime to help your children drift off to sleep.
- Reiki balances your child's mind body and spirit, which leads to a clearer, more focused approach to life at school and at home.
- When a child has an accident they often cry because of the shock. Treat your child by placing one of your hands on their solar plexus and the other at the base of the spine.

 See next page...

# Chakra Alignment and Placement Guide



## *Baby Benefits*

- Reiki can accelerate the recovery time of the mother and baby after the birth.

**\*\*NOTE: It is especially good for caesareans sections and healing the various scars and stitches often associated with childbirth.**

- Reiki can be used to heal the babies' umbilical cord.
- Reiki can be used to nourish the mother's milk if the baby is breast fed. Alternatively, if the baby is to be bottled feed the formula can be treated with Reiki.
- Treating and enriching the babies food can help nourish and satisfy the babies hunger. This will help them suckle until they are content and full. This is great for a regular feeding and all night sleep schedule goal!
- Reiki stimulates balance in the new born baby. It can easily be channelled to the baby whenever the mother or partner (depending on who has been attuned to the energy) touches their child.
- Reiki can be used to help treat cradle cap and colic.

**Important Note:** Always consult your doctor no matter how trivial it may seem if you are concerned about your baby.