



Mary Ann Green, Reiki Master

About Mary Ann Green

Certified in:

- Animal Reiki
- Reiki Level I, II & Master
- Sports & Exercise Nutrition, Pn1

Coursework in:

- Advanced Chemistry of Essential Oils
- Herbology
- Natural health, nutrition

I am not licensed, certified or otherwise authorized by the State of Ohio to practice a health care profession. I am not a medical doctor, physician, or any other health care professional licensed by the state. The state has not adopted any educational or training requirements for unlicensed complementary or alternative health care practitioners. (Legislative Service Commission -5- H.B. 442).

Contact Information

AlongNourishedPath@gmail.com

www.NourishedPath.net

Scheduling a session

Sessions are by appointment only.
Both in-person and distance sessions available for animals and humans.

Booking a Session

239.249.1753

AlongNourishedPath@gmail.com

www.NourishedPath.net



HEALING WITH REIKI
MARY ANN GREEN
www.NourishedPath.net



**HEALING
WITH REIKI**

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What Reiki Can Do

Reiki works with the energetic, physical and emotional aspects of an individual (or animal) to address imbalances on all levels – body, mind and spirit.

Reasons you may want to experience a Reiki session:

- General balancing
- Clearing emotional blocks
- Physical pain
- Increasing clarity
- Issues with life

**The healing energy is your own and goes where it is needed. It is a benevolent energy.*

How is Reiki different from other therapies?

Reiki is holistic in its approach and works on both the symptoms experienced by an individual or animal, as well as the root cause of the imbalance.

It focuses your energy to go where your body-mind needs it to go at a given time.

Reiki helps to restore the body's natural ability to heal and create balance

How do I know this is right for me?

People who have a nagging feeling that something in their life, body or mind is out of balance, or feel like they are struggling within themselves and their environment, usually find Reiki at the perfect time for them.

The fact that you are reading this brochure may be the sign that your body-mind is ready for healing and to experience growth.



What to Expect During a Reiki Session

A Reiki session is typically very relaxing for the client.

You complete a form to provide the practitioner an idea of the intention for the session (area or issues you want addressed) and help to monitor your progress over sessions.

Once you have asked any questions you have, you will lie down in a comfortable position on your back, fully clothed and relax.

During the session, the practitioner places their hands above various parts of your body, being guided by Reiki's sequential positions and *your* body-mind. *You may experience sensations or nothing at all.*

At the end of the session, you can discuss your experience with the practitioner.