



Terri L. Wilkerson, MEd

I am a Reiki Master/Teacher, Certified Natural Force Healing Practitioner, Medicine Wheel Practitioner and Certified Hypnotherapist, who has been an executive manager with more than 20 years of diversified, progressive responsibility in the development, implementation, training, assessment and enforcement of comprehensive safety and health programs.

I am also a Certified Safety Professional, Certified Hazard Control Manager, Certified Safety Manager, NYC Site Safety Manager, and Certified OSHA Instructor - Construction & General Industry.

I received my Bachelor of Science Degree from University of Illinois in Industrial Psychology. My Master of Science Degree is in Operations Management from the Industrial Engineering College, University of Arkansas.

My expertise includes: results and holistic oriented management, program development, cost control, safety/health audits, and contract administration. I use the NFH®, Reiki, and hypnotherapy principles and techniques not only for personal professional development but also to benefit the overall good of the organization and the preservation of life and property.

Reiki, like Natural Force Healing, is an energetic and vibrational healing technique that involves connecting with the positive "Universal Life Force" through the practitioner into the client's body and auric field. Reiki energy moves the "Qi" or "Chi", the life energy that flows throughout the body, around, unblocking stagnant areas and promoting health.

*"Just for today...
I will live with gratitude.
I will not worry.
I will not anger.
I will work on myself.
I will show kindness to
every living thing."
Mikau Usui*

My sessions are tailored to your own specific issues, guiding toward integrated healing, persona/professional growth.

I work closely with you as a coach and guide, helping to release past issues and teaching you how to create your own holistic, healthful and rewarding life.

Call today for your appointment!



REIKI Universal Life Energy

*Energy and vibrational healing technique
on physical, emotional/mental and
spiritual levels*

Enhance your life...

Terri L. Wilkerson, MEd

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Terri's Healing Garden
www.jerrishealinggarden.com

REIKI IS

*For... Harmonizing
the body and soul;
increasing well-being
and inner peace;
easing psychological
problems, fatigue,
headaches, backaches,
immune system problems,
and much more.*

Reiki is a sacred healing technique that originated in ancient Tibet. It was rediscovered by an 18th century Japanese monk, Dr. Mikao Usui.

Dr. Usui passed his knowledge to trained “Masters” who learned how to channel the universal energy through their own bodies, providing the healing energy to others.

Reiki is a spiritual practice that is based on the principal of unconditional love. As such, it is open to all religious beliefs.

Reiki can be used in conjunction with any health care or personal growth therapy and is an enhancement to any medical treatment or procedure.

HEALING ENERGY

Reiki (ray-key) is a gentle hands on healing technique. Rei is Universal Life Energy and Ki (Chi) is the energy that moves through all living things. Chi runs through channels in the body and can be accessed through energy centers called chakras.

When the Chi becomes blocked because of stress, trauma, abuse or miss-use, the body responds with “dis-ease.” Reiki moves the Chi through the body, opening stagnant areas so that vital energy moves again and healing can begin.

During a Reiki session, the Practitioner places her hands on or above specific areas of the body and allows the energy to flow.

As the energy passes, warmth can be felt by both the Practitioner and recipient. Both receive the healing energy of Reiki.

TO PREPARE

- ❖ Wear comfortable, loose clothing to feel relaxed and allow the energy to flow freely.
- ❖ Use the restroom before a Reiki treatment for an uninterrupted session.
- ❖ Leave all worries (cell phones, beepers) at the door. Dedicate this peaceful time to yourself.
- ❖ Close your eyes and relax completely. Take even, deep breaths to release stress.
- ❖ Focus on your chakra centers and sense the natural energy flow of your body.

Children can also benefit from Reiki's relaxing, healing qualities

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Reiki has been found to be beneficial to plants and animals.

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The Reiki energy can be sent to others at a distance for healing.

Receiving Reiki is a personal experience that is as individual as you are. Enjoy a session and experience the *Spirit Power* of this healing energy called **Reiki**.