

## *Services*

### *Reiki Practitioner and Master/Teacher*

- ◆ Reiki Session
- ◆ Pet Reiki Session

### *Intuitive/Life Consultant*

- ◆ Psychic/Intuitive Reading
- ◆ Mentoring
- ◆ Spiritual House Clearings

### *Speaker*

- ◆ Intuitive Workshop
- ◆ Healing Workshop

See website for fees for services, and workshops currently being offered.

Call **609-571-2912** or e-mail to book appointment at [gmintzer@hotmail.com](mailto:gmintzer@hotmail.com).

## *About your Practitioner*

Gail's journey in the intuitive, spiritual and healing world started in 1998. She was mentored and guided by a gifted psychic on her spiritual path. She was born with the gift of "psychic sight" and now works to awaken others to their own intuitive abilities. She was drawn toward the Reiki healing modality in order to help people and animals. She is certified as a Reiki Master and Teacher.

She took advanced training in metaphysical subjects at the Edgar Cayce Association for Research and Enlightenment (A.R.E.) and is a Wayshower for A.R.E.

Gail feels her journey has taken her full circle. It is now her time to give back to others by leading the way and assisting others in their spiritual and intuitive development, as well as to assist in their personal well-being.

## *Holistic Healer*



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### **Gail Mintzer**

#### ***Reiki Master***

#### ***Intuitive/Life Consultant***

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## *What is Reiki?*

Reiki is a Japanese word meaning Universal Life Force (Rei-universal, Ki-life force). It is pronounced Ray-Key.

Reiki is an ancient healing therapy. Reiki is a great tool for stress reduction and relaxation. This energy work promotes healing on physical, emotional, mental and spiritual levels.

Reiki is non-invasive and safe for all ages from premature babies to the elderly. Reiki is also beneficial to pets.

Additional information is on Gail's website about a Reiki session.

## *How Does Reiki Work?*

A Reiki practitioner provides a Reiki treatment by a series of gentle touches to the various energy centers (chakras) through which the practitioner channels healing energy into the recipient at a deep level. Energy surrounds and moves through the human body. Reiki works to balance the flow of this energy and stimulate the body's healing abilities.

## *What are the Benefits of Reiki?*

Many Reiki clients report the following benefits:

- ◆ Reduced stress and tension
- ◆ Sense of well being, peace, relaxation, comfort
- ◆ Increased energy
- ◆ Decreased anxiety
- ◆ Diminished pain
- ◆ Release of emotion

Reiki is not a substitute for conventional medicine or treatment. Reiki is a great tool to complement traditional medicine and is practiced in many hospitals and medical care settings.

## *What can I expect from a Reading from Gail*

Gail provides "soul" readings. Her readings include information about the past, present and future.

Her readings vary by individual but generally include information about:

- ◆ Finances
- ◆ Health
- ◆ Career
- ◆ Relationships
- ◆ Messages from Spirit

Gail asks that you come to her with an open and receptive heart and mind.

A reading varies from individual to individual, but generally runs about 30-35 minutes.