



## Energy Therapies

Within the sphere of complimentary healing arts, some of the best proven and most ancient practices are those that balance, stimulate, or govern the subtle energy systems that flow within and around the physical body. This category of the healing arts has been studied and practiced in the far and middle east for thousands of years. In the west, however, many people are still unfamiliar or are just beginning to learn about them.

Recent developments in the technology of western sciences have allowed us to study these age-old techniques in a new light. In essence, science is freeing us from superstition while leading us back to ancient wisdoms.

Kathy is a licensed and experienced massage therapist, a certified instructor in both Reiki and Touch for Health Kinesiology, is trained in various forms of acupressure, such as Brain Integration Technique and Emotional Freedom Technique, and has created her own protocol for psycho-emotional therapy.



Touch for Health is a method devised in the 1970s by a Chiropractic physician, Dr. John F. Thie. Although based on an ancient knowledge of the energy pathways (meridians) throughout the body, it also incorporates more modern discoveries from chiropractic and traditional medicine. A form of muscle testing known as kinesiology is used to identify the treatments needed to rebalance body energies.

This therapy is interactive. Part of what makes it so effective is the role you play in the process of the treatment. It requires more of you than simply relaxing as with massage or Reiki.

When receiving a Touch for Health energy balance, you will lie on a table while a therapist positions you and asks you to resist a slight pressure in order to measure a muscle's response. This allows imbalances to be identified. Pressure points and massage techniques can then be used to reestablish balance.



The Usui Method of Natural Healing, better known as Reiki, was developed by Dr. Mikao Usui in Japan little more than a century ago. Although specific training is required to practice this method, in appearance it can seem deceptively simple.

The word, Reiki, is made up of two words: Rei, meaning Universal Life Force or Universal Wisdom. Ki, the Japanese word for Qi (Chi) in Chinese, means energy.

The practice of Reiki is based on an ancient knowledge of the Universal Energy and its healing relationship to the body, mind, and spirit. The Reiki practitioner simply helps you to draw upon this Life Force to re-balance the flow of your body's energy patterns.

During a treatment, you simply lie on a table or sit in a chair while the practitioner holds her hands over or on a variety of areas. You may feel a radiant warmth or tingling sensation as well as a sense of deeply peaceful relaxation.

# Benefits

Traditional Usui Reiki and Touch for Health Kinesiology are therapies that work well in combination with each other. Both therapies offer benefits that compliment or enhance therapeutic massage as well as other health care practices. A Reiki treatment or Touch for Health balance can help:

- ☞ *Increase energy flow*
- ☞ *Relax and reduce stress*
- ☞ *Reduce or eliminate pain*
- ☞ *Increase mobility and flexibility*
- ☞ *Develop a sense of well being*
- ☞ *Enhance immune system*
- ☞ *Normalize body systems*
- ☞ *Increase vigor and strength*
- ☞ *Harmonize emotional balance*
- ☞ *Reduce mental/physical fatigue*
- ☞ *Enhance creativity & alertness*

Ultimate benefits can be achieved and maintained with regular treatments. It is helpful to wear comfortable clothing in which you can move legs and arms freely. It is also helpful to drink a glass or two of pure water within two hours preceding your appointment.

# Your Appointment

As a licensed massage therapist, I also offer energy therapies in combination with a massage. If you are interested in a combination of therapies, please make that clear at the time you make your appointment. This will allow for the additional time required and will let us know how to prepare for the session.

## Fee Schedule

Half Hour Session	\$45.00
Full Hour Session	\$75.00
Session & A Half	\$100.00

To make your appointment, call:

**636-227-4151**



## Kathy Liebman

Member since 1996  
Touch for Health Kinesiology  
Association  
&  
International Massage Association

For messages or Class Information

314-805-0923

[touchforhealth.com/liebman](http://touchforhealth.com/liebman)

Touch for Health Kinesiology  
Emotional Freedom Technique  
Traditional Usui Reiki



Energy  
Therapies

## Kathy Liebman

Certified Instructor in  
Touch for Health Kinesiology &  
Traditional Usui Reiki

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