

# Elizabeth Rau



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Reiki Healing  
Light Therapy  
Music Instruction

**-AS A REIKI MASTER** I experience joy and fulfillment though offering Reiki to others. Reiki has enhanced my life by opening my heart, and as I give Reiki treatments to others I witness the increased benefits received by them of relaxation, peace and wholeness.

**-I HAVE BEEN USING LIGHT THERAPY** myself for 4 years with positive results. The main benefits I have received are: pain relief, muscle relaxation, reduction of inflammation, and immune support.

**-MUSIC** has been a powerful force throughout my entire life. It is my joy and passion to share my musical gifts with others and to enhance their lives through my teaching and performing.

**Reiki Healing Therapy:** (in person and long distance) Promotes deep relaxation which allows the body's own natural healing to take place, promotes a sense of wholeness, positive attitude, and well being, promotes the qualities of love, compassion acceptance for the self and others.

**Reiki Training Level I, II and III:** Transform your life by learning to use Reiki healing energy to give to yourself, others and beloved pets.

**Dynamic Light Therapy:** (using Photonic Energetics technology) Benefits of LED light Therapy: stimulates healthy cell reproduction, relaxes muscles, stimulates acupuncture points and immune response, reduces scar tissue and stimulates healthy wound healing, relieves pain, is beneficial for arthritis.

**Music Instruction in Piano and Voice:** ALL AGES \* ALL LEVELS \* SPECIAL NEEDS - Include music learning in your life as a path to wholeness! 35 years experience as a passionate teacher/professional performer.

**PIANO** Give the gift of piano lessons to your child, fulfill your own dream of learning the piano.

**VOICE** Support your child's love of singing, free your natural singing voice by learning to open up to your fullest vocal expression, bringing joy, freedom and empowerment to your life.

**Professional Background:** Reiki Master/Teacher - Western Lineage, Master of Music Degree, Professional Performance, Private and University Instruction.