

CONSIDERING THE HEAVENS

LEARN HOLISTIC ENERGY REIKI LEVEL 1 W/ COACH GENE

HOLISTIC ENERGY BALANCING

Promoting
Physical, Mental,
Emotional,
Energetic Health &
Wellness through
BREATHWORK &
INTENTION



Coach Gene has been active in energy work the past 15 years as a Shaolin Martial Arts practitioner. He is a Reiki Master and Naturopath who practices energy balancing work internationally, assisting individuals with physical, mental, emotional and spiritual wholeness. He believes that honoring the breath is fundamental to helping us experience life to the fullest.

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Why Reiki?

Reiki promotes energetic balance and harmony. Excessive forms of stress & anxiety leads to an influx of inflammation, negatively impacting the body. If imbalances are ignored it can lead to physical, mental and or behavioral illness. Reiki is an excellent **preventative tool** that activates anti-inflammatory agents within the body, assisting the nervous system to transition from a fight/flight state (sympathetic) to a rest/digestive state (parasympathetic).



What is REIKI?

Rei (universal) Ki (energy) is classified as energy medicine, a well respected alternative health therapy. **Energy medicine** was practiced by many ancient cultures (prana, chi, hara). Reiki was revived by Japanese culture in the early twentieth century by Buddhist Monk Dr. Mikao Usui. Reiki is not affiliated with any religion. It is universal energy accessible to anyone.

Energy Balancing?

The body is comprised of trillions of cells that are in constant need of energy to sustain metabolic activity. This energy is found in food, oxygen, light, sound, touch and even our thoughts. Low vibrational forms of energy that promote stress stagnates the metabolic process. Sustained stagnation increases the chance of dis-ease. As an energy practitioner, I assist with **clearing low vibrational forms of energetic stagnation**, on a cellular level, restoring the body to homeostasis.

During energy balancing session the client's energy centers are cleared. The energetic vibration of each individual is attuned to their own authenticity (the stimulation of awareness to choose energies that support their highest good). Reiki promotes optimal health & wellness physically, mentally, emotionally & energetically.

Who is Reiki for?

Anyone... Everyone... **YOU!**

3 Essential Tools

➤ **BREATH**

➤ **AWARENESS**

➤ **MOVEMENT**

Benefits of Reiki?

- Reduces Stress & Anxiety
- Lowers Blood Pressure
- Promotes Detoxification
- Bolsters Immune Functions
- Invigorates Mindfulness
- Stimulates Intuition
- Attunes to Authenticity
- Restores Confidence, Self-Acceptance, Creativity and Stability

Attunement begins with taking note of the subtle changes that need to occur within. Setting your attention on the **breath** as it guides your **awareness** to attune to your highest vibration. This process engages you to posture and position (**movement**) yourself physically, mentally, emotionally & energetically into your authentic self.



ENERGY BALANCING SESSIONS

May include:

Breathwork
Chakra Therapy
Sound Therapy
Crystal Therapy



More about Coach Gene

Eugene Mason III, aka **Coach Gene**, has been married to his college sweetheart for almost 30 years, and is the father of four adult aged sons. Along with 15 years as an active energy and Martial Arts practitioner, he brings three decades of experience as a construction project superintendent in Chicago, IL.

Coach Gene is a **Reiki Master** and Naturopath who practices holistic energy balancing work internationally, and he continues to express his passions for family and community through his work.

Quick Facts:

- Bachelors of Architecture, Tuskegee University
- MBA Sustainable Business, Marlyhurst University
- 30 Year Construction Superintendent, Leadership in Energy & Environmental Design (LEED® AP ID+C), Chicago, IL
- Co-founder and Managing Director of Harmonic Connections PLUS (501c3)
- Developer of 3H Pre-Apprenticeship Development Workshop

