



Acupuncture In St. Louis



Healing Energy Blanket



Reiki Angel Print



BHI Heel Homeopathics Eden Foods



Mary's Better Health Library



Mary S. Wallis, L.Ac., Acupuncture Diplomate NCCAOM, trained as an apprentice with Dr. Thomas Duckworth, L.Ac., D.K.M., Acupuncture Diplomate NCCAOM, in the Japanese style of Kototama/Inochi medicine. Having been a massage therapist since 1989, Mary wanted a better understanding of the human capacity to heal. She began her clinic based studies with Dr. Duckworth in 2001 and became licensed upon graduation.

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Any information given on this site is not intended to be taken as a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified practitioner or therapist.

HEALING ENERGY BLANKET



Healing Energy Angel Blanket with Message Card \$236.00 (free shipping, 7-10 days)

ADD TO CART

Available only through improvedhealing.com. Quantities are limited. Backorders will be delayed by four weeks.

"My 90-year old friend Aline was in pain, dying at home. Although I'd only known her for a short time, I'd been deeply affected by her, and I wanted to bring her comfort.

Although I wanted to be by her side, hold her hand, listen to her stories, and comfort her in some way, it was not to be. I realized, though, that I could bring a special form of relief to her. I have studied Reiki, a healing practice that originated in Japan, for over 20 years.

On a chilly fall day, I delivered one of my favorite soft throw blankets to Aline's family's home where she was staying. I included a card that explained to Aline and the family that I had charged the blanket with Reiki energy in hopes that it would ease her pain.

Several months after Aline's funeral, her daughter Connie stopped by on a beautiful sunny day. We reminisced and cried together. Connie presented me with the blanket. She told me how it indeed had eased Aline's pain, and that Aline had specifically asked for it many times."

From "Blanket Of Comfort" by Mary S. Wallis L.Ac. [Read all of her story.](#)

A Gift To Warm The Body And Spirit

Mary's original healing blanket was created to comfort a friend in need. She is now offering one for you or a loved one. It is a personal throw blanket hand-charged with healing energy by Reiki practitioners. The blanket is a generous size, 72 by 50 inches, made of soft Egyptian cotton with a vibrant custom-designed angel image woven into the fabric.



When you give a loved one this blanket, you wrap them in care and healing, even if you can't be with them.

Reiki practitioners place their hands on each one to infuse healing energy. The eternal Reiki charge will help people find a sense of peace and well-being. "Reiki" means "universal spirit energy," in Japanese. It is based on the idea that there is a universal energy that can be accessed to support the body's innate healing abilities, or, in the case of those who are dying, bring a sense of peace.

An Angel of Healing

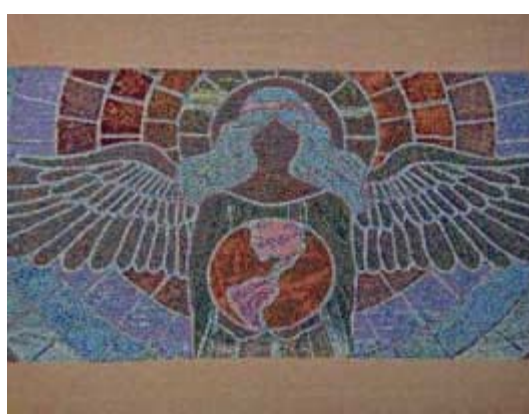
The image on the blanket is from a photo of my first stained glass piece, made for our bodywork clinic. Many people have expressed a deep connection and resonance with the angel image. You may see it on its [Facebook page.](#)



The angel image has been woven into a 100% cotton throw blanket. The rainbow colors are more muted in the blanket and fit any room.



Click any pic for larger.



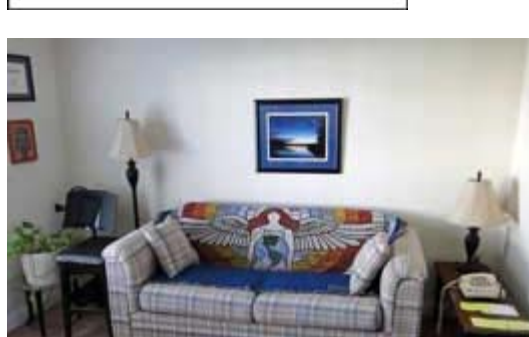
The reverse side has colors of the Southwest, earthtones and turquoise.



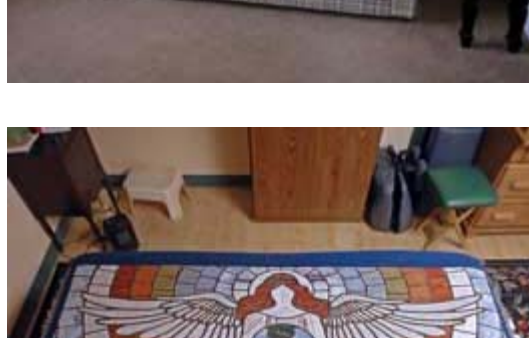
Throw blanket is 72 by 50 inches.

100% Egyptian cotton. Lightweight yet warm. Made in the USA.

Royal blue with rainbow colored angel design. Pattern is woven in, not printed. Edged with multi-colored fringe.



Brightens a room as a reversible couch throw.



Makes an uplifting cover for a bodywork table.



Creates a peaceful treatment room. Clears negativity.

About us.

We are William and Mary Wallis. We have been attuned to Reiki since 1989. William was a stained glass artist for ten years and now manages this website. Mary is a meridian therapy acupuncturist.

Mary recently reconnected with Jeanne Greening, our original teacher, and became attuned to teach Reiki. Jeanne Greening's lineage is: Dr. Mikao Usui (founder of Reiki), Dr. Chujiro Hayashi, Hawayo Takata, Phyllis Lei Furumoto, Ojela Frank, and Jeanne's teacher Ruth Tishler.

Mary regularly updates Improved Performance's [Facebook page](#) with health tips, seasonal reminders and more.

See William's other stained glass works on his [Facebook page.](#)

Basic information on Reiki

From the National Center for Complementary and Alternative Medicine (click for link), funded by the National Institutes of Health:

Reiki is based on the idea that there is a universal (or source) energy that supports the body's innate healing abilities. Practitioners seek to access this energy, allowing it to flow to the body and facilitate healing.

People use Reiki for relaxation, stress reduction, and symptom relief, in efforts to improve overall health and well-being. Reiki has been used by people with anxiety, chronic pain, HIV/AIDS, and other health conditions, as well as by people recovering from surgery or experiencing side effects from cancer treatments. Reiki has also been given to people who are dying (and to their families and caregivers) to help impart a sense of peace.

Training in traditional Reiki has three degrees (levels), each focusing on a different aspect of practice. In first-degree training, students learn to perform Reiki on themselves and on others. In second-degree training, students learn to perform Reiki on others from a distance. Some students seek master-level (third-degree) training. A Reiki Master can teach and initiate students.

Do not use Reiki as a replacement for proven conventional care or to postpone seeing a doctor about a medical problem.

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