

量思

THE EXTRA CLUB

香港, 澳門 Hong Kong, Macau

改善睡眠, 放鬆身心, 減輕疼痛, 抑鬱, 提昇靈性及洞察力

Relax, sleep better, reduce pain, recover faster, raise your vibration and awareness

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CLUB

宇宙
心流

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Sleep deeper,
recover faster,
reduce stress,
anxiety and
depression.



Increase productivity,
performance and sales for
organizations.



- Wellness events
- Energy healing (Reiki)
- Sound therapy (Gong, Singing Bowl)
- Hypnotherapy (Trauma release, past life regression, spiritual journey)





更深層的睡眠，更快速的恢復，減少壓力、焦慮和憂鬱。



提升組織的生產力、績效和銷售業績。

- 組織健康活動
- 靈氣療癒（靈氣）
- 聲音療法（銅鑼、頌鉢）
- 催眠療法（創傷釋放、前世回溯、靈性旅程）
- 定期平日靈氣療癒和聲音療法



改善睡眠，放鬆身心，減輕疼痛，焦慮，抑鬱

Relax, sleep better, reduce pain, recover faster, live a better life

靈氣工作坊

Reiki Workshop

查詢報名

Inquire for Registration

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什麼是靈氣

What is Reiki?

靈氣開發正念、意識和直覺，幫助我們找到人生目標、實現生活目標、減輕疼痛、改善運動範圍，並應對壓力、抑鬱和焦慮等情緒。因此，它帶給我們健康（例如更好的睡眠，感到更有活力）和幸福感。

當你的生命能量低時，處理壓力變得更加困難；你可能睡眠不佳，更容易生病。當你的生命能量強大時，你感到強大，能更輕易地應對壓力，並且不太容易生病。靈氣是一種增加個人生命能量供應的技術。

Reiki enhances mindfulness, consciousness, and intuition, leading to finding life purpose, achieving goals, reducing pain, improving mobility, and managing emotions such as stress, depression, and anxiety. This promotes health (e.g., better sleep, increased energy) and happiness. Low life energy makes stress management difficult, disrupts sleep, and increases vulnerability to illness. Strong life energy boosts resilience, facilitates stress management, and reduces the likelihood of falling ill. Reiki is a technique that replenishes and increases a person's life energy.

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12 Andar N, No. 181-187 Alameda Dr. Carlos d'Assumpcao, Macao

宋玉生廣場181 - 187號光輝商業中心12樓N座



醫療使用

Use in Medical Community

靈氣療法在醫學界越來越受歡迎，全美有 800 多家醫院將靈氣療法作為醫院護理的標準組成部分。靈氣也是美國耶魯大學護理學院必修科目，世界各地有許多醫院設有靈氣治療師為癌症病人進行輔助性治療。

2018 年哈佛大學的一項研究表明，“靈氣減輕了成年人的心理抑鬱。生物療法（例如靈氣）似乎確實有助於減輕各種患者群體的疼痛和焦慮”。

哈特福德醫院的一項研究指出，靈氣療法使患者睡眠改善了 86%，疼痛減輕了 78%，噁心減輕了 80%，懷孕期間的焦慮減輕了 94%。

Reiki is becoming increasingly popular with the medical community, with over 800 hospitals across the U.S. offering Reiki as a standard part of hospital care.

A research at Harvard in 2018 stated that "Reiki reduced psychologic depression in adults. Biofled therapies (e.g. Reiki) do appear to be useful for reducing pain and anxiety in various patient populations". A research study at Hartford Hospital indicates that Reiki improved patient sleep by 86 percent, reduced pain by 78 percent, reduced nausea by 80 percent, and reduced anxiety during pregnancy by 94 percent.

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是什麼樣運作的?

What is a session like?

在這個引導冥想課程中，參與者可以探索如何通過訓練正念和意識來改善與金錢、愛人、家庭、事業和健康的關係。參與者將練習如何用愛、感恩和同情來處理壓力、睡眠問題、憤怒、焦慮。大多數參與者在連續練習 3 個月後，身體及心理健康狀況會得到顯著改善。療癒師可能會在你穿著衣服情況下觸摸您的頭部、面部和頸部。。也可以遠程完成（例如 Zoom）。

Reiki energy guided meditation
Participant may explore how to improve relationships with money, lover, family, career and health through training mindfulness and consciousness. Participant will practice how to deal with stress, sleeping issue, anger, anxiety with love, gratitude and compassion. Most participants will experience significant improvement on physical and mental wellbeing after practicing for 3 months consecutively. Reiki healer may touch your head/ face and neck in this while the participant is fully clothed. It can also be done remotely (e.g. via zoom).

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量思靈氣工作坊亮點

Highlights of The Extra Club Reiki Workshop

1. 星級導師 - 金蕉 Master 指導
2. 結合音療(銅鑼 / 頌鉢), 特製能量石提高正能量及淨化負能量
3. 連接高我, 療癒及接收人生啟示, 活出意義人生
4. 優質場地, 小組教學
5. 實習機會 - 成績優異者可額外參加量思活動實習
6. 國際認可 - 美國 ICRT — 哈佛大學研究合作伙伴及香港量思發出證書

1. Taught by Master Mish
 2. Combining sound therapy (Gong/ Singing Bowl) with customized orgonite to enhance positive energy and purify negative energy.
 3. Connecting with the higher self, be healed, receive life insights and living a purposeful life.
 4. High-quality venue, small group teaching.
 5. Outstanding performers may be given additional internship opportunities
- Internationally recognized certification from ICRT (International Center for Reiki Training) in partnership with Harvard University research.

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量思靈氣星級導師 - 金蕉 Master

Master Mish, The Extra Club's Reiki Master Trainer

1. 美國認證催眠師：增長靈性、釋放童年創傷、前世回溯等。
 2. 豐富背景：靈氣大師、聲音治療大師、人生教練、健身教練，修練 Vipassana、昆達里尼、NLP 等。前管理諮詢和銀行高管，同時也是休閒飛行員。
 3. 科學方法：英國科學碩士，以證據為基礎，追求最佳健康狀態。
 4. 師承名家：曾受到前日本首相和自由潛水世界紀錄保持者的指導。
 5. 培訓優秀學員：過去的靈氣學生包括前法國外交官、律師、心理學家和五屆美國空手道冠軍。過去在知名的五星酒店、國際管理諮詢公司、銀行和大學進行教學。現居香港。
1. U.S. Certified Hypnotherapist: Develop spirituality, release childhood trauma, explore past lives and more.
 2. Diverse Background: Reiki Master, Sound Healing Master, life coach, fitness instructor, practiced Vipassana, Kundalini, NLP and more. Ex-Management Consulting, Banking executive and leisure pilot.
 3. Scientific Approach: Master of Science graduated in the U.K. Evidence-based practices for optimal well-being.
 4. Trained by the Best: Mentored by ex-Japan Prime Minister and Freediving Record holders.
 5. Training the Best: Past students include ex-French diplomat, lawyer, psychologist and five-time U.S. Karate champion. Previously taught at renowned international 5 stars hotels, management consulting firms, banks, and universities. Currently based in Hong Kong.



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靈氣工作坊 I & II Reiki Workshop I & II

2至4天內，總計12至14小時 + 1個月的跟進
12-14 hrs in 2 to 4 days + 1 month follow up

透過將靈氣和能量石相結合，發揮自我療癒、遠程療癒、安全、保護、水晶淨化、能量陣激活和靈性激活的力量。畢業生可以開展自己的療癒事業，或通過將靈氣融入瑜伽和聲音療法中，提升他們的修行之旅。釋放充沛的能量，擁抱等待著您的深遠療癒效果。

Harness the power of self-healing, distant healing, safety, protection, crystal cleansing, energy grid activation, and spiritual activation by synergizing Reiki with Orgonite. Graduates can start their own practice or elevate their yoga and sound healing journey with the integration of Reiki. Unleash heightened energy and embrace the profound healing effects that await you.

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靈氣工作坊 I I I

Reiki Workshop III

1 至 2天內, 總計12至14小時 + 3 個月的跟進
12 - 14 hrs in 1 to 2 days + 3 month follow up

踏上成為靈氣大師之路, 並透過靈氣三階來增強你的能量。這個階段將提升你與宇宙的連結, 使你能夠接觸更高頻率並與你的高我連結。擴展你的靈性覺知, 學習如何引導和運用高頻能量。深化你與環繞我們所有人的宇宙能量連結。

Embark on the path to become a Reiki Master and enhance your energy through Reiki III. This stage will elevate your connection with the universe, enabling you to access higher frequencies and connect with your higher self. Expand your spiritual awareness and learn how to guide and utilize high-frequency energy. Deepen your connection with the universal energy that surrounds us all.

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靈氣大師工作坊

Reiki Master Workshop

3 至 4 天內，總計21至24小時 + 6 個月的跟進
21 - 24 hrs in 3 to 4 days + 6 month follow up

致力於實踐是成為靈氣大師和教授者的關鍵。您將學習進行靈受儀式／調頻的技巧，指導其他靈氣療癒師，並為他人創造一個神聖的空間來容納靈氣能量。珍惜這個向宇宙散發愛和光明的機會。完成靈氣大師級別後，您將有機會進一步追求能量培訓，擴展您的療癒能力，例如卡魯納靈氣培訓。

Dedicated practice is essential to becoming a Reiki Master & Facilitator. You will learn the art of performing Attunement, coaching other Reiki healers, and creating a sacred space for holding the Reiki energy for others. Embrace the opportunity to radiate love and light to the universe. Upon completing the Reiki Master level, you become eligible to pursue further energy training and expand your healing abilities like Karuna Reiki training.

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靈氣工作坊

Reiki Workshop

能量交換

Energy Exchange

靈氣 I Reiki I	\$3,800
靈氣 II Reiki II	\$3,800
靈氣 III (高階) Reiki III	\$8,800
靈氣大師 Reiki Master	\$12,888 / \$40,078

6 months fellowship, including
100+ hours practice on healing coaching
六個月弟子, 包含100+ 小時練習, 療癒指導

特別優惠

Special offer

靈氣 I 即日報名/ I或II復課 Reiki I sign-up today / retake Reiki I or II	\$3,300
靈氣 I - 2人同行 Sign-up Reiki I with a friend	\$6,600
靈氣 I & II Sign-up Reiki I & II	\$6,600

改善睡眠, 放鬆身心, 減輕疼痛, 焦慮, 抑鬱, 提昇靈性, 顯化

靈氣冥想簡單易學; 任何人都可以學習, 沒有任何先決條件。一旦你學會了, 你就可以將靈氣傳授給自己或他人。量思特別結合特製能量石及七星陣在我們的靈氣工作坊, 令參加者獲得更大體驗!

Improve sleep, relax the body and mind, alleviate pain, anxiety, and depression, enhance spirituality and manifestation
Reiki meditation is simple and easy to learn; anyone can learn it without any prerequisites. Once you have learned it, you can pass Reiki on to yourself or others. In our Reiki workshop, we specially incorporate custom orgonites and Metatron's cube to provide participants with an enhanced experience!

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私人靈氣工作坊

Private Reiki Workshop

能量交換

Energy Exchange

靈氣 I: 1 - 3人 Reiki I: 1 - 3 pax	\$11,400
靈氣 I & II: 1 - 3人 Reiki I & II 1 - 3 pax	\$19,800
靈氣 III: 1 - 3人 Reiki I - III 1 - 3 pax	\$26,400
靈氣大師: 1 - 3人 Reiki Master 1 - 3 pax	\$38,664

特別優惠

Special offer

靈氣 I: 1 - 3人 Reiki I: 1 - 3 pax	\$9,900
靈氣 I & II: 1 - 3人 Reiki I & II 1 - 3 pax	\$18,000

特別優惠:

如果您在社交媒體上發佈並允許我們在社交媒體上發佈您與我們學習的經歷並為我們寫下推薦，我們將給予特別優惠。

Special offer:

If you post on Social Media and let us post on Social Media that you learned with us and make a testimonial for us

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頌鉢 療癒師

Singing Bowl Healer Workshop

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頌鉢療癒師亮點

Highlights of Singing Bowl Healer Workshop

- 慈心導師: Anna 師從尼泊爾國寶級、第三代西藏頌鉢音療師 Master Shree Krishna, 並憑著熱情游歷跟隨多位尼泊爾老師學習頌鉢及銅鑼, 為資深頌鉢導師培訓導師及國際認證冥想導師。
- 系統式學習: 從知識 + 技法 + 心法 + 修習
- 療癒機會: 可享3次靈氣/ 銅鑼 / 手碟療癒
- 結合靈氣: 非常有效, 在歐美也非常盛行
- 實習機會: 成績優異者可獲量思活動額外
- 國際認可: 尼泊爾及香港發出之頌鉢療癒師證書
- **Compassionate Instructor:** Anna, trained under the guidance of Master Shree Krishna, a renowned third-generation Tibetan singing bowl therapist from Nepal. With a passion for exploration, Anna has traveled extensively to learn singing bowls and gongs from various Nepalese teachers. She is a senior singing bowl instructor and an internationally certified meditation instructor.
- **Systematic Learning:** Focusing on knowledge, techniques, mindset, and practice.
- **Healing Opportunities:** Enjoy 3 sessions of Reiki / Gong / Singing Bowl Healing
- **Combined with Reiki:** Highly effective, widely popular in Europe and America. Outstanding performers may be given additional internship opportunities
- **International Recognition:** Certification as a singing bowl healing practitioner issued by Nepal and Hong Kong.

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頌鉢療癒師

Singing Bowl Healer Workshop

4天32小時工作坊

4-day, 32-hour workshop

揉合傳統藏式及頌鉢傳入歐洲後的 #吠陀式 療癒系統外，從知識，技法，心法及修習系統式學習，幫助你成為具格局的療癒師

Blending traditional Tibetan techniques with the evolved healing system influenced by singing bowls in Europe, our systematic learning approach encompasses knowledge, techniques, intention, and practice. It aims to help you become a skilled and compassionate healing practitioner with a broad perspective.

頌鉢療癒師
Singing Bowl Healer Workshop

\$16,666

特別優惠

Special offer

即日報名

Sign-up today

\$14,444

送祝福手工頌鉢 13cm 一隻

Gift: One handmade 13cm singing bowl blessed with love

2人同行

Sign-up with a friend

\$14,444

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以靈氣，能量石及水晶陣提升愛情能量

Raise your love vibration using reiki, orgonite and crystal grid

愛情能量

Love Energy Spa

聯絡我們預約

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愛情能量

Love Energy Spa

每節為 \$3,800，每節為兩小時。享受屬於自己的時光，可以帶上一個伴侶或朋友一同前來。敬請預約。

\$3,800 per session, each session lasts for two hours, enjoy your me-time, bring a partner or bring a friend. Kindly make a reservation in advance.

理想伴侶覺察
Raise your love awareness

切斷神魂索
Cut the negative energy cords

愛情排毒丸
Love detox pill

愛自己
Love yourself

愛情機遇
Raise your love vibration

愛情連結
Build love connection

玫瑰愛情神諭 (靈氣占卜)
Love oracle (Divination)

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改善睡眠，放鬆身心，減輕疼痛，焦慮，抑鬱

Relax, sleep better, reduce pain, recover faster, live a better life

靈氣音療

REIKI Sound SPA

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私人靈氣音療

Private Reiki Sound Healing

靈氣音療師

Reiki Sound Healer

1 節 1 session	\$ 2,222
5 節 5 sessions	\$ 9,999
10 節 10 sessions	\$ 18,888

會員優惠

Member's discount

1 節 1 session	\$1,333
5 節 5 sessions	\$6,333
10 節 10 sessions	\$11,111

- 每節 1 小時。
- 需在 6 個月內使用完畢。
- Each session lasts for 1 hour.
- All sessions must be used within 6 months.

在我們寧靜的環境中，您將參與一場獨特的體驗，感受頌鉢和靈氣能量的結合。在專業冥想老師的引導下，這特製的體驗與您的脈輪相互呼應，培養平衡感和提高自我覺察力。頌鉢會溫柔地放在身體上，如同音療按摩，讓振動更深入滲透脈輪，提升治療效果。冥想結束後，我們歡迎客戶分享他們的體驗。這獨特的頌鉢和靈氣之旅帶來許多好處，包括改善睡眠、減少壓力、提高生產力，並帶來深深的寧靜感，讓參與者感覺更輕鬆，更真實地與自己保持一致。

In our tranquil environment, you will participate in a unique experience, where the merging of singing bowls and Reiki energy awaits you. Guided by experienced meditation instructors, this tailored experience harmonizes with your chakras, fostering a sense of balance and self-awareness. The gentle placement of singing bowls on your body, akin to sound therapy massage, allows the vibrations to penetrate your chakras deeply, enhancing the therapeutic effects. After the meditation, we warmly welcome clients to share their experiences. This exceptional journey with singing bowls and Reiki offers numerous benefits, including improved sleep, reduced stress, increased productivity, and a profound sense of tranquility, enabling participants to feel more relaxed and authentically connected with themselves.

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在愛情、健康、事業和夢想等生活重要領域
獲得宇宙啟示及祝福

Receiving Cosmic Insights and Blessings in Important Areas of Life such as
Love, Health, Career, and Dreams

靈氣占卜

Reiki Divination

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靈氣占卜

Reiki Divination

占卜大師

Divination Master

1 節 | \$ 2,222
1 session

3 節 | \$ 5,555
3 sessions

高級占卜師

Advance Divinator

1 節 | \$ 1,333
1 session

3 節 | \$ 3,666
3 sessions

- 每節 1 小時。
- 需在 6 個月內使用完畢。
- Each session lasts for 1 hour.
- All sessions must be used within 6 months.

我們的靈氣占卜服務結合能量石和激活技巧，以促進個人和靈性成長。通過潔淨氣場和引導問題，你將從靈性實體中獲得深刻的洞察力。深入宇宙意識，增強直覺力，在健康、事業、愛情和夢想中獲得清晰的視野。釋放舊有模式，在充滿愛和安全的空間中接納真實潛能。提出問題，接受指導，並將洞察力融入日常生活。擁抱積極的改變，與你的靈性之路相契合，開啟成長之旅。

Our Reiki divination service combines orgonite and activation techniques for personal and spiritual growth. Through aura cleansing and guided questions, you'll gain profound insights from spiritual entities. Tap into cosmic consciousness, enhance intuition, and find clarity in health, career, love, and dreams. Release old patterns and embrace your true potential in a loving, safe space. Ask questions, receive guidance, and integrate insights into daily life. Embrace positive change, align with your spiritual path, and embark on your journey of growth.

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由阿卡西記錄保管者獲得有關健康，職業，愛情和夢想等個人成長領域的見解

Insights on personal growth areas such as health, career, love, and dreams are obtained from the Akashic Records Keeper

阿卡西記錄

Akashic Record Opening

聯絡我們預約

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阿卡西記錄

Akashic Record Opening

阿卡西記錄閱讀師

Akashic Record Reader

1 節 (1 - 2 小時/節) 1 session	\$ 2,222
3 節 3 sessions	\$ 5,555

會員優惠

Member's discount

1 節 (1 - 2 小時/節) 1 session	\$1,666
3 節 3 sessions	\$4,444

- 每節 1 小時。
- 需在 6 個月內使用完畢。
- Each session lasts for 1 hour.
- All sessions must be used within 6 months.

通過對健康、職業、愛情和夢想獲得清晰的認識，從而在個人和精神上成長！踏上與阿卡西(梵文天空的意思)記錄的變革之旅。這些記錄，被認為是每個靈魂經驗的能量檔案，被視為"生命之書"。該會議以清理氣場開始，為您與宇宙意識的連接做好準備。您的指導將教您如何為阿卡西記錄保管者—擁有您生活深厚知識的靈性實體—構造問題。

在這個寧靜的會議中，您將接觸宇宙意識，提升直覺，並獲得有關健康，職業，愛情和夢想等個人成長領域的見解。在這個環境中體驗情感療癒，釋放舊的模式，並在這個充滿愛，安全的探索空間中獲得掌權。

阿卡西記錄使您能夠理解過去，現在和可能的未來。在接觸記錄後，您將有機會提出有關經驗的問題。會議以會後討論和人生教練結束，將獲得的智慧融入生活中，使之在您的生活中產生積極影響。這種獨特的體驗提供深層的洞察力，個人成長，並與您的精神道路深度連接。

Gain clarity and spiritual growth in areas of health, career, love, and dreams! Embark on a transformative journey with the Akashic Records, considered the energetic archives of every soul's experiences, often referred to as the "Book of Life." The session begins with an aura cleansing to prepare your connection with universal consciousness. Your guide will teach you how to structure questions for the Akashic Record Keepers, spiritual entities with profound knowledge of your life.

In this serene session, you'll tap into cosmic consciousness, enhance intuition, and gain insights into personal growth areas like health, career, love, and dreams. Experience emotional healing, release old patterns, and empower yourself in this loving and safe exploration space. The Akashic Records enable you to understand the past, present, and potential future. After accessing the records, you'll have the opportunity to ask questions about your experiences. The session concludes with a discussion and life coaching, integrating the wisdom gained into your life, creating a positive impact. This unique experience offers deep insights, personal growth, and a profound connection to your spiritual path.

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療癒情緒創傷與童年創傷，克服成癮，前世回溯

Heal emotional wounds & childhood trauma, overcome addiction, past life regression

靈性能量催眠

Spiritual Hypnotherapy

聯絡我們預約

Make a booking with us

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靈性能量催眠

Spiritual Hypnotherapy

能量交換

Energy Exchange

1 節 1 session	\$ 4,800
3 節 3 sessions	\$ 12,000
10 節 10 sessions	\$ 30,000

會員優惠

Member's discount

1 節 1 session	\$3,800
3 節 3 sessions	\$9,000
10 節 10 sessions	\$26,000

- 每節 2 - 3 小時。
- 需在 6 個月內使用完畢。
- Each session lasts for 1 hour.
- All sessions must be used within 6 months.

靈性能量催眠是一種將催眠技術與靈性指導結合的療癒。它用於幫助個體探索他們的潛意識，以揭示洞察，解決衝突，並在他們的靈性道路上獲得清晰。這種療法可以用來處理各種靈性和個人問題，如：

- 情感創傷：通過接觸潛意識，您可以面對並解決深層的情感問題，創傷，焦慮或恐懼。
- 戒癮 / 克服個人挑戰：幫助您做出積極的變化，例如戒煙，戒性成癮，減肥或管理壓力。
- 兒時創傷 / 前世回溯：幫助您探索過去生活，以理解現在的恐懼，習慣或關係。
- 找到人生意義：幫助您探索在轉世間的'靈魂狀態'，可能提供對他們的生命目的或靈性旅程的洞察。
- 靈性成長和發展：加深您的靈性聯繫，發展直覺，或培養內心的和平。

Spiritual hypnotherapy is a healing modality that combines hypnosis techniques with spiritual guidance. It is used to help individuals explore their subconscious mind, uncover insights, resolve conflicts, and gain clarity on their spiritual path. This therapy can be utilized to address various spiritual and personal issues, such as:

- Emotional trauma: By accessing the subconscious, you can confront and address deep-seated emotional issues, traumas, anxieties, or fears.
- Addiction/Personal challenges: It assists you in making positive changes, such as quitting smoking, overcoming addictions, weight management, or stress management.
- Childhood trauma/Past life regression: It helps you explore past lives to understand present fears, habits, or relationships.
- Finding life purpose: It aids in exploring the "soul state" between incarnations, offering insights into their life purpose or spiritual journey.
- Spiritual growth and development: Deepen your spiritual connection, develop intuition, or cultivate inner peace.

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淨化，帶來平衡、和諧和正能量
Energy cleansing, bringing balance, harmony, and positive energy.

寶石/物件淨 化和加持

Gemstone/ object cleansing
and recharge

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寶石/物件淨化和加持

Gemstone/ object cleansing and recharge

能量大師

Energy Master

1 節 | \$ 2,222
1 session

3 節 | \$ 5,999
3 sessions

高級能量師

Advance Lightworker

1 節 | \$1,333
1 session

3 節 | \$3,666
3 sessions

- 每節 1天至一個月
- 需在6個月內使用完畢。
- Each session lasts for 1 day to 1 month
- All sessions must be used within 6 months.

如果您對您的水晶 (包括天珠, 斑彩石, 玻璃隕石, 安達拉療癒水晶) 感到不安, 並且不確定如何處理, 別擔心, 我們可以幫助您。我們提供兩種選擇, 協助您處理您的水晶:

1. 處理或重新利用: 如果您認為與您的寶石分道揚鑿是最好的選擇, 您可以將其委託給我們。我們將以負責任、可持續和尊重的方式處理, 或為其找到新的用途, 而且不收取費用。
2. 專業處理: 我們提供全面的服務, 以合理的費用滿足您的寶石需求。我們的熟練團隊將仔細檢查、淨化和加持您的寶石, 恢復其最佳能量和活力。

每次服務僅限一個物品, 如果我們的團隊判定該物品無法被淨化或加持, 我們將退還50%的費用。整個過程可能需要1天到1個月的時間。我們的服務結合了靈氣、音浴、太陽和月亮的自然能量, 能量場和能量石, 以淨化和充能您珍愛的寶石。我們首先檢查寶石, 評估其是否適合加持。如果被確定可以加持, 我們將淨化它, 消除任何負面能量, 然後與您獨特的振動相調和, 以增強其更高的目的。

通過我們的服務, 您將獲得一顆經過淨化、注入正能量並與您個人目標相調和的寶石。您將體驗到提升的能量、更清晰的意圖和更深層的靈性連結。讓我們注入您的寶石新的活力, 為您的個人成長和能量提升鋪平道路。

If you feel uneasy about your crystals (including prayer beads, gemstones, andara or other crystals) and are unsure how to handle them, don't worry, we can assist you. We offer two options to help you with your crystals:

1. Disposal or repurposing: If you believe parting ways with your gemstone is the best choice, you can entrust it to us. We will handle it responsibly, sustainably, and respectfully, either by properly disposing of it or finding a new purpose, and there will be no charge for this service.
2. Professional treatment: We provide comprehensive services to meet your gemstone needs at a reasonable cost. Our skilled team will carefully examine, cleanse, and bless your gemstone, restoring its optimal energy and vitality. Each service is limited to one item, and if our team determines that the item cannot be cleansed or blessed, we will refund 50% of the fee. The entire process may take anywhere from one day to one month. Our services combine the natural energies of Reiki, sound baths, the sun, the moon, energy fields, and energy stones to purify and recharge your beloved gemstone. We first inspect the gemstone, assessing its suitability for blessing. If it is deemed suitable, we cleanse it, eliminate any negative energy, and then attune it to your unique vibration to enhance its higher purpose. Through our service, you will receive a purified gemstone infused with positive energy and attuned to your personal intentions. You will experience heightened energy, clearer intentions, and a deeper spiritual connection. Let us infuse your gemstone with new vitality, paving the way for your personal growth and energetic enhancement.

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加持頌鉢

Energized Singing Bowls

以愛和豐盛祝福的手製頌鉢
Singing Bowl blessed with love and abundance

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加持頌鉢

Energized Singing Bowls

能量交換

Energy Exchange

七脈輪鉢 (17-20CM)	\$22,000
古療癒鉢 (17 -18CM)	\$2,222+
小冥想滿月鉢 (13CM)	\$1,688
小冥想新鉢 (13CM)	\$1,000

選擇不能盡錄, 會員可享受產品折扣

Due to the wide range of options available, not all choices can be listed. Members can enjoy discount on products

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定制轉運 能量石

Customized Orgonite

將根據與客戶的協商進行定制。如用鋯石製成。它可以與冥想一起使用，將負能量轉化為正能量。增強能量7 - 10倍。只通過諮詢出售。

Customized for each client (e.g. made with Zircon). It can be used with meditation to transform negative energy to positive energy. Amplifies energy 7 - 10x in general. Sold with consultation session only.

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定制轉運能量石

Customized Orgonite

能量交換

Energy Exchange

1 件 1 piece	\$ 3,800
1 套 1 set (7 pieces)	\$ 22,666 送七星陣能量布 Gift: Metatron's Cube energy mat

量思的能量石受威廉·萊希的方法啟發，並融入了來自為你訂製的能量，同時運用了神聖幾何學的原理，是您提升能量、恢復平衡和精神健康的個人通道。每件產品都用黑曜石、鋯石、鐵、不鏽鋼、銅和環氧樹脂精心製作，設計用來發射和放大能量，並與您體內的七個脈輪各自的獨特頻率產生共鳴。這套能量石也對治療師和顯化非常有用。

The Extra Club customized orgonites are inspired by the methods of Wilhelm Reich and infused with personalized energy tailored specifically for you. They incorporate principles of sacred geometry, serving as your personal channel to enhance energy, restore balance, and promote spiritual well-being. Each product is meticulously crafted using obsidian, zirconium, iron, stainless steel, copper, and epoxy resin. They are designed to emit and amplify energy while resonating with the unique frequencies of your seven chakras. These energy stones are also highly beneficial for therapists and manifestation practices.

會員可享受 15% 產品折扣 Members enjoy 15% off



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加持天珠

Energized Sky Bead

將根據與客戶的協商進行定制加持。只通過諮詢出售。選擇不能盡錄, 會員可享受 15% 產品折扣

Customized blessings will be performed based on consultation with the client. It is only available for sale through consultation. Due to the wide range of options available, not all choices can be listed. Members can enjoy a 15% discount on products

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提昇正能量

Elevate Your Energy

逢工作天 6:30 - 7:30 pm / 8-9 pm

Every Weekday 6:30 - 7:30 pm / 8 - 9 pm

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生命能量證

Energy Pass

能量交換

Energy Exchange

1 節 1 session	\$388
3 節 3 sessions	\$ 999 (\$333)
9 節 9 sessions	\$ 2,666 (\$296)
20 節 20 sessions	\$ 5,770 (\$288)
30 節 30 sessions	\$ 6,666 (\$222)

會員優惠

Member's discount

3 節 3 sessions	\$ 890 (\$296)
9 節 9 sessions	\$ 2,390 (\$265)
20 節 20 sessions	\$ 5,110 (\$255)
30 節 30 sessions	\$ 5,770 (\$192)

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提昇能量時間表

Elevate Your Energy Schedule

逢工作天 12:30 - 1:30pm / 6:30 - 7:30 pm / 8-9 pm

Every Weekday 12:30 - 1:30pm / 6:30 - 7:30 pm / 8 - 9 pm

星期一 (Mon)

- 12:30 pm 靈氣運動創傷復元 / 金蕉
Reiki for sports injuries / Mish
- 6:30 pm 靈氣公益夜 / 金蕉
Reiki Charity night / Mish
- 8:00 pm 靈氣音療放鬆 / 金蕉
Reiki Sound spa (Relax) / Mish

星期二 (Tue)

- 12:30 pm 靈氣深層熟睡 / 金蕉
Reiki for better sleep / Mish
- 6:30 pm 靈氣深層熟睡 / 紫子
Reiki for better sleep / Purple-ko
- 8:00 pm 靈氣神諭啟示 (占卜) / 紫子
Reiki Divination / Purple-ko

星期三 (Wed)

- 6:30 pm 手碟工作坊 / Handash
Handpan workshop / Handash
- 8:00 pm 手碟療癒 / Handash
Handpan sound healing / Handash

星期四 (Thu)

- 6:30 pm 靈氣水晶能量淨化及提昇 / 紫子
Reiki Crystal energy cleanse / Purple-ko
- 8:00 pm 靈氣深層熟睡 / 紫子
Reiki for better sleep / Purple-ko

星期五 (Fri)

- 6:30 pm 靈氣音療放鬆 / 紫子
Reiki Sound spa (Relax) / Purple-ko
- 8:00 pm 靈氣公益夜 / 紫子
Reiki Charity night / Purple-ko

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靈氣公益夜

Reiki Charity night

逢星期一 6:30 - 7:30 pm, 星期五 8-9 pm
Every Monday 6:30 - 7:30 pm, Friday 8 - 9 pm

療癒自己同時支持精神健康

Heal yourself and Support Mental Health

隨緣樂助 (建議捐款 \$200)

Pay as you wish (Suggested donation \$200)

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靈氣深層熟睡

Reiki for better sleep

逢星期二 12:30 - 1:30 pm, 6:30 - 7:30pm; 星期四 8 - 9pm
Every Tuesday 12:30 - 1:30 pm, 6:30 - 7:30pm; Thursday 8 - 9 pm

覺醒煥發活力的祕密!

Awaken and Revitalize: The Secret to Renewed Energy!

體驗價 \$200

Trial \$200

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靈氣音療

Reiki Sound Spa

逢星期一 8 - 9 pm, 星期五 6:30 - 7:30 pm
Every Monday 8-9 pm, Friday 6:30 - 7:30 pm

身心靈的寧靜時刻!

A moment of tranquility for the mind, body, and soul!

體驗價 \$200

Trial \$200

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手碟工作坊&療癒

Handpan workshop & healing

逢星期三下午 6:30 - 7:30pm (工作坊); 8 - 9 pm (療癒)

Every Wednesday 6:30 - 7:30 pm (Workshop); 8 - 9 pm (Healing)

體驗迷人的手碟之旅!

Embark on a captivating journey with the mesmerizing Handpan!

體驗價 \$200

Trial \$200

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靈氣運動創傷復元

Reiki for sports injuries

逢星期一中午 12:30 - 1:30pm
Every Monday 12:30 - 1:30 pm

專為運動傷患復原而設的靈氣拉伸冥想療癒!
Reiki stretching and meditation experience designed for sports injuries recovery

體驗價 \$200
Trial \$200

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靈氣占卜術

Reiki divination - life guidance

逢星期二下午 8 - 9

Every Tuesday 8 - 9 pm

👁️ 發掘靈氣占卜的力量，獲得生活指引！ 👁️

Unleash the power of Reiki Divination for life guidance!

體驗價 \$200

Trial \$200

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靈氣能量淨化

Reiki Metatron's cube energy cleansing and activation

逢星期四下午 6:30 - 7:30pm

Every Thursday 6:30 - 7:30 pm

淨化，帶來平衡、和諧和正能量

Energy cleansing, bringing balance, harmony, and positive energy.

體驗價 \$200

Trial \$200

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成為會員

Become Member




一個月內消費超過\$8,000元, 即可成為會員, 會員資格有效期為一年



To become a member, you need to spend over \$8,000 within a month.
Once you meet this spending requirement, your membership will be valid
for one year.



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成為大使

Be our ambassador

鼓勵您的朋友從我們的工作坊中受益
Motivate your friends to benefit from our workshops

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成為大使

Be our ambassador

推薦成員參加工作坊

Motivate your friends to benefit from our workshops

	回贈給推薦大使 Rebate for ambassador
頭1位推薦成員 1 recommended participant	10%
第2位推薦成員 2 recommended participant	15%
第3位推薦成員 3 recommended participant	20%
推薦4位或以上成員 recommend 4 or more participants	30%

- 推薦數量的計算是從首次推薦開始的3個月內。
- 回贈百分比基於大使從新加入者那裡收取的收入。
- 大使將負責從新加入者那裡收取付款及協助登記
- 大使可以決定是否向被推薦人提供回贈。
- 此回贈不能與其他折扣或優惠一同使用。
- 量思保留一切權利。

- The calculation of the number of referrals is based on the first referral within a 3-month period.
- The rebate percentage is based on the revenue collected by the ambassador from the new joiner.
- The ambassador is responsible for collecting payments from the new joiner and assisting with the registration process.
- The ambassador has the discretion to decide whether to provide a rebate to the referee.
- This rebate cannot be used with other discount/ offer.
- The Extra Club reserves all rights.

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組織健康

Organizational Wellness

提升銷售、產生潛在客戶、吸引和保留頂尖人才、培養更健康的員工團隊、讓客戶更滿意以及更多!

Boost Sales, Generate Leads, Attract and Retain Top Talent, Foster a Healthier Workforce, Delight Customers, and More!

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組織健康活動範例

Sample Organizational Wellness Program

靈氣深層熟睡 覺醒煥發活力的祕密！

透過靈氣體驗深度寧靜與恢復，享受深層熟睡的力量。讓靈氣的溫柔觸碰和療癒能量引導您進入深度、寧靜的睡眠狀態。告別不安寧的夜晚，醒來時精神煥發。探索靈氣帶來的深度療癒，迎接深層休息和內心平靜的旅程。

- 什麼是靈氣？
- 改善睡眠的靈氣引導冥想
- 改善睡眠的小貼士和分享

Reiki for better sleep Awaken and Revitalize: The Secret to Renewed Energy!

Experience deep tranquility and restoration through Reiki, and embrace the power of profound, restful sleep. Let the gentle touch of Reiki and the guiding healing energy lead you into a state of deep serenity during sleep. Bid farewell to restless nights and wake up refreshed and revitalized. Explore the profound healing brought by Reiki and embark on a journey of deep rest and inner peace.

- What is Reiki?
- Guided meditation for better sleep with Reiki
- Tips for better sleep and sharing

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組織健康活動案例

Case Study: Organizational Wellness Program



AIA Vitality Hub - Reiki Gong bath meditation



The Hari Hotel - Reiki meditation session for guests



AIA Carnival - Reiki Sound bath for families and public



A Ma Cultural village - Outdoor Gong bath

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組織健康活動案例

Case Study: Organizational Wellness Program



Project S x The Extra Club - Spin, stretch, meditate



SRL alumni gathering - Gong bath with Reiki meditation



Sofitel Fitness Club Day - Reiki Sea Drum meditation with crystals



HELP (NGO) - Christmas HIIT & meditate

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醫療使用

Use in Medical Community

靈氣療法在醫學界越來越受歡迎，全美有 800 多家醫院將靈氣療法作為醫院護理的標準組成部分。靈氣也是美國耶魯大學護理學院必修科目，世界各地有許多醫院設有靈氣治療師為癌症病人進行輔助性治療。

2018 年哈佛大學的一項研究表明，“靈氣減輕了成年人的心理抑鬱。生物療法（例如靈氣）似乎確實有助於減輕各種患者群體的疼痛和焦慮”。

哈特福德醫院的一項研究指出，靈氣療法使患者睡眠改善了 86%，疼痛減輕了 78%，噁心減輕了 80%，懷孕期間的焦慮減輕了 94%。

Reiki is becoming increasingly popular with the medical community, with over 800 hospitals across the U.S. offering Reiki as a standard part of hospital care. Reiki is also a mandatory subject at the Yale University School of Nursing in the United States, and many hospitals around the world have Reiki practitioners who provide complementary therapy for cancer patients.

A research at Harvard in 2018 stated that "Reiki reduced psychologic depression in adults. Biofield therapies (e.g. Reiki) do appear to be useful for reducing pain and anxiety in various patient populations". A research study at Hartford Hospital indicates that Reiki improved patient sleep by 86 %, reduced pain by 78 %, reduced nausea by 80 %, and reduced anxiety during pregnancy by 94 %.

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了解量思

Learn more about The Extra Club

我們的使命是通過提供有趣且可持續的整體健康服務來創造幸福，這些服務包括有趣和具有挑戰性的冥想、音療、森林浴、和心態培養。

我們的願景是成為最值得信賴的整體健康合作夥伴，培養快樂並散發愛及正能量的人。

Our mission is to create happiness by providing holistic wellness services which are fun and sustainable. Our holistic wellness services include meditation, sound bath, forest bath and mind-set coaching.

Our vision is to become the most trustworthy holistic wellness partner of our participants, developing individuals who are happy, spread love positive vibes.

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認識創辦人

Meet our founder

金蕉 Master 是一位能量大師、催眠師、人生教練，擁有非常多元的科學背景。她致力於幫助人們改善睡眠、釋放創傷，過上更美好的生活。她熱衷於ESG倡議和賦予女性力量。

Mish is an Energy Master, hypnotherapist, and life coach with a diverse science background. Her passion lies in assisting people in achieving restful sleep, releasing trauma, and enhancing their overall well-being. She is also deeply committed to ESG initiatives and empowering women.

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創辦人 - 金蕉 MASTER

Master Mish, The Extra Club Founder

- 美國認證催眠師：增長靈性、釋放童年創傷、前世回溯等。
- 豐富經驗：靈氣大師、聲音治療大師、人生教練、健身教練，修練 Vipassana、昆達里尼、NLP 等。前管理諮詢和銀行高管，同時也是休閒飛行員。
- 科學方法：英國科學碩士，以證據為基礎，追求最佳健康狀態。
- 師承名家：曾受到前日本首相和自由潛水世界紀錄保持者的指導。
- 培訓優秀學員：過去的靈氣學生包括前法國外交官、律師、心理學家和五屆美國空手道冠軍。過去在知名的五星酒店、國際管理諮詢公司、銀行和大學進行教學。現居香港。
- U.S. Certified Hypnotherapist: Develop spirituality, release childhood trauma, explore past lives and more.
- Diverse Experience: Reiki Master, Sound Healing Master, life coach, fitness instructor, practiced Vipassana, Kundalini, NLP and more. Ex-Management Consulting, Banking executive and leisure pilot.
- Scientific Approach: Master of Science graduated in the U.K. Evidence-based practices for optimal well-being.
- Trained by the Best: Mentored by ex-Japan Prime Minister and Freediving Record holders.
- Training the Best: Past students include ex-French diplomat, lawyer, psychologist and five-time U.S. Karate champion. Previously taught at renowned international 5 stars hotels, management consulting firms, banks, and universities. Currently based in Hong Kong.

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收費

Fees

- 定制主題活動 - 帶領冥想和音療：每場活動時長1.5小時，最多22名參與者，收費為\$8,000+。
- 量思需要半小時的佈置和清理時間，在活動前後提供靈性活動方案、設備和指導人員。
- 合作夥伴負責提供場地。

特別優惠

- 在報價後的1周內簽約的首次合作價格：\$3,800。
- 如果The Extra Club可以將活動的照片和影片用於進一步的市場營銷和社交媒體上，我們將再提供\$1,800的折扣。

量思保留所有權利。

- Tailored themed event – Guided meditation with sound bath: \$8,000+ for 1.5 hour event for up to 22 participants.
- The Extra Club will need half an hour setup and half an hour clean-up before and after the event and will provide the spiritual event program, equipment and facilitators.
- The partner will provide the venue.

Special offer

- First-time collaboration price signed within 1 week of quotation: \$3,800
- If The Extra Club can use the photos and footage of the event for further Marketing and on social media, we will give a further \$1,800 discount.

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