

I suffered from PCOS, Migraines, Panic Disorder, Social Anxiety, and anger problems which interfered with my ability to work and maintain healthy relationships. I began using Reiki for myself in 2008, which enabled me to start managing my physical and emotional pain. I am now in a long term healthy relationship, with healthy friendships, a great job, and the ability to peacefully manage any difficult feelings when they arise. My family says I am much healthier and happier now.