

Please do not require registry of individuals who provide alternative well-being care.

My Reiki self practice kept me sane and functional during the long Covid lockdown.in 2018 I had chemotherapy. My Reiki practice gave me a sense of hope and renewal.

When I was recovering from my concussion in 2017, my Reiki practice reliably brought me a sense of peace and relaxation so I could survive the intense headaches and negative feelings.

For me, Reiki is a meditation that keeps me centered and balanced.