What Is Reiki? How Energy Healing Supports Whole-Person Wellness Transcript

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Reiki Energy Healing Basics

And so Reiki uses energy. So I use my hands over over the client and my energy interacts with their energy and what we want to do is, is kind of open up all those pathways of those chakras and, you know, unclog or rebalance the the energy pathways so that people, you know, they feel better.

It's good for emotional health. Good for physical health is good. For spiritual health, it's just good