

What can Reiki do?

This list has been comprised through anecdotal research. Clients have reported feeling:

- More creative
- More balanced
- Less emotional
- Less stressed
- More relaxed
- More vitality
- More awareness
- Less or no pain
- More ability to fall asleep quickly
- More ease of movement

These reported benefits generally lasted at least three to ten days, and often the original problem did not re-occur.