



What is Energy Wellness?

Energy balancing, also referred to as Reiki, is a holistic practice that activates the body's subtle energy systems to remove blockages caused by stress and/or trauma. Reiki can also bring about profound transformation for a soul once they are ready for the shift. It will only address what the soul is prepared for.

Our bodies are made of energy, constantly vibrating at different frequencies. The energy body is composed of chakras—energy transmission centers that regulate physical, emotional, and mental well-being. Reiki can help stimulate and restore balance to these centers when they are blocked. By breaking through energetic blocks, the body's inherent ability to heal itself is activated, promoting deep relaxation, improved sleep, reduced stress, and relief from tension and fatigue.

Energy balancing is based on scientific principles. Basic physics teaches us that everything is energy—even solid objects, like a table, are constantly vibrating at a molecular level. As humans, we, too, are vibrating energy beings. When people say someone has “good vibes,” they are actually referring to that person's vibrational frequency—and those in alignment with their higher self tend to vibrate at a higher frequency.

Reiki is for everyone: adults, children, the elderly, and even animals. It can be harnessed to improve the health of relationships, situations, environments, and even our planet.

Because Reiki is holistic, it works on the physical, emotional, mental, and energetic levels—bringing the body back into alignment with its natural ability to heal. By releasing deep-seated energetic blockages, many have experienced profound shifts in their well-being, including:

✓ **Emotional balance** – reduced anxiety, stress, and emotional overwhelm

✓ **Mental clarity** – easing of racing thoughts and improved focus

✓ **Physical well-being** – pain relief, tension release, improved sleep

✓ **Spiritual alignment** – a deeper connection with self and purpose

 **Further Exploration:**

 **What to Expect During a Session** – Learn how energy work unfolds and how to prepare.  [What to Expect](#)

 [The Chakra Guide](#) – Explore the energy centers that influence your well-being.