



What is Reiki & Energy Healing



Distant Reiki and Energy Healing is a practice where healing energy is sent remotely to a person, regardless of their physical location. Unlike in-person sessions, this method involves the practitioner channeling energy to the recipient from a distance, often using visualization or intention to focus the healing energy.

Benefits of Distant Reiki & Energy Healing include:

- Convenience: Receiving healing without needing to be physically present, making it accessible from anywhere in the world.
- Energy Balancing: Achieving relaxation and balance in your physical, emotional, and spiritual energy even if you are not in the same location as the practitioner.
- Flexibility: Scheduling sessions that fit your needs and lifestyle, as the practitioner and recipient do not need to be in the same place.
- Distant Reiki and Energy Healing operate on the principle that energy is not bound by physical distance, allowing for effective healing and support no matter where you are.

