

## Reiki and Anxiety, Depression

Anyone suffering from Anxiety, Stress or Depression understands how difficult it is at times to perform even the most routine tasks. The uneasiness, doubt, insecurity or even fatigue can hold them hostage, keeping them from the joys and challenges of daily life. The world can become a very small place, where a sense of security or isolation is preferable to the overwhelming despair, panic, or feelings of inadequacy that can happen when forced to maintain a normal existence.

Running through us all is an energy system that ebbs and flows naturally. Under normal conditions a goodnight's sleep, acknowledgment and praise from friends and family, personal achievements, vacations, celebrations and other positive events revitalize us. This ability to draw on the reserves of energy also helps to get us through the tough times. Yet, when faced with these particular imbalances and inner conflicts, we have difficulty tapping into this energy to build ourselves back up again.

Having a Reiki treatment allows the body a time out to rest, relax, and return to that place of peace within, where healing happens. Calm, healing energy is offered during treatments and issues, traumas, and negative thoughts can be worked through. Often a new perspective or coping skills for healing are offered. Clients find that Reiki allows them an opportunity to 'let go', while revitalizing their energy, ending in a potentially more balanced outlook to their life situation.

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