

The emails I send after sessions are often lengthy. Here is a short clip from an actual reading from a recent distance Reiki Sessions:

“Solar Plexus Chakra - As I'm here, it seems when it comes to confidence, that the outside doesn't match the inside. On the outside there is strength, clarity, independence... but on the inside feeling a buzzing, swirling, unrootedness. It's possible you need a lot of alone time to balance and align before being around people again every day? This strength on the outside has been a service to you most of your life, and now it's not feeling good. It's our goal to feel an alignment of the outside and inside. Don't be afraid to show "weakness", a need... it shows others how to be more of themselves as well AND it will help you feel more seen and cared for.”