

Having been raised as an open-minded individual and hearing about Reiki in the past, it intrigued me. I believe there are people that are born with a 'gift' for healing, and I can tell you first-hand, how Wendi and Reiki therapy treatment helped me through one of the most difficult times in my life.

In October 2007 my health rapidly took a turn for the worst. I had gotten an infection in the tissue of my left ankle, in which the skin swelled significantly and was very painful. Over a matter of days, this infection progressed into an incredibly degenerative inflammatory disorder of the joints and muscles throughout my body.

After days of doctors, specialists, emergency room visits, laboratory work, joint tabs, ultrasounds, and x-rays, I was left with more prescription medications than I have ever seen in my life. All that, and no diagnosis, and no real path toward treating the symptoms of pain and swelling, which had made me unable to walk at times.

After days of my friends and family gathering to my house to help me get through my days, many hours of those days I spent fairly immobile with no coordination or ability to grasp or hold onto a spoon or a child-sized bottled water, my dearest friend, at that point, reminded of Wendi at Peaceful Spirit. My friend adamantly told me that she was going to 'give Wendi a call. What have you got to lose?'

With all that I have heard about Reiki, it peaked my curiosity, and my interest. Not having enough of an understanding of the true meaning and benefit of Reiki therapy, I admit that I was a little skeptical about 'spiritual healing' in any form.

That same day, at my physical and mental worst, my mind cluttered with 'chatter,' I realized that my faith and hope were as exhausted as my physical and emotional self. At that moment, we called Wendi to discuss my situation. She happened to having an opening for me that same day, as if the schedule was waiting for me.

Wendi's shop fits the name so perfectly. Upon entering her office, you can feel the positive energy and this incredible sense of comfort and safety. Wendi sat with me and explained the Reiki therapy to me and how it could help me, not only physically, but emotionally and spiritually as well.

Wendi has an enchanting, soulful voice that is as calm as the coo of a sleeping infant. As I lay on the table, under the heat of Wendi's hands, I felt a warmth, an energy, that I have never felt before. I could feel the stress and the tension in my body slowly release from my body, as if those feelings had taken a physical presence of a silk scarf and slid to the floor. My breathing was rhythmic and hypnotic, along with the rhythm of the light music in the background. I felt lighter, my breathing easier, and for the first time in weeks...There was no pain during the treatment. It was like being suspended in air, yet I was not afraid. I was in a safe environment, with a practitioner whom I trusted completely. Actually, I had fallen into a conscious yet meditative-sleep during the treatment. After the Reiki treatment, Wendi advised that I could stay lying down for as long as I needed. As I breathed the scented air deeply, did some

stretching, and began to sit up, I realized that for the first time in weeks, I was able to get up from a lying position on my own!!

Having 2 further Reiki treatments within that same week, the pain continued to subside. The ankle swelling was almost completely gone, and I was able to do more things independently. The mental chatter subsided. The toxins had risen to the surface and dissipated! My whole being, inside and out, had become realigned as one.

To this day, I am still unable to find words that express sincerely from my heart, how Wendi has changed my life. She truly has a well-developed gift of healing, tuning into an individual's physical and emotional needs, and feeding those with the positive energy and light they need.

Even though I do not have the answers to what medically happened to me, I was given the opportunity of a lifetime to open the closed doors of my body and soul for healing at Peaceful Spirit, and I am well on my way to a happier, healthier life.

Even if you are skeptical about 'that which you cannot see,' please consider talking with Wendi about the benefits of Reiki Therapy. Knowledge is power, and we all have the power to seek a higher understanding of 'that which we cannot see.'

Blessings of peace and comfort,
Jenn T.
Feb 19th, 2008