

Reiki for Anxiety, Stress Relief and Healing - Main Report Executive Summary ~ 500 words

A little stress can be a good thing. It pushes you out of your comfort zone and raises your performance level, motivating you to do your best. Unfortunately, overwhelming stress is a problem for many with a hectic, fast-paced lifestyle that is common in the modern world. You never seem to be able to handle all of your commitments, new issues appear out of nowhere, and this can lead to high levels of stress and anxiety.

Unfortunately, stress can lead to heart disease, overweight and obesity, autoimmune diseases and even neurological disorders. "Reiki for Anxiety, Stress Relief and Healing" explains a natural way anyone can prevent, and treat, stress, anxiety and the many health conditions untreated stress can cause. This summary contains a chapter by chapter outline of that special report.

Chapter 1 – What Is Reiki?

Reiki is an alternative healing method which has its roots in traditional Chinese medicine (TCM) and Indian (Ayurvedic) healing methods. It is noninvasive, requires no drugs, chemicals or medicines, and works by healing a person's internal energy force.

By lightly touching the patient, or by moving hands just over the skin, a Reiki healer resets imbalances in a person's chakras, or energy centers. Specific health benefits can be targeted, while overall mental and physical health is improved as well.

Chapter 2 – What Is Stress?

Stress is a natural human response to perceived danger. Stress triggers the fight or flight response intended to protect you from a myriad of threats. When the adrenaline produced by stress is produced unnecessarily, problems develop. Chronic stress, as well as infrequent stress that is untreated, can lead to negative health conditions affecting the:

- digestive system
- metabolism
- heart
- lungs
- musculoskeletal system
- nervous system
- immune system

Chapter 3 – What Is Anxiety?

Anxiety is closely linked to stress, and is common and natural. Worrying about an upcoming test or business promotion is normal. Anxiety disorders are mental health issues which are abnormal, where anxiety and worry interfere with a person's daily, normal routine, and quality of life.

Chapter 4 – How Can Reiki Relieve Stress and Anxiety?

Stress and anxiety cause imbalances in your energy levels. They can also arise from blockages in your natural energy flow which create self-limiting and problem-causing beliefs. A Reiki attunement releases old, stale energy, brings your life back into balance, and fills you with naturally healthy life force energy levels.

Chapter 5 – What to Expect from a Reiki Treatment

Reiki treatments require no shots, needles, hospitals or medicines. The healing hands of a Reiki teacher recharge your natural energy centers and balance them. As a result, you may experience a noticeable change in body temperature, a tingling sensation, feelings of peace and tranquility, a mildly upset stomach and waves of energy coursing through your body. Emotional changes are sometimes experienced, as your body cleanses itself of negative ideas and feelings, and replaces them with healthy energy.

Chapter 6 – Other Energy Treatments You Can Use at Home

Aside from Reiki, there are other alternative healing methods that tap your maximum energy levels. The following energy treatments can be practiced to effectively treat stress, anxiety and the health conditions which accompany them.

- **Kenyoku** – Also called Dry Bathing, you move your hands up and down, either lightly touching or hovering over your body, as if you are washing yourself.
- **Puffing Out** – This is a breathing method which alleviates stress, and can be practiced in under 60 seconds.
- **Gassho** – You manipulate your heart chakra by pressing lightly into your chest while breathing onto your fingertips.
- **Energy Ball** – This healing process creates a ball of energy you use to treat stress and anxiety.
- **A Rainbow in Your Hands** – You create an invisible rainbow of energy which begins the healing process.
- **Chakra Work** – This process can be directed at a specific chakra (energy

center), or can be used to balance all of your chakras.

Conclusion

Stress and anxiety can ruin mental and physical health. From heart disease to obesity, and autoimmune disorders to mental health issues, untreated stress can cause serious problems. Reiki is a medicine-free treatment method which has been proven to reduce the effects of stress, can be practiced anywhere, and can be learned by anyone.

The conclusion closes with a list of helpful resources.