

**T**oday changes and challenges (Covid19) have created many levels of stress, loss, and trauma that have touched everyone—especially in the caregiving field. The changes created by the pandemic have touched the lives of mothers taking care of children, spouses taking care of their seriously ill spouses, the single widowed dad or mom who now does all the childcare and rearing duties, adult children looking after parents, and caregivers looking after the elderly. Caregiving in its many forms requires dedication, work and effort. The most common concerns for caregivers are ongoing stress, physical challenges, and the emotional rollercoaster rides that many quietly carry inside.

### **Benefits of Reiki Energy Healing for caregivers**

It does help to reduce stress. Caregivers are often prone to chronic stress. They may not talk about it, but their body's energy field can actually create it. Reiki Energy work encourages the body to shift from the stress mode into that of deep relaxation. With each session, the caregiver has their chance to receive, to slow down, and to relax.

That shift can start their body's own healing process. It can reduce pain, lessen emotional and mental stress, and calm the spirit. Reiki empowers the healing energy force of the body and strengthens the immune system. A Reiki session can aid the body's ability to restore overall balance and well-being. It's like a system reboot.

**Reiki empowers the caregiver to see their need for self-care and recharging.** It is hard to help another with an empty cup. When caregivers are worn out, they can't be their best. They learn that 24/7 care of another often comes at the cost of their own self-care. Many caregivers need the reminder that self-care should be on their "to-do" list. Reiki empowers the individual to reconnect to their intuition after constantly putting another's needs before their own. With emotional and mental healing comes a stronger sense of what their own well-being feels like when it is recharged.

A Reiki session is not just good for one's health and wellness, it is down time for the caregivers to receive, breathe, and let go. Reiki energy allows the caregiver's body, mind, and soul to relax for a moment in order to reconnect, recharge and be restored.

If the busy caregiver doesn't feel they have time for self-care, a Reiki session can be done remotely. The Reiki practitioner connects via phone, FaceTime, or Skype for a short visit. Yet, to see the caregiver in person in the Reiki space is a special connection—fewer distractions and the caregiver is more present in their healing session, making way for deeper benefits.

Call or text for appointments - please leave a detailed message.

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Reiki is one of the leading safe Energy Medicine approaches. The study summaries provided by the Center for Reiki Research are the best source for information on Reiki Research.

- C. Norman Shealy,  
M.D. Ph.D.