

For Immediate Release

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War veterans and victims of violence enlist Reiki to improve healing

“Even the government is beginning to be interested in alternative care to help Veterans”, says Seattle-based Reiki Master Eileen Dey, who is traveling around the Pacific Northwest speaking to groups about Reiki healing.

“More and more people who have experienced violence and traumatic stress are turning to the Reiki for help in healing their pain”, she says.

Craig, a war veteran, experienced uncontrollable rage by the end of each day.

Jesse, another war veteran, overcame a hyper-vigilance and fear that he was about to be attacked by anyone who approached him physically.

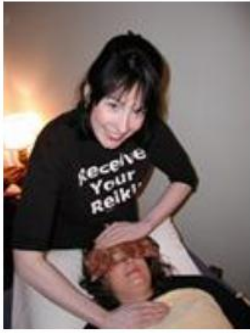
Mark felt the long term leg pain from shrapnel wounds all but disappear for the first time in years during his second Reiki treatment.

There is growing awareness and acknowledgement of the benefits of Reiki on Post traumatic Stress Disorder and other healing injuries.

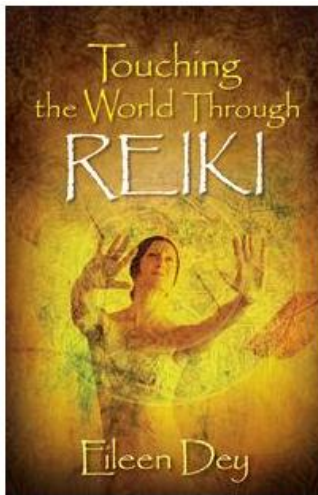
In her new book, ***Touching the World Through Reiki***, Eileen Dey describes the techniques and benefits of this gentle and profound method of healing.

"Rei" means "Universal" and "Ki" (like "Chi") means "Energy". Reiki is life force energy. It flows through a person the way electricity flows through wires. This energy is often described by both the Reiki practitioner and the Reiki client as a tingly sensation that produces soothing warmth.

Reiki was discovered by Dr. Mikao Usui 1865-1926 after a 21 Day Meditation on Mt. Kurama in Japan in the late 1800's. One student of Dr. Usui, trained twenty-two other Reiki Masters, including Phyllis Furomoto in the United States, to use and teach this healing system. From those original twenty-two, Reiki has spread around the world and is now used by thousands of people today.



Reiki is like acupuncture without needles, it brings the body/mind into balance. It reduces stress and anxiety, relieves tension in tight muscles, and reduces anxiety. It returns an organism (human or animal) to a state of balance, through relaxation, allowing healing to commence.



Touching the World Through Reiki
Eileen Dey

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For more information visit www.reikifellowship.com

Eileen Dey M.A., LMHC., began her career helping others as a social worker. She earned her Master's degree in counseling from Montclair State University. She founded and directs the only state certified vocational school of Reiki in the US and maintains a private practice as a licensed medical health counselor in Seattle, Washington.