

Allison Myers, M.Ed.

Reiki Master Teacher



Philosophy

Reiki comes from the Japanese word Rei, for universal life force, or the energy that exists everywhere. It is based on the technique that our life force energy that flows through us can become unbalanced or stagnant. This follows with the same energy philosophy as the Chinese practice of Acupuncture. Reiki can ease pain and discomfort as you relax into a deep meditative state.

Since achieving the Master Teacher level certification in 2014, I have been practicing and teaching Reiki, including methods to utilize Reiki in all aspects of daily life. I have been amazed at how deeply this technique is felt by my clients. I use my training and intuition to help you increase your body's natural self-healing ability.

I have been trained in several different healing modalities we can use to customize your session. Essential oils, sound therapy, healing stones and a hand relaxation technique that is great for those of us who use computers all day! Email me if you would like more information. Allison.NCDA@gmail.com

Education

BA - Child Development Specialist - Gallaudet University, Washington, D.C.

MA – Education, Educational Psychology and Counseling – California State University Northridge

Current Certifications

Reiki 1, 2 and Master Teacher - 2014