

# Report on Reiki Healing

*By Yogacharya & Reiki Healer Expert Ms. Neha*

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Number of Participants: 25

An expert lecture on Reiki healing was organized in CCSD, YMCA on 11 April 2026 to spread awareness about natural healing techniques and healthy living. The session was conducted by an experienced **Yogacharya and Reiki healer expert, Ms. Neha**, who shared valuable knowledge about the importance and benefits of Reiki healing.

During the lecture, Ms. Neha explained that Reiki is a holistic healing technique that promotes physical, emotional, and spiritual well-being developed by **Mikao Usui**, based on the concept of universal life energy that flows through every individual. She highlighted how imbalance in this energy can lead to stress, anxiety, and health issues.

As a Reiki practitioner, I believe that stress, negative emotions, and unhealthy lifestyles can block this energy flow, leading to imbalance and illness. Reiki works by channeling positive energy through the hands of the healer to the recipient, helping to restore harmony within the body.

The practice is gentle, non-invasive, and deeply relaxing. During a Reiki session, the individual experiences a sense of calm, reduced anxiety, and inner peace. Many people also report improved sleep, better emotional stability, and relief from physical discomfort.

Reiki does not replace medical treatment but acts as a supportive therapy that enhances the body's natural healing ability. Regular practice can lead to improved overall wellness and a more balanced life.

In conclusion, Reiki healing is a powerful yet simple technique that nurtures the mind, body, and spirit, guiding individuals toward a healthier and more peaceful life.



