

The Impact of Reiki Treatments (Hands-on Energetic Healing) and Existential Well-Being Counseling in Reducing Stress and Improving the Well-Being and Quality of Life of Young People

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Abstract

This research focuses on mind-body emotions and reveals the essence of bringing balance through Reiki Energetic Healing (Hands-on Healing) and Existential Well-being Counseling. The focus of this research were nine participants from aged 18 - 40 who volunteered, could understand the purpose of the research and looking into living a balance in his or her life by unblocking, filtering, and recognizing thoughts and clearing blockage in Chakras through Reiki Energetic Healing. Existential Well-being Counseling: A Person-centered Experiential Approach were provided for three participants which resulted positive along with Reiki Energetic Healing. The significance of this study brings awareness of holistic and alternative way of Energy healing through infusing the body with charged magnetic energy from the practitioner's own field through support, love, compassion, and respect. The experiential approach focused on the innate wisdom of being human has the tendency to evolve in a forward-moving direction. This approach helped the participant on how to become aware of this deeply felt knowledge by giving attention to his/her body as felt from the inside and to emotions. The person-centered approach encourages building human relationships through empathy, respect and authenticity. Like meditation, Reiki is a passive rather than an active skill-based practice, and both would be more accurately placed in a category of holistic/spiritual healing practice rather than under the interventionist perspective and practice of energy medicine. The research was conducted in Bangkok, Thailand. This is a Qualitative Research where nine participants filled in participant forms about themselves and three other forms after every Reiki session. The treatments were conducted by three Reiki Master Teachers and one Reiki Master who volunteered to support and provide Hands-on healing in order to gather sufficient information about improvements and avoid being bias. The Existential Well-being Counseling encouraged in developing attitudes for well-being and quality of life. The Reiki treatments have illuminated a valuable insight that each respondent received three treatments and have understood, becoming aware, felt relaxed, healing, healed and self-evaluated the progress. Some participants had a keen interest to learn Reiki, practice Meditation and became aware about the necessary facilitation of well-being and relationships after feeling and seeing the results through awareness and counseling. The two-way approach, doing a Reiki session and existential well-being counseling is beneficial, essential, and effective.

Keywords: *Holistic; Psychology; Mindfulness; Reiki Energetic Healing; Quality of Life; Emergency Well-being Counseling; Healing; Balance; Existential Well-being Counseling; Well-being; Education; Health; Spiritual and Biological Education*

Abbreviations

CAM: Complementary and Alternative Medicine; TT: Therapeutic Touch; HT: Healing Touch; EWB: Existential Well-Being; ELF: Extremely Low Frequency; SQUID: Superconducting Quantum Interference Device

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Introduction

It is the constant buzzing of thoughts and external knowledge learnt about how one should lead his or her life that develops anxiety. The influence of mind - body emotions can be balanced and healed through Hands-on Energetic Healing. Various researches have been conducted on Reiki therapy as an alternative healing for people in sickness. However, very few have extension to how Reiki - Energetic healing can enable people balance and bring awareness of their emotions on daily basis that affect their physical health. "We now have a set of logical, testable and refutable hypotheses that can account for the effects of various energetic therapies," according to James L. Oschman, Ph.D., one of the leading authorities on the science of energy medicine, states in his book *Energy Medicine in Therapeutics and Human Performance*. In the early 1980's, Dr. John Zimmerman began a series of breakthrough studies on therapeutic touch, using a SQUID magnetometer at the University of Colorado School of Medicine in Denver. Zimmerman discovered that a huge pulsating biomagnetic field emanated from the hands of a touch therapy energetic practitioner. The frequency of the pulsations is not steady, but "sweeps" up and down, from 0.3 to 30 Hz (cycles per second), with most of the activity in the range of 7 - 8 Hz.

The biomagnetic pulsations from the hands are in the same frequency range as brain waves and scientific studies of the frequencies necessary for healing indicate that they naturally sweep back and forth through the full range of therapeutic frequencies, thus being able to stimulate healing in any part of the body. Entrainment occurs when two objects are synchronized by a common vibration or frequency level. This kind of entrainment is common among energy healers in the process of working on clients. Researcher Robert C. Beck used EEG recordings to study brain wave activity in a variety of practitioners in the act of healing, and they all registered brain wave activity in the alpha state, averaging about 7.8 to 8.0 Hz. He concluded that during active therapy, healers' brain waves became phase and frequency-synchronized with the earth's electromagnetic spectrum.

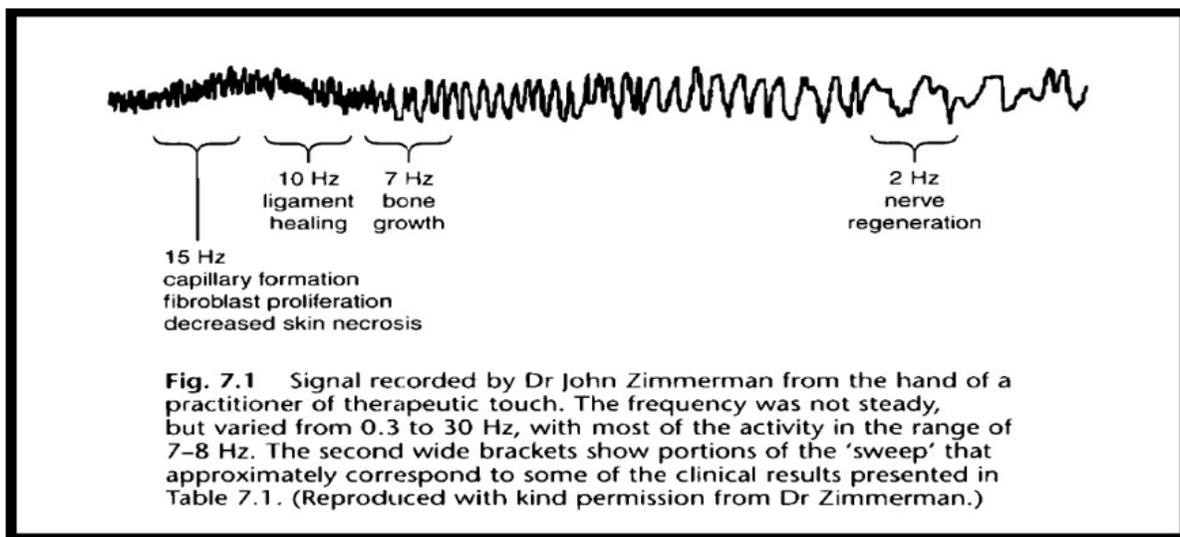


Figure 1: Source: Zimmerman J. (1990).

Moreover, Wardell and Engebretson [1] conducted a single-group repeated measures design study to evaluate selected biological markers for the effects of Reiki on stress reduction. A convenience sample of 23 healthy subjects were recruited with no other sampling

criteria detail reported. Each participant received one 30-minute Reiki session in the research office and data were collected before, during, and immediately after the session for the following: salivary IgA, cortisol, blood pressure (BP), electromyography, and the State-Trait Anxiety Inventory (STAI). The t test results showed that state anxiety mean scores were lower after the Reiki session ($M = 26.17$, $SD = 6.26$) than before the Reiki treatment ($M = 31.96$, $SD = 9.73$), ($t_{22} = 2.46$, $P = .02$), with no prestate or poststate anxiety score distribution. A repeated measure analysis of variance (ANOVA) indicated a significant drop in systolic blood pressure (SBP) after the Reiki session ($F_{2,44} = 6.60$, $P < .01$). The researchers concluded that Reiki brought about stress reduction.

On the other hand, the researcher is a qualified - experienced Reiki Master- Teacher, Mindfulness & NLP Practitioner, practices Existential Well-being Counseling: A Person-centered Experiential Approach, and has provided many people from various age groups Reiki Energetic Healing (Hands-on Healing) and recognizes the impact of Energetic Healing that can have on the physical, mental, emotional, and spiritual areas of one's life. This helps and enables to release blocked energy that is congested and caused energy stagnation which eventually affects physical health. The researcher believes in a continuous learning process and is still mastering essential requirements in energetic healing. The significance of Developing existential connection, exploring sources of meaning in life, developing growth-promoting relationships and presence, developing non-judgmental empathic relating and responding, developing attitudes and interventions to facilitate intrapersonal conditions of growth, being aware of different styles of processing emotions, deepening skills for self-care and healing are several aspects that are needed to assist and enhance a person's healing and growth journey.

The researcher has been practicing Meditation for many years and understands how Meditation can also progress one's life through transmission and a spiritual awakening balancing one's life. Reiki (Hands-on) Energetic healing is for everyone, and implies free will; however, this research focuses on how Hand-on Reiki Energetic healing can improve the well-being of young people. Several psychologists and spiritual leaders, teachers, and practitioners, and creative authors in the modern society have encouraged and through creative and practical writing have published several books on incorporating holistic healing, mindfulness, compassion, meditation, emotional intelligence, and visualization as a key point to balance and manifest a compassionate, healthy and positive quality of life.

Research Objectives

The essential characteristics of a human life's journey are the true care of the activities of the mind and the soul. It is vital how an individual takes care of his or her health and expression of emotions plays a significant role in a healthy behavior. The physical body is merely a vehicle for the soul and the spirit. Reiki is a passive rather than an active skill-based practice, and both would be more accurately placed in a category of spiritual healing practice rather than under the interventionist perspective and practice of energy medicine. In relation to applying Existential Well-being Counseling: A Person-centered Experiential Approach and Developing the energy - through channeling and enthusiasm to bring awareness to the young people to connect more with their inner-self, being mindful in order to have a balanced and quality life, the following objectives are formulated:

1. Formulating suitable hypotheses that would determine factors affecting stress after meeting with young people. Participants will assess their fatigue and quality of life before and after the entire series of 3 Reiki or Hand-on Energetic Healing treatments.
2. To distinguish the changes in dealing with thoughts and stress of nine young people aged between 18-40 years after first Reiki treatment (Energetic healing). Participants will be filling forms and will explain the experience of the energy through laying on-of-hands.
3. To distinguish the changes in reduction of stress and dealing with work/study of nine young working people aged between 18 - 40 years after the third Reiki treatment (Energetic healing). Participants will be filling a form and will explain the experience of the energy through laying on-of-hands.

4. To bring awareness on applying Existential Well-being Counseling: A Person-centered Experiential Approach after a reiki session to assist the participant in his/her healing journey.
5. To monitor and evaluate that touch therapies such as Reiki may create changes in the brain that influence the receiver's body map and his or her somatosensory system (The somatosensory system is a complex sensory system. It is made up of a number of different receptors) therefore, teaching the recipient to experience the body in a new, more adaptive way.
6. To select two Reiki Master Teachers, one Reiki Master, and a Psychologist in Bangkok who justify, support, and discuss on essential needs of Reiki treatments, holistic approach, counseling on people to find a balance consequently reducing stress and embrace a better health and quality of life.
7. To construct and interpret understanding of self-created stress, sickness, and symptoms' that affect body organs or physical health for young people after 3 Reiki treatments by applying Dr. Christine's book on Frontiers of health from healing to wholeness [2].

Purpose of the Study

One significant reason for the lack of scientific valuation of Reiki - Energetic Hands-on healing may be that until very recently, Reiki has been primarily practiced by individuals outside of mainstream healthcare [3,4]. The researcher has a keen interest in a progressive and mindful society where mind, body, spirit work is embraced in working and personal life bringing balance and harmony. This helps in mental and emotional health concerns and to adopt a conscious living lifestyle. The researcher develops this research study to spread awareness to people globally.

This study emphasizes on the study of healing through the cleansing and unblocking congestion in the Chakras. Incorporating a bond that empowers one with the Divine Universal Spirit provides a path enabling a person to heal. It is about the knowing and the un-knowing that needs to be filtered and clear blockages that make a person think and feel in a particular way.

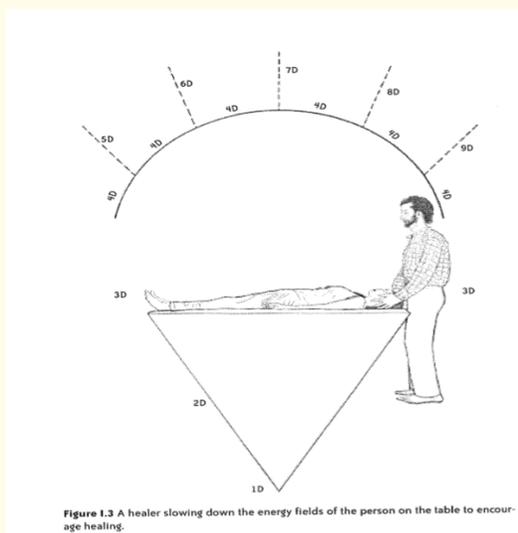


Figure 2: Energy field during healing process. Source: Barbara Hand Clow, Gerry Clow (2010).

The figure above illustrates the existence of the nine dimensions of human consciousness that can be proved by science, Barbara Hand Clow, Gerry Clow (2010). The healer is standing behind the person on the table and holds frequencies in his or her own body and helps the person shift his or her frequencies to encourage healing. For instance, 2D is the realm of inorganic matter becoming organic matter, and the beings there create all the codes of life. When we bring 2D frequency into the bodies, cells heal, DNA repairs, and blood flows like a pure crystalline stream. If the healer intuitively that the person's block is emotional or mental, the healer will polarize the energy in the client's body, and a canopy of emotional energy stimulated by the collective field - 4d will form over the client's body on the table. The healer charges this canopy with even more polarity, and the client will begin to see images or feel pain to clear the body block, that is trauma, releasing previously-blocked energy. Higher dimensions become available once the 4D blocks are cleared. The higher dimensions cannot be accessed without resolving polarity in our bodies. The higher dimensions - 5D through 9D- make portals in the 4D canopy when the person resolves the polarity and activates subtle consciousness.

Meditation and Reiki practice helped the researcher in healing her symptoms for Sinus and constant Headaches during her high school and early years of University education. This research enables to open doorways for people seeking alternative/holistic healing that brings relaxation, decreases stress, and also helps in the healing process of a person.

Significance of the Study

The knowing and realization of the purpose of soul is vital and the ignorance making one astray in the materialistic commitments creates blockages and blurs the ability to understand the efficacy of self-awareness, self-worth, self-love, self-respect, and self-expression. The digital age has swept people into a new cult of modernization. The emphasizes on psychospiritual education, compassion, and subjects related to energy is very much required to bring healing to people suffering from illness, emotions, depression, stress, and also offer insights to various ways balance life through a better quality of life and positive thinking.

This research study prepares people to be able to have a clearer picture of life and the ability to even be a successful entrepreneur who can be compassionate, mindful and yet fulfil ambitions. It's necessary for people to reduce and/or end of being fearful and bowing to norms that simply become a chain of fear and failed dreams for many people. The significance of this study brings awareness of Energy healing through support, love, compassion, and respect in various communities. It is an important asset and self-investment to understand certain patterns of negativity and end the cycle to it embracing a journey of positive and content life.

The significance of this work brings insight about Chakras, mental, emotional, spiritual, and physical energies that is embedded with ideas and attitudes about life and how it has been harvested over the years that tend to bring stress, headaches, self-esteem issues and other related outcomes. Thought patterns are often imprinted as impressions since childhood and also past lives where an individual is unaware of. This research will enable people to increase the level of consciousness through interaction between spirit and matter where people learn how to reduce and be aware of tactics that can get him/her free from pain, illness, and stress depending on severity. The clear knowledge of Chakras and healing will be explored and revealed through treatments justifying the assurance that Hands-on healing is an appropriate remedy for various issues and sicknesses for people keeping in mind the weight of the problem or sickness. Hence, it is significant to bring awareness to young people so that he or she can understand and learn how to adhere a healthy lifestyle embracing various mindful approaches.

Limitation of the Study

The results derived are not the ultimatum of revealing stress factors and how one can be healed. The results also depend on how the subjects/participants of this study understand the factors and deal with factors that bring awareness to his/her life and bring a change in his/her quality of life. Moreover, Reiki - Hands-on healing energy is directed by channeling through higher self and free will and that Reiki treatment can be conducted only through free will of participant.

Reiki energetic treatment is an alternative and/or add on healing medium and not to be considered as any final and/or ultimatum medical ailment depending on severity of stress or illness. Less research has been conducted on this area and many people are not aware about energetic healing and may refuse to go for well-being counseling. Because published studies of Reiki are a recent occurrence and are few, no attempt was made to narrow to a specific issue, diagnosis, or patient population. Hence, this research brings about a positive motive for a better and healthy community balancing mind, body, and spirit. This research limits to nine people and twenty-seven treatments and was conducted in Bangkok, Thailand.

Formulated Hypotheses

1. There is a change in reducing and/or no feeling of fatigue after Hands-on Energetic Healing.
2. There is an awareness in having a better quality of life after the Hands-on Energetic Healing and Existential Well-being Counseling: A Person-centered Experiential Approach.
3. There is a change in the way to deal with thoughts and stress after the Hands-on Energetic Healing and Existential Well-being Counseling: A Person-centered Experiential Approach.
4. There is a change in reduction of stress and dealing with study/work related issues after Hands-on Energetic Healing.
5. There is a change in feeling better about life and related sickness after Hands-on Energetic Healing.
6. There is a better understanding about Emotional, Mental, Physical, and Spiritual Energies/Bodies that affect body organs and health after Hands-on Energetic Healing.
7. There is an awareness of making better choices in about self and balance after Hands-on Energetic Healing and Existential Well-being Counseling: A Person-centered Experiential Approach.

Materials and Methods

In 2009 [5], it was learned by Callaway E. online reporter of New Scientist that His Holiness Dalai Lama is teaming up with Stanford University and a professor to launch a new research center dedicated to compassion and altruism. The centre's goals do not only focus on researching on how the brain deals with compassion but also utilizing the findings to improve people's lives. The necessary requirements in modern generation bring a collaborative network of people to facilitate essential means to progressing and bringing awareness to a better environment.

Moreover, research article by UCLA Rehabilitation Services, on Reiki really works: A Ground-breaking Scientific Study [6] stated by, William Lee Rand, the Founder of International Center for Reiki Training, testing of Reiki treatments in humans performed between 1993 and 2006 showed ratings from Satisfactory to Excellent, all suggesting that the benefits of Reiki treatments were positive in controlling pain levels in humans.

A 2007 survey showed that, in the United States (U.S.), 1.2 million adults tried Reiki or a similar therapy at least once in the previous year. Over 60 hospitals are believed to offer Reiki services to patients. Additionally, in relation to Engebretson and Wardell [7], all touch therapies contribute to a common similarity, explicitly, reinforcement to Eastern beliefs and philosophy. Reiki is an ancient energetic healing practice considered to have originated thousands of years ago in the Tibetan Sutras, and then renewed in the 1800s by Dr Mikao Usui, a Japanese monk [8]. Furthermore, these values on energetic healing practice are consistent with the belief that the human body requires a constant flow of life force energy for sustained health and wellness. Moreover, energetic balance or harmony requires biopsychosocial

and spiritual combination, generally reasoned as physical and spiritual healing. This conception provides as a chief founding for complementary and alternative medicine (CAM) energy work [1,8-11].

With reference to Cambray's book on Synchronicity - Nature and Psyche in an interconnected universe (2009), Synchronicity as "a meaningful coincidence" and "an acausal connecting principle" was a stimulating hypothesis when it was first published and has remained essential to the present. In it C. G. Jung aimed at expanding the Western world's core conceptions of nature and the human soul, mind or spirit. By requiring that we include and make room for unique individual experiences of life in our most fundamental philosophical and scientific views of the world, Jung challenged the status quo, urging us to go beyond the readily explainable, beyond the restrictions of a cause-effect reductive description of the world, to seeing the psyche as embedded into the substance of the world. Moreover, Jung [12-15] led us to see psyche as another prospective inbuilt in the singularity. As the universe expands from the ancient singularity and cools, matter is separate from energy nevertheless can interact with it and space-time emerges.

On the other hand, according to Agassi [16] Leibniz: "Body and soul are so adapted that a resolution in the soul is accompanied by an appropriate movement in the body;" "the tendencies of the soul towards new thoughts communicate to the tendencies of the body towards new shapes and motions". This psychosomatic (mental and emotional) parallelism caused Jung to acknowledge: "the possibility that the relation between body and soul may yet be understood as a synchronistic one. Working through such dilemmas begins with an act of acknowledgment. The analyst intentionally identifies the affect or actual state stimulated as related with the consumed "projection"-opening the mind. Next, cognitive empathy by the analyst for his/her own distressed internal state utilizes reflective understanding of the history and meaning of such creations within the analyst's own psychology. The projection of a person and the interconnection of human soul, mind or spirit can be balanced and emotions can come into awareness through Energetic healing.

Nevertheless, there is a scientific explanation for Reiki that is based on scientific studies and factual information. This explanation has been presented as a testable hypothesis by James Oschman, Ph.D [17]. Dr. Oschman discovered a number of important scientific studies that point to a scientific basis for energy medicine based on the laws of physics and biology. The electrical currents that run through every part of the human body provide the basis for Dr. Oschman's hypothesis. These currents are present in the nervous system, organs, and cells of the body. For instance, the electrical signals that trigger the heartbeat travel throughout all the tissues of the body and can be detected anywhere on the body. The heart has the strongest field, which has been measured at a distance of 15 feet from the body. The fields around each of the organs pulse at different frequencies and stay within a specific frequency range when they are healthy, but move out of this range when they are unhealthy. The hands of healers produce pulsing electromagnetic fields when they are in the process of healing, whereas the hands of non-healer do not produce these fields.

Additionally, in relation to Miles P and True G. PhD [3], hands-on Reiki treatment is offered through light touch on a fully clothed recipient seated in a chair or reclining on a treatment Reiki bed. A session can be as short or as long as needed, with full treatments typically lasting 45 to 75 minutes. Practitioners believe Reiki has the potential to rebalance the biofield at the deepest vibrational level, thereby removing the subtle causes of illness while enhancing overall resilience. Since Reiki is a holistic medium that supports overall healing and well-being, it is not possible to predict how quickly specific symptoms may respond.

Reiki is practiced at the First level, Second level, and Master Level, with each level having a defined scope of practice. At the core of the training, and unique to this practice, is a series of commencements, also called empowerments or attunements, which are believed to connect the student to ancient consciousness, the intelligence that permeates creation, maintaining life-sustaining functions and directing complex cellular processes, and which is the source of subtle Reiki vibration. This connection is believed then to be available at any time, regardless the student's health, mental state or intention. Self-treatment is viewed as the foundational practice for all levels.

Where Reiki (Hands-on) Energetic Healing is becoming known, it's vital to know about the founder of Reiki, Master Mikao Usui. Mikao Usui was born in Taniai village (now part of Miyama village) in Yamagata county, Gifu Prefecture, on 15th August 1865, into a family whose ancestors were Samurai, of the Chiba clan. Usui's father was called Taneuji and was also known as Uzaemon. His mother was from the

Kawai family [18]. Usui's interests ranged from biographies, history, medicine, psychology and theology (including Buddhist and Christian) to astrology, incantations (such as for removing sickness), physiognomy (face reading), shinsen no jitsu* (God Hermit Technique) and divination. His studies also took him abroad to Europe, America and China [19].

Moreover, Master Usui went through a period of fasting on Mount Kurama, near Kyoto (photo at right), during which he experienced a "great Reiki" around his head, Hiroshi Doi [18], Rick Rivard [19], Hyakuten Inamoto [20], Hiroshi Doi [18], Tadao Yamaguchi [21] an effect of which was that he obtained a Reiki Ryoho (Reiki healing method). The Reiki Attunements have a very powerful balancing and healing effect for the student. Since energy spins at different levels of vibration and frequency the attunements are split into three levels: Reiki 1, Reiki 2, and Master level 3. Master Usui picture and the Reiki symbols can be seen in the Appendix 2. Additionally, during the attunement process the Reiki Master Teacher acts as an open channel for the Universal Life Energy that is received by the student by the Crown chakra (top of the student's head and down through the body and back out through the hands. Reiki is a way of activating, directing, and applying natural energy for well-being of health, healing, balance, and wholeness. It was a natural way of healing where no tools or instruments are needed besides the Reiki practitioner, who channels the Reiki energy through his or her hands. Once a student has learned Reiki, the student is attuned to the Reiki energy by studying one of the three levels and has the ability to channel Reiki for life.

Below are the descriptions of Attunements to levels of Reiki (Hands-on Energetic Healing):

- 1. Attunement to Reiki Level 1:** The Student is taught the basic Reiki Symbols through a process of 4 attunements. At this level the Student can use the Reiki Energy to heal themselves and give hands-on healing to others. Reiki Level 1 works on physical body.
- 2. Attunement to Reiki Level 2:** A Student who has been attuned to Level 1 is allowed to proceed to Level 2 through a process of 4 attunements. At this level an even higher frequency of Reiki Energy is passed to the Student which allows them to use the Reiki energy for distance healing. The Student will be taught an additional 3 Reiki Symbols: The Power Symbol (Cho-ku-rei) is for cleansing, purifying, power and protection, The Mental/Emotional Symbol (Sei-hei-ki) for balance, love and harmony. It brings together the brain and the body. Sei He Ki, reflects with Yin and Yang and the balance between the two sides of the brain. The left part of the symbol represents Yang and our left side of the brain (logic, structure and linear thinking etc.) The right side of the symbol represents Yin and our right side of the brain (fantasy, feelings, intuition etc.). The Distance Symbol (Hon-sha-ze-sho-nen) is for distance healing. The symbol has a general meaning of: "No past, no present, no future" or it can have the meaning of "The Buddha in me contacts the Buddha in you". Time and distance is no problem when using this Reiki symbol. The use of the symbol gives access to the "Akashic Records", the life records of each soul and can therefore be used in karmic healing. Trauma and other experiences from this life, previous or parallel lives that affect and mirror peoples' behaviors can be brought to light and released. Students will learn how to focus and work on balance, traumas, stress, frustrations and pains from present or past experiences.
- 3. Attunement to Reiki Level 3:** A Student who has been attuned to Level 2 is allowed to proceed to Level 3 after 4 further attunements. This is the Master attunement, and at this level the Student receives an even higher frequency of Reiki Energy that is transformative at the Spiritual Body. When the spiritual soul is healed, the mental and physical get healed automatically. The Student is taught the Master Symbol in this attunement. The (Dai Ko Myo) symbol reflects positive influence. Also known as "all-purpose healing" symbol and "empowerment" symbol including personal empowerment and love. Reiki practitioners at all levels receive the master symbol from their Reiki teacher during the attunement.

Chakras and the body system

Based on Dr. Christine Page's book [2] on Frontiers of Health from healing to wholeness, "the soul or self is still firmly linked with the Source of life via spirit. Through this connection we are aware of ourselves not only as a personality but also as part of the Universal pat-

tern of life.” Inspired by this fact, the researcher attempts to carry on this research to bring awareness on how resistance to change brings disharmony, thus the possibility of manifesting physical disease becomes apparent.

Chakras are bioenergy centers or points of a body that give strong electrofield release. The major chakras are linked along a channel equivalent to the spine. Chakras are traditionally considered the “nervous system” of the metaphysical body, since it is through them that life energies are received, processed, and transmitted, and through them that body, mind, and spirit are linked together into one holistic system. Therefore, because of the sensitivity and direct responsiveness of the endocrine system to psychological and mental characteristics, events and reactions, the Chakra points have proven to reveal reliable and insightful information about many aspects of a person’s mental, emotional and psychological condition, as well as some thought processes. In relation to researches in psychology and psychobiology findings support that the endocrine glands behave in direct response to all mental events, and thus, indicative of a person’s mental and psychological condition.

The energy entering each chakra from the different bodies intermingles until a combined force passes into the etheric body. The link between the energy emitted by the chakra and the physical body activates stimulation through it in the brain and the nervous system leads to the endocrine glands to produce hormones, these hormones are then carried around the body, to particular targets where the impulse of the subtle bodies is manifest into action.

Below are the descriptions of the seven chakras:

1. **Base or root chakra:** (Self-awareness) This is located at the Base of the spine and this center has the quality of the fundamental will to exist. It supports all the others, having strength, firmness and the solidity of being grounded. It provides the energy of the will to live in material form to all parts of the body. It has an energy-information frequency that corresponds to the color red. The Base Chakra affects the ovaries and testes as glands. Its energies are experimentally associated with sexuality, self-identity, survival, stability, and purely physical or material energies. As a result, it can cause a psychological emphasis on materialism [22]. Behaviourist and materialist psychology is focused at this chakra level. Its psychology is associated with the will, materialism, grounding and the survival instinct. Late in human evolution, the alchemy of personality transformation becomes important, and this requires a change in human materiality [23].

The related emotions to the Base Chakra are Fear and Courage. The related organs associated are Kidneys, Bladder, Rectum, Vertebral Column, and Hips. As every Chakra reflects a different psychospiritual aspect, each has its own body language to reflect an imbalance of energy. For instance, the need to tightly cross one’s legs when sitting, protecting the base; constant fidgeting as if the individual isn’t comfortable with their place on Earth, and the presence of excess fat over the buttocks and thighs often depicts insecurity with poor roots, with the added weight etc. The negative association reflects feeling like being the victim where there is lacking energy, empowerment, and life force [2].

2. **Sacral chakra:** (Self-respect) This is located above the Base center in the lower abdomen. It is located above the genital area just below the navel that corresponds to the color orange. The Sacral Chakra affects the adrenal glands, specifically the adrenal medulla. Its energies are associated with healing, generation of life force, and physical vitality. It combines with the Base in extending the self-preservation of form to energize conception, gestation and physical regeneration within the rhythmic cycles of creation and death. Generically the female and male principles that creates relationship, although at this chakra level, relationship lacks the more caring and cooperative aspects that exist at higher levels [22]. Instead, it is functional or exploitative, and is often strictly classified by custom, leading to rigid relationship customs enforced and protected by the genetic closeness of family and circle. The psychology of this chakra is of sexuality, division and elementary relationship. It fosters a classification of group life and is fulfilled in parental love. Freudian psychology focuses on this chakra [23].

3. **Solar plexus chakra:** (Self-worth) This is the organ of desire and attachment. It is located around the navel, corresponds to the color yellow. The Solar Plexus Chakra affects the islet cells of the pancreas as glands, as well as the physical nervous system. Its energies are associated with calmness and emotional stability. It is the seat of violence, the power of the personal self, of conquest, dominance-submission, imperialism, selfishness and ambition. Jealousy, envy and revenge lie here, as do joviality and indulgence, accumulation and unfettered expansiveness. Selfish yearning creates strong emotional values that are pursued energetically, with powerful likes and dislikes. The Solar Plexus chakra fuses the three lower chakras and energies, and its selfish ambition eventually transmutes them into aspiration for a better way of life. Life teaches the right direction through emotional turmoil. Its psychology is that of the power and dominance of the lower self [22,23]. It is also where extra-sensory perception (ESP) and clairvoyance are located, providing the real basis for “gut feelings”. Its higher expressions are aspiration for betterment, mystical yearning and personal idealism. The related aspects are self-worth and valuing the needs of the self. The related emotions are anger, resentment, unworthiness, and guilt. The associated organs are liver, stomach, spleen, and small intestine.
4. **Heart chakra:** (Self-love) The Heart chakra is the center of love and compassion and is magnetic and radiant. It fosters group cohesion, inclusiveness, goodwill and cooperative human relations. It is the center of individual responsibility and socially-based moral values that is located at the center of the chest in the heart area, which corresponds to the color green. The Heart Chakra affects the adrenal cortex, thyroid and anterior pituitary glands, thus effecting biological manifestations of emotion, and controlling hormone secretion in the whole endocrine system. Its energies are associated with deep emotions and love, or strong emotions in general including trauma. This includes a high form of self-love, to give and take unconditionally. The related emotions relate to joy, hurt, and bitterness. The associated organs are heart and breasts [2].
5. **Throat chakra:** (Self-Expression) This is the center of creativity, intellect and communication. Sometimes the focus is right-brained and sometimes left-brained, but eventually the two combine. It is located at the center of the throat, corresponds to the color blue. The Throat Chakra effects the thyroid, lungs, intestines and parathyroid glands, and its energies are associated with communication, both expression and listening [2]. The Throat center picks up ideas from the higher centers and creates the best practical form it can, be it intellectual, artistic, industrial or social. Mind is the builder, and energy follows thought. The Throat center crafts the ideas, energizing them into workable creations by making conceptions more concrete [22,23]. It has been called the gateway to liberation, for its potent creativity can be used in self-development and assistance to others. It enables self-suggestion, visualization, meditation, affirmation, yoga and even guided dreaming in energy and consciousness to the higher realms of soul and spirit.
6. **Brow/third-eye chakra:** (Self-Responsibility) This is the center in the forehead that commands integration of all the chakras below it, which comprise the entire personality. It is the soul’s agent in bringing the personality into wholeness (healing) and alignment with it. It is located on the center of the forehead between the eyebrows, corresponds to the color purple. The Third Eye Chakra affects the pineal gland, eyes, lower head, sinuses, pituitary as well as the cerebellum, and its energies are associated with vision, balance, clairvoyance, sensitivity, intuition, and intellectual activity [2]. It is also the center that commands the energies of both soul and personality in relation to their environment [23]. It is the center of divine revelation, of abstract thought and inspiration, and of higher idealism and emotions related are confusion and clarity [2].
7. **Crown Chakra:** (Self-Knowing/Consciousness) This is the center of wholeness and oneness. It is dynamic in expressing divine purpose and synthesizes the entire being into oneness with all. It reveals an understanding of the spiritual and at this level of consciousness, and sacrifices everything to serve the divine plan for all and related emotions reflect despair and peace. It is located directly above the head, corresponds to the color of violet or light purple. The Crown Chakra affects primarily the anterior pituitary gland, as well as the cerebral cortex and the cerebrum (brain), and pineal [23]. Its psychology is transpersonal and

understanding the divine plan for Earth. This is the stage when evolution as a human being becomes complete. Radiant energy shoots from the Crown center and at this high stage of development, the Brow Chakra has integrated the energies of all the chakras below the Crown. It now represents the liberated fusion of soul and personality [22,24].

Nelson [25] referred to this stage as sage consciousness. Because this stage contains all of the prior stages, it also possesses access to all of the knowledge gained through them. The “sage” is free of attachments and is thus fearless, independent, and unfettered by preoccupations of any sort. The negative association reflects as the Egoist where one has arrogance, self-absorption, and inflexibility [26]. Moreover, with reference to the research by Innovation Technologies and Energy Medicine (ITEM) [27], The Base is paired with the Crown in carrying the will aspect of the trinity. The Sacral is paired with the Throat in the intelligent creativity aspect, and the Solar Plexus is paired with the Heart in the love aspect. When psychological and emotional energies are sent throughout the body as electrical impulses along the biological (neural) and energy (meridian) pathways, these transmissions cause electromagnetic fields to radiate outside the body. By this process, the tangible features (frequency, waveform, etc.) of these radiating electrical field energies are characteristic of the mental activity that generated them, as much research in this field has revealed, Innovation Technologies and Energy Medicine (ITEM) [27].

Additionally, according to the research by Innovation Technologies and Energy Medicine (ITEM) [27], one has a psychological perception of oneself and one’s environment. This perception, being a mental process, induces characteristic electrical impulses in the brain, which are transmitted to related parasympathetic nerves or endocrine glands. For instance, a perception of fear creates specific electrical impulses in the brain that transmits electrical neural impulses to stimulate the adrenal glands. Since the brain is neurologically connected to the entire human body, these electrical impulses may travel throughout the central, sympathetic and parasympathetic nervous system, creating characteristic electrical fields. The left side of the body is the receiver, while the right side of the body is the transmitter. Energies flow in through the left side, are processed through the metaphysical energy systems of the body (i.e. meridians and Chakras), and then are projected from the right side of the body. In turn, Jung was the first Western psychologist to identify this level of consciousness in relation to the development of the individual psyche [28].

Description of energies/bodies and sicknesses

Physical body: This is the body comprises of the skeletal framework, muscles, tissues, organs, blood, and five senses etc. The physical body has a great capacity to inform you when something is wrong or right. It can be positively or negatively affected by the foods we eat, the thoughts we think and the emotional state that we reside in at any given moment. Thus, it may lead to a person having a headache, migraine, cancer, stress, and lower back pain etc.

With reference to Wauters A [26], in the Physical Energies of the Chakras, the Root Chakra associates with the adrenals where the kidneys are activated. The Sacral Chakra is associated with the ovaries/testes reflecting the reproductive organs that control sexual development. Solar Plexus Chakra is associated with the Pancreas and the organ produces sugar. It controls the digestion of food. Additionally, the Heart Chakra is associated with Thymus building a strong immunity from pain and disease. The Throat Chakra is associated with Thyroid and controls metabolism and affects physical and mental development. The Brow/Third eye Chakra is associated with the Pituitary influencing metabolism, growth, and other hormones including those related to giving birth. The Crown Chakra is associated with the Pineal and produces melatonin and regulates the body clock [26].

Emotional body: The emotional body depicts as a person becomes sensitive and trust his or her inner feelings. It reflects the ability to feel and communicate. It acknowledges to awareness of self as valuable, worthy of love, kindness, respect, and compassion. It is with the emotional body a person will feel the pleasure, pain, fear, courage, attachment, and jealousy etc. As the emotional body develops first, it eventually corresponds to the foundation of the mental body.

In relation to Wauters A [26] the emotional energies affect the Root or Base chakra making one feel aggressive, anger, violence, and jealousy. The Sacral Chakra makes one feels pleasure, feeling good, deserved, feel bad, envious, and not caring for physical body. The Solar Plexus Chakra addresses to self-worth, confidence, power and choices for selfhood. The Heart Chakra enables one to be capable of love and compassion for self and others. Additionally, the Throat Chakra, releases feelings through expressing self, including crying, laughing, shouting, and expressing if one is not happy. The Brow or Third eye Chakra enables one to give permission to experience feelings and chooses when it is appropriate to express them. The Crown Chakra depicts the feeling to cultivate bliss and surrender to what it [26].

Mental body: The mental body is made up of our attitudes about life and self. It reflects the capacity of thinking. There are two parts to the mental body: the egoic mind (little mind) and the Divine mind. The egoic mind is a powerful tool for creating a harmonious reality or a reality of suffering. It is the starting point from which the soul can attempt to integrate its intelligence with personality.

With reference to Wauters A [26] the Mental Energies affect the Root or Base Chakra denoting the attitudes of separation, exclusivity, territory, belonging, and one’s right to own space. The Sacral Chakra depicts the attitudes of being and having enough, knowing and understanding that one deserves the life he or she wants, enjoyment and well-being and good health. The Heart Chakra portrays happiness, joy, delight and knowing what one feels that makes the heart sing and embrace life. The Throat Chakra enables one to having sense of expressing the truth in the significance of individuality, not gossiping, lying and exaggerating. The Brow or Third Eye Chakra brings the essence of accepting, self-confirming, developing one’s own understanding of his or her own limitations and of others cultivating gratitude. The Crown Chakra reflects holistic and universal principles of acceptance, respect, and knowing what people do is never anything without the help of a higher source [26].

Spiritual body: The spiritual body depicts to a person’s aspects through meditation, prayer, and inner reflection. The spiritual body reveals the increasing unfoldment of person’s spiritual nature that begins to open the doorway into enlightened and expanded states of consciousness.

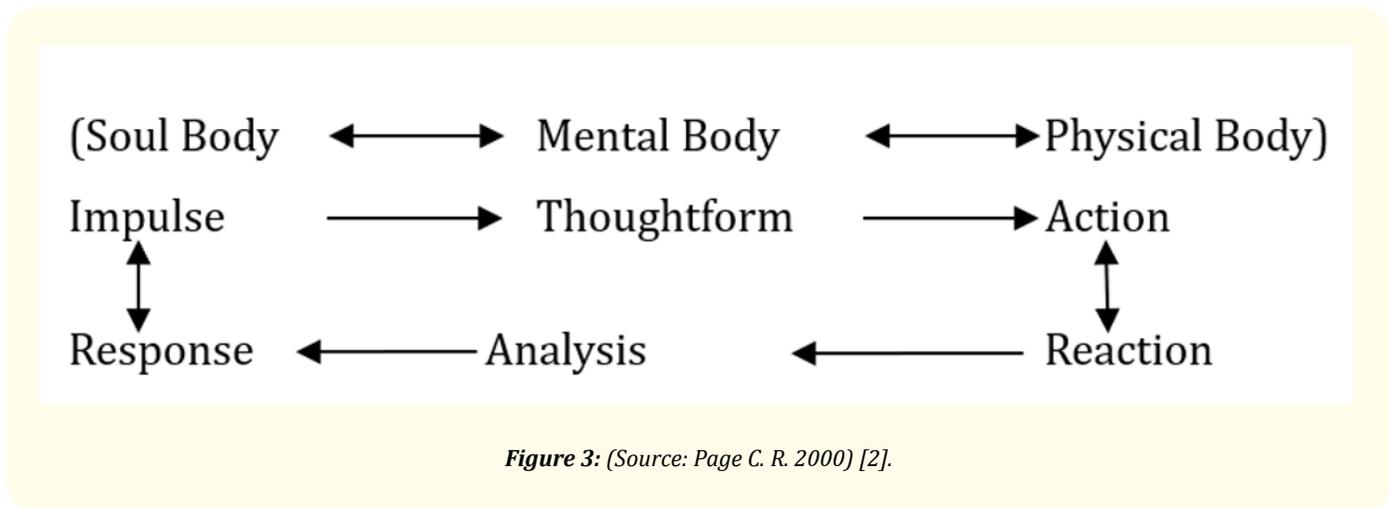


Figure 3: (Source: Page C. R. 2000) [2].

With reference to Dr. Christine Page’s research [2] on Frontiers of Health from healing to wholeness, sicknesses/diseases derive from emotions that have been built over the years. The right side of the body represents the masculine side of one’s character and relates as-assertiveness, activity, logical doing, and strength. The left side of the body represents the feminine side of one’s character and relates to sensitivity, receptivity, nurturing, intuition, passivity and the ability to be.

An excerpt by Psychologist Deepa Panirselvam on Balance, Health, Relationship and Well-being for this research study

With reference to Psychologist, Deepa Panirselvam in Bangkok, “clients approach psychologists with a wide range of concerns. It is safe to say no two individuals experience even the same condition the same way. We are different. The same event can be perceived by you as a minor occurrence but to your neighbour it could be the highlight of the day. However, the one thing that I have come to notice in my practice is that common in all or least in a vast majority of clients is a lack of balance in life. Other aspects of life are given priority over the self. Career, family, friends and education are examples of the facets of life than often get in the way of caring for one’s self. And when people do get to their selves, often it is the body or the physical self than gets all the attention. Why? Because the symptoms of physical illnesses or imbalances are overt and quite difficult to ignore. When we are in physical pain that can be clearly attributed to a problem, it becomes much harder to pretend that we are fine. This of course is far from adequate and definitely not ideal as other aspects of the self are typically ignored by most.

The mind is often overlooked although it is as important as the body. Mental health is rarely given the importance it needs despite the multitude of research that shows the harmful effects of not caring for it including serious mental and physical illnesses. The seemingly simple act of not voicing out what troubles us can lead to so much more. What most people lack is an understanding of how the different aspects of our self-interact with each other to manifest as our selves. One part does not work without the other. It is essential to balance mind, body and spirit in order to function optimally and increase quality of life. On the bright side, in this day and age, mental health care is garnering a lot more attention than it once did. In some parts of the world, societies as a whole are promoting it. Governments have come to realize its importance and have put policies promoting mental health care into practice, insurance companies cover mental health treatment and caring for one’s mental health is considered pertinent. Unfortunately, the rest of us need to catch up fast. In too many countries, cultures and societies, getting mental health treatment is framed negatively. It is viewed as unnecessary and trivial. Those who suffer from mental illnesses are forced to keep it secret in fear of being stigmatized. Seeing a counsellor or therapist is an activity that is kept strictly under wraps if they do at all. More often than not, people are too reluctant to reach out for help in fear of the above which is real pity as not getting help for something like stress, which affects so many of us, could very well lead to more serious concerns such as anxiety or depression.

In order to move forward positively towards wellness, many things need to change. Our society as a whole need to first and foremost get educated on mental health; its importance, the harmful effects of neglecting it and of course the ample benefits that is to be reaped from tending to it be it individual or societal. It is normal to fear what we do not know. Once we become familiar with the nature of mental health, it will be much easier to understand it and the stigma associated with it will slowly fade away. This will help individuals to seek help when they need to as opposed to hiding their problems and having it snowball into more serious ones.

Many problems ranging from physical illnesses to social ills can be traced back to mental health conditions and they affect our lives more than we realize. Strong mental health will positively affect us in terms of having healthy relationships, develop and achieve our potential, make good choices in life, accept and work through problems that we will most definitely face in life and much more. All we need to do now is get started and not look back”.

Interview - Excerpt on experience and the importance of Energetic Healing and how it improves well-being by Cory Croymans-Plaghki (Asian Healing Center, Chiang Mai, Thailand)

The researcher had interviewed the humble and heartfelt person, Cory who is a Founder of New Life Foundation, Reiki Master Teacher, Teaches Asian Bio-Energetics Therapy (ABET) and many other valuable courses that encourage a holistic and natural way of living in Chiang Mai, Thailand. She shared a valuable and a progressive insight about healing and how it changed her and many others. She was born in Belgium over 60 years ago into a business family of a small town close to the Dutch-German border. With 6 brothers and 3 sisters,

they were raised to develop their business minds. She studied languages and business management. At the age of 28, after having worked in the private sector, she left Belgium to go and work for the Belgian government, at the Belgian Embassy in Malaysia and Cambodia. She was the first woman Commercial Attaché to ever be appointed in that Moslem country. During the second 28 years of her life, she worked her heart out, first in Malaysia and then in Cambodia, Laos, Thailand and Burma. In 1981, she had a serious holiday accident. She broke her back and became paralyzed. This gave her a lot of time to reflect on her lifestyle and taught her to live life in a more moderate way.

Additionally, in 1983, she moved to Bangkok where she continued to work for the Belgian government for another 12 years. She had a friend called Lilly who was slowly dying from cancer and she kept telling her every time she visited that she felt so good when I came and that she had less pain in her body. She thought that her painkilling medication was probably too strong because she was a business woman in body and mind and she certainly did not believe in "such things" like healing energies. When she talked about Reiki, she thought that it was "weird." More to appease her than anything else, she took a Reiki-1 course with Bill Shaw who was visiting Bangkok. The very day she finished this training and she called her friend Therese and her son told me that his mom could not come to the phone as she was in bed with a terrible back pain. Therefore, she went there, gave her a first Reiki treatment and she fell asleep. The next morning she called to ask what she had done to her because she never slept so well in her whole life (she was truly a bad sleeper) and she had no more back pain at all. We could both not believe it and decided to continue with the Reiki training for the next 3 years.

With keen interest she started treating patients with these Asian Healing Arts early mornings and evenings, and also during the weekends while she was still working during normal office hours. She somehow found the time and energy to learn more about Meditation and specifically the walking Vipassana Meditation which she enjoyed a lot. She also studied the Magnified Healing technique which was been given to us through Lady Master Kwan Yin, who is well known in China as the Goddess of Mercy, also called Mother of Compassion. This training included amongst others, a great meditation technique for empowerment. In 1998, when she was 51 years old, she left Bangkok to move to Chiang Mai and to retire completely from business. She thought that she had enough money and that this would give her the opportunity to treat more patients. However, when she arrived in Chiang Mai, her goddaughter Franziska was suddenly diagnosed with a brain tumor. During the next six months, her mother and I were sitting at her hospital bedside, day and night, trying to help wherever we could with all the love and compassion we had for this young woman of 19.

In 2002, she started studying Traditional Chinese Medicine (TCM), its Foundations, Acupuncture, Herbs and Herbal preparations and their Prescriptions. As there are over 5000 herbs to cover, she knew that she will have to continue to study this vast and exciting subject for the rest of her life and she already enjoys unraveling this challenge. In 2008 - 2009, she attended three levels of Cranio Sacral Therapy trainings which are so wonderfully complementary to the deeply relaxing and non-invasive ABET and Reiki energy sessions, which we practice and teach. After over 16 years of intensely practicing and teaching these gentle Asian Healing Arts, she knows that she can only do so much as the patient can accept, even though she would love to be able to help everyone. She also knows that as practitioners, we should practice a responsible selfishness or self-fullness by not overdoing things to enable us to keep our own bodies in harmony. Today, the wonderful results of these experiences have brought her closer to her Inner-Self again.

Existential well-being counselling: A person-centered experiential approach

Existential wellbeing counseling accentuates the interdependent nature of physical, social, personal and spiritual aspects of human experience. It indicates a choice to look at symptoms as wake-up calls for realizing the full potential of human life. It suggests a choice to look at symptoms as wake-up calls for realizing the full potential of human life. Through an experiential process of strength awareness and focusing on resources, clients are encouraged to embrace varied sources of wellbeing. This is an experiential way to create a shift from problems and limitations to opportunities and possibilities and to imply the 'moving forward' tendency of the organism. By including all the dimensions of human existence, counseling can be inspired and transformed from merely curing to healing, Madison, G. (Ed) (2013). It results in an enhanced wellbeing, considered by love as the foundation to help navigate a person towards healing and well-being [29-36].

Methodology

This is a Qualitative Research where nine participants filled in a participant form about themselves and three other forms after every Reiki treatment. The treatments will be conducted by three Reiki Master Teachers (including the researcher), and one Reiki Master who volunteered to support and provide Hands-on healing in order to gather sufficient information about improvements and avoid being bias. The Reiki Master Teachers will bring an insight to this research and treatments. Each Reiki Master Teacher volunteered is to provide three treatments on voluntary participants and fill in the forms that have been developed for this study. The research takes place from years 2015 - 2019.

The first Reiki Master Teacher in Bangkok, Thailand, Katherina Leili Dreith (Aromatherapy, Ayurveda, Holistic Massage, Crystal Healing, Meditation and Yoga) assisted in individual treatments, adding valuable information that enhanced and brought an imperative and positive perspective to Hands-on Healing. She volunteered to provide treatments for two participants.

The second Reiki Master Teacher in Bangkok, Charn Suteerachai had volunteered and helped in Translating the Reiki Forms in Thai in order to bring clarity and express the right terminology for other Thai volunteers who support in this research study. He volunteered to provide treatments for three participants. Reiki Master in Bangkok, Amita Sachdev (Banker) volunteered to provide treatments for one participant. Katherina, Charn Suteerachai, and Amita have shared their valuable time and passion on a holistic journey.

Results and Discussion

Angel 1 - Reiki Master Teacher Ms. Bhavna Khemlani

The participant was a 40-year-old Graphic designer and an artist. She takes no medication and supplements. She heard about the Reiki practitioner through friends and she has had one treatment a year ago. She usually gets headache and backpain.

Her Physical problems have been headaches and dizziness. Emotional concerns have been feeling of being irritated and mood swings. Mentally/Spiritually, she felt sensitive and emotional. She is sensitive to several perfume fragrances and not sensitive to touch. Her purpose of doing Reiki is to cleanse some negativity and have peace of mind and get in touch with her inner self. She faces less stress, less pain, and has very less confusion with the direction with life. She somewhat agrees to be a religious person, somewhat disagrees to be spiritual than religious, and somewhat disagrees that she is a spiritual person but not religious. Her daily routine is work, gym or socialize with friends or go to events. She deals with stress by talking to a friend or spends time alone. She feels comfortable talking to a friend about her problem. She does not take any medication or drugs and spends five-six days a week on the internet. She spends her holiday doing fitness, some artwork and socializes with friends. She is able to be herself with friends. She is a Marketing Executive and Graphic Designer. She does enjoy her work.

Her first Reiki session was on 15th June 2019 and after her first treatment she felt relieved and fresh. During the treatment she felt nervous, curious, and had mix feelings and a few thoughts were going in her mind. She had less stress, very less pain, and very less confusion with the direction of life. Her Reiki treatment can be better next time if she is more relaxed.

On the other hand, the Reiki practitioner (Ms. Bhavna K.) noted that the reason for her visit was for having slight headaches and going through mood swings. During the treatment her Crown, Throat, Heart, and Sacral Chakra were blocked. She was receptive and her body was absorbing the energy greatly. It was found that she had unexpressed emotions with her grandmother and her past relationships. She was abused and cheated. Her previous relationship ended due to miscommunication from the opposite sex without sharing what he was looking into and she had to end it. She shared her compassion and had fear suppressed about men and their intentions. She was able to

talk and release her intense pains and forgive them. She was advised to light a candle and write what she felt and burn it. She was told to visualize nature, yellow and purple lights where all her negative thoughts were being absorbed and dissolved. It was her past and nothing was there to bring her fear. She had a great job she likes and has many positive opportunities. The first session for her was refreshing and concern for well-being (mental, emotional and physical) were discussed. She practiced Gratitude and mentioned she would reflect on gratitude, empathy, and self-compassion.

Moreover, the second session was on 12th July 2019 and the participant felt more relieved. She felt relaxed and fell asleep. She had very less stress, no pain, and very less confusion in the direction of her life. Her experience in the second session was to be less stressed, let go off the past, and forgive. On the other hand, the Reiki practitioner noted that there was a heavy load at heart, and it was needed to let out. The participant wanted to break out and was trying very hard to suppress and felt guilty on how she would be judging by behaving accordingly. The Throat, Heart, Solar Plexus and Sacral Chakra were slightly blocked. She understood better about Emotional/Mental/Physical/Spiritual bodies. This time she felt lighter and more relaxed. She believed more on letting go and understanding life learning lessons. She understood more about inspiration and personal development. With her struggle in suppressing and unexpressed pain her intake in alcohol increased that she was immediately brought to awareness of expressing rather than hiding. Quality of life and living a meaningful like where the attitude of good health and valuing her existence were discussed about. She was told to visualize a large wall and blow into the large wall so thick and strong that when she blew into it, the wall cracked apart and slowly collapsed making her realize about her inner strength and how she can overcome any hurdles. She practiced how to forgive and created a mental picture speaking to her ex-boyfriend and finally the cords were cut. She visualized white and orange light entering from her Crown Chakra and slowly going through her system down to the Sacral Chakra. She could feel the energy uplift her and she felt there was no problem with her decision making. She decided to a healthier lifestyle.

The third treatment was on 10th August 2019. The participant felt relaxed and felt a lot of energy like electricity through her system from the Reiki Practitioners hands. Additionally, the Reiki practitioner noted that the participant wanted to share that she felt better, happy, and simply wanted to feel relaxed. However, during the treatment her Throat, heart and Solar Plexus Chakra were blocked by anger. It was brought to awareness about her bitterness and suppressed emotions about one of her friends who is manipulative and always sought problems dragging her into it. She realized how she was neglecting her self-worth and self-respect that she did not have much time for herself. She was finding a way to end her friendship and express how she felt with her friend on feeling taken for granted and jealousy. She struggled to voice out her thoughts that she had deep built in anger and that came out. She was advised to bring her friend into a room and express her thoughts and forgive her. As her friend walks out of the room, she would light a candle and switch on a soothing music that slowly calmed her down and the pattern of being taken from granted was recognized since she had this repetition even with her previous relationships. When the practitioner placed her hands on the Solar Plexus, diamonds were seen which symbolized dignity and worth as well as a relationship coming to an end. The participant felt so light and decided to take immediate action with compassion and express her emotions and how she felt with her friend. She was also seen to have keen interest in learning Reiki Level 1 in the future. She decided to start with taking up mindfulness practices and exercise to living in balance and take her well-being as significant and compassionate.

Angel 2 - Reiki Master Teacher Ms. Bhavna Khemlani

The participant was a 30-year-old Event/Meeting Planner. She was taking certain medication for her second IVF treatment for pregnancy. She is a colleague's friend of the Reiki practitioner and has not done a Reiki treatment before and volunteered to participate in this research. She went through fear, jealousy, anxiety, lower back pain, stress, headaches, and low blood pressure.

Her Physical problems had been headaches and lower back pain due to stress and migraine due to eating excess chocolate. Emotional concerns have been due to feeling attach to self-doubt, pain and fear. She feared things easily and when people discussed emotions, she tended to relate to negative emotions. She was hoping to have less attachment and attract joy, happiness and love. Mentally/Spiritually, she felt her mind was all over the place and she felt lost without having a baby. She felt like an incomplete family. She was hoping to learn

to meditate, feel the ability to focus, and walk on her path again. She was not sensitive to touch and was sensitive to vanilla fragrances. Her goal to get out of the Reiki session was to feel less anxiety and have gratitude. She was going through bearable stress, felt jealous of other people, had less pain and had moderate confusion about the direction of her life.

She somewhat disagrees to being a religious person, and strongly agrees to being spiritual than religious and strongly agrees on the path of being spiritual and not religious. Her daily routine is waking up at 8:15 am and is off to work by 9:30 am. She had her lunch at 12:30 pm and was back home by 5:00 pm. She tried to meditate around 6:00 - 6:30 pm, exercises at 6:45 pm and dinner is usually at 7:30 pm. By 11:30 pm she sleeps. She read a book, and exercised to deal with her stress. She would speak to her husband and family about her problems. She trusts them and sometimes need someone who can listen to her. She spends her time on the Internet every day for work and also uses Social Media to be in touch with family and friends. During her holidays she likes to watch movies. She looks forward to spending time with friends and is herself around her friends who she is comfortable with, but usually takes time to be herself.

Her first Reiki session was on 20th June 2017, and after her first treatment she felt light and was reminded about her needs. During the first treatment, she felt nervous but later she felt grounded. She didn't have questions but was reminded of what is necessary and what needs to change in her life. After the treatment she felt like she had very less stress, no pain, and no confusion in the direction of life. She felt that having a Reiki treatment was exactly what she needed.

On the other hand, the Reiki practitioner noted that the reason for her visit was for headaches, stress about pregnancy, and worried about her life and career. She has been worried about her pregnancy and wanted to connect with life again doing things she loves. For the first treatment Reiki symbols were incorporated and impressions of fear and self-doubt about various aspects of life were seen. The Third-Eye, Heart and Sacral Chakra, and Root Chakra were blocked. Moreover, the participant needed to change eating habits and she decided to take a day off from her weekly schedule and do things she loved. She was also told how important it is to forgive herself and other people in order to learn how to let go and stop trying to control everything. She went through Emotional/Physical blockage that resulted affecting her self-esteem, self-doubt, and self-worth resulting to frequent headaches and lower back pain.

Moreover, the second session was on 22nd July 2017. After the second treatment, the participant felt lighter and a flow of energy resulted in her crying. The participant was feeling heavy and felt a blockage in her heart, head and tummy. During the process she felt a sense of peace and was glad she could sleep. She felt a load and it was suppressed. The load was released and felt like she was sinking in the sea. Her husband's energy was affecting her and she needed to send him lots of love and forgive herself and him. The second Reiki treatment did make her feel less stressed, no pain, and no confusion with the direction of life. She felt an emotional ride that needed love and care. She felt much better and the next step was to practice gratitude, self-compassion, remind her-self of self-worth, being happy for others, acceptance reflect upon her feelings and write a journal.

On the other hand, the Reiki practitioner noted that there was a heavy load at heart, and it was needed to let out. The positive part was she wanted the load out and was ready to release and make changes. The Throat, Crown, Heart and Sacral Chakra were slightly blocked. However, the participant was receptive and cried. She shared her fear on failing another IVF pregnancy and how she was overwhelmed. She understood better about Emotional/Mental/Physical/Spiritual bodies. The need to share how she felt with her husband was discussed and her discomfort could help in doing a breathing exercise that could help her in better pattern of sleeping.

The third treatment was on 11th August 2017. The participant was jovial and felt a sense of calmness and amazing. She felt connected with light and felt like light was entering her heart. She felt connected with water and could see herself floating on top of the ocean. During the treatment she felt some form of energy through especially between her heart and tummy. She could feel herself floating on top of the ocean, freedom, and amazed. She felt light, connected, and grateful. She was working on changes to personal development, gratitude, and valued the significance of well-being in every aspect. From the first treatment up till the third treatment the participant felt a huge

change. Her Physical pain was much lesser, and she could handle her stress. She was more confident than before. She started to accept changes rather than resist them.

Overall, the Reiki practitioner noted that the participant wanted to share that she felt better, happier, and was practicing to not compare her life with others. She focused on changes and doing new things. The Throat and Solar Plexus Chakra were slightly blocked and the participant seeks metaphysical yearning and was keen to practice mindfulness practices, and work on her emotional intelligence and consider learning Reiki level 1 in the future. She felt amazed how so much could be released and the counseling (well-being, relationships, existence, gratitude, empathy, and grounding were addressed and discussed) with the Reiki practitioner were acknowledged well and a deep sense of awareness and the will to change to a better lifestyle.

Angel 3 - Reiki Master Teacher Ms. Bhavna Khemlani

The participant was an 18 years old part-time dog walker, photographer, and helps in her Aunt's cafe and is taking a gap year after high-school. Her usual medication for a few years has been Nexium (5 mg) for gastric problems and Tylenol and Advil for severe Migraines. She had heard of the Reiki Master through her mother. She had never taken a Reiki (Hands-on healing) before and went through anxiety, stress, headaches and was unable to sleep. Her Physical problems were excessive headaches, and not being able to sleep. Emotional stress was related to her relationship with her friends during school year which led for to take a gap before getting into University. Mentally/ Physically, she felt blocked at times, unwell, and slightly lost with direction of life. She was not sensitive to touch and was sensitive to some strong fragrances of flowers. Her goal to get out of the Reiki session was to feel relaxed, accepting, sense of direction of life, well-being and control the mind. She was going through stress, no pain and had some confusion about life and her choices.

She somewhat disagrees to being a religious person, and strongly agrees to being spiritual than religious and feels on the path of being spiritual and not religious. Her daily routine reflects upon attending yoga regularly. She is a part-time dog walker (3 times a week) and teaches once or twice a week. She does yoga and freelance photography, and journaling to deal with her stress. Her expected outcome from her first Reiki session was to feel relaxed. She would speak to her older brother and counselor about her problems. She used to see a therapist and was told to have depression and anxiety but it has been resolved and she does not go to the therapist anymore. She spends her time with live photography and helping her aunt at the café four days a week during the afternoon time. She believes in being genuine and to be herself around her friends.

Her first Reiki session was on 30th April 2016 and after her first treatment she felt re-energized. She felt like she had a good nap, hungry and thirsty. During the first treatment she felt like the energy was bursting through her veins and she felt a sense of a deep calmness and relaxation. She felt asleep and saw vivid images of nature. After the treatment she felt like she had no stress, no pain, and no confusion in the direction of life. She felt quite pleased with her first treatment and personally ready to let go of her past and forgiving her friends. She understood her existence was meaningful and felt more motivated in life understanding she so many opportunities ahead of her.

On the other hand, the Reiki practitioner noted that the reason for her visit was for migraine, stress, anxiety, and her inability to sleep. For the first treatment Reiki symbols were incorporated and past impressions of high school were seen. The Third-Eye, Throat, Heart, and Sacral Chakra were blocked. The participant went through fear, difficult to see meaning and direction of life, frequent headaches, and lack of self-care/love/worth. Moreover, the participant needed to take steps of better eating habits, spend time with nature as following her patterns of choice. Developing positive attitude of life, gratitude with being more aware about well-being and meaning of life would surely help the participant. She went through Emotional/Physical blockage that resulted affecting her self-esteem, self-worth, self-compassion and her experience in school with friendship, trust and fear led her to suicidal thoughts and depression.

The second session was on 28th May 2016. After the second treatment, the participant felt lighter and a flow of energy rushing through her body giving her shivers. Initially, the participant was quite tensed and restless. Her mind was wondering, however, when the healer

placed her hands on her eyes - her anxiety vanished and she felt calm. She started to feel the energy surging through to her hands and legs, especially her right side. She visualized she was in a forest doing yoga, saw a peacock, cats and trees. As the healer placed her hands on the participant's Heart Chakra, she felt an immense pain and sorrow in her chest due to the pain from her past and continued taking deep breaths and started talking. Her Throat Chakra was cleared and she began to let go and speak of her unexpressed feelings. She had decided to heal and learn how to have compassion for herself and others. The second Reiki treatment did make her feel slightly stressed, a little pain, and a little confused with the direction of life. These feelings surfaced during the treatment. However, after the second treatment anxiety and fear was released and looks forward to the third treatment to not have anxiety and fear of the past. The second session enabled her to find inspiration for further studies and travel.

On the other hand, the Reiki practitioner (Ms. Bhavna K.) noted that anxiety, old fear patterns, self-created thoughts, and inability to sleep were the issues. The participant felt lighter and was detoxing from old patterns, relationship with friendship being bullied was courageous to share and clear the pattern but embracing self-care, self-worth, self-compassion and Chords were cut and forgiveness was addressed. The Throat, Crown, and Sacral Chakra were slightly blocked. In other words, the participant was receptive and was much in control and had a better way of coping and understanding of Emotional/Mental/Physical/Spiritual bodies. Fear and past problems with friendship and trust were discussed and she continued her photography and yoga.

The third treatment was on 17th June 2016. The participant was glowing, talkative, and felt a sense of calmness yet adrenaline rushing through her body. She had a deep sense of well-being and felt liberated. During the treatment she felt the energy buzzing through her body and later felt calm and saw rainbow colors and various images of animals, nature, feeling the inner peace, and an attitude of gratitude. She felt no stress, no pain, and no confusion in the direction of life. From the first treatment up till the third treatment the participant had felt calmer and was able to think better about how meaningful life was, grateful, learning the significance of being in the moment and importance of well-being. She felt more connected and centered. She was interested in the healing process, astonished with the sessions and in the metaphysical approach that help her navigate to inner self-growth at a young age. Her ability to handle stress and emotions had gotten better and a better approach towards them.

Overall, the Reiki practitioner noted that the participant had no sickness, anxiety, and was simply seeking a relaxing treatment. The participant was rather in a good mood, happy, and had a sense of control and was glowing. She had cleared many things and was focusing on changes and new opportunities. She was in focus of better health and quality of life. The Solar Plexus Chakra was slightly blocked and the participant seeks metaphysical yearning and was keen to know new people and follow her heart. She sought into learning to become a yoga teacher and mindfulness programs so she could help other teenagers.

Angel 4 - Reiki Master Teacher Katherina

The participant was a 33-year-old Interior Designer. He has not been taking any medication and he heard about Reiki Master Teacher Katherina through a friend and books. He has never done a Reiki treatment before. His purpose for Reiki is for relaxation, stress reduction and goes through anxiety, and faces issues with self-confidence/esteem. He faces digestion and stomach problem.

His Physical problem was eye inflammation. Emotional concerns have been due to feeling self-confidence/esteem. He was not sensitive to touch nor was sensitive perfumes' or fragrances. From the first Reiki session he wanted to have a deeper connection with his inner self. He was going through no stress, had less pain and no confusion about the direction of his life.

He strongly disagrees to being a religious person and somewhat agrees to being spiritual than religious and somewhat agrees on the path of being spiritual and not religious. His daily routine is waking up early and taking it easy before work. He works hard as possible to be productive and slows down after work or sometimes plays sports. He relaxes and shuts-down as soon as he gets home to be active

and positive at night. He goes to sleep late. He tries to fight off stress and increasing self-awareness and tries to find out the roots of it. He would like to gain deep awareness and energy from the Reiki treatment. He does discuss his problems with his friends who have had Reiki sessions before for a better understanding. Usually he writes to reduce stress and there are no drugs involved. He spends seven days a week on the internet. During his holiday he likes to travel alone. He has no issues being himself with his friends. He finds it necessary to work and it's a challenge to work on something that has a purpose besides making money.

His first Reiki session was on 24th June 2015 and after his first treatment he felt relaxed and puzzled about the themes discussed. He felt distracted (mentally) and relaxed (physically). He had a hard time engaging with what was going on and had no particular questions or expectations. Therefore, he accepted whatever came out of it. After the treatment he felt no stress, no pain, and less confusion in the direction of life.

On the other hand, the Reiki practitioner noted that the reason for his visit was for exchange for services and curiosity. He had some blockage in the Heart Chakra about insecurity and emotions from 12 - 13 years ago regarding giving love and feeling rejected. He had some connection with father and how to process or not process emotions with self-worth and finding balance in the present with relationship and work.

Moreover, the second session was on 13th August 2015 because the participant was away. After the second treatment, the participant was relaxed with a clearer mind. He was mentally more present as compared to the first treatment. He felt emotionally more stable. He had very less stress, very less pain, and very less confusion with the direction of life. He knew what to expect in the second treatment as compared to the first treatment and he feels a darker environment might help to concentrate and cut-out distractions.

In contrast, Reiki practitioner noted that the reason for his visit was for an exchange for service from friend. He seemed clearer and more balanced and content. His eye issues were from seeing the truth from the heart about a past relationship connected to age 13. Connected from age 13 needed affirmation, 'I am loveable' and solar plexus showed unprocessed anger to body for not digesting connected to self-acceptance, so affirmation given, 'I love my body.' At his navel chakra, at the age of 30 he had thoughts about an old job and self-worth that was taken for granted and was given affirmation, 'I am worthy of love'.

The third treatment was on 28th August 2015. The participant was quite relaxed, in tune with his body. He felt like this time he was more responsive to the treatment like his body knew how to handle the energy flow. He felt no stress, no pain, and no confusion in the direction of life. From the first treatment up till the third treatment the participant body and mind response weren't straightforward to the treatment but gradual. In fact, the third treatment he felt relaxed much more quickly and intensively. He would love to take more treatments in the future.

Overall, the Reiki practitioner noted that the participant's reason for visit was for an exchange for service from friend. He was very stable and looked more vibrant. There were mostly blockages of emotions from age of 25 years that were discussed and how to learn to speak his truth without fear. If not processed, he would explode to extreme results which was not healthy for the body and would create resentment over time. He was more accepting with the energy flow which showed more balance of the female side.

Angel 5 - Reiki Master Teacher Katherina

The participant was a 36-year-old Manager - Membership. She has not been taking any medication and she heard about Reiki Master Teacher Katherina through a friend. She had experienced Reiki three years ago. Her purpose for Reiki is for relaxation, stress reduction, and goes through Back pain: Upper/Middle/Lower and faces issues with self-confidence/esteem. Family problems are Diabetes, Heart Condition and Cancer.

Her Physical problem was inflammation and joint pain. Emotional concerns were letting go of fear. Learning detachment from her emotions and reacting to others actions. It was the understanding to accept herself and allowing herself to be fully who she is. She was not sensitive to touch nor was sensitive perfumes' or fragrances. From the first Reiki session she wanted to have attunement of chakras and balancing. She would be able to let go of any deep-rooted fears and begin to open up. She was going through bearable stress, bearable pain and less confusion about the direction of her life.

She somewhat disagrees to being a religious person, and strongly agrees to being spiritual than religious and somewhat agrees on the path of being spiritual and not religious. Her daily routine is working, Qi Gong, Yoga and meditation. She tries to fight off stress through meditation and talking about the issue with trusted friends. She would like to get in touch with her center, her voice. She would like to explore deep rooted fears of being loved or being hurt by love and fear of being financially stable from the Reiki treatment. She does discuss her problems with her friends to understand where and why the issue has risen and being with the healer through a soul reading. She takes no medication for stress relief and does Yoga and meditation. She spends every day of the week on the internet. She spends her holiday traveling and relaxing. She had no issues being herself with her close friends, but with acquaintances she sometimes felt she could not be fully herself. Her work is an office job that requires a lot of networking and working directly with people. She found it necessary to work, though what she was doing was not the work she was passionate about.

His first Reiki session was on 16th July 2015 and after her first treatment she felt lighter like something shifted and was released. She felt hopeful as well and empowered that she has the strength within to be who she is. She got a headache during the treatment, emotional but a release of emotions, she agrees that knowing where she was storing the energy and understanding the emotions behind it was good to be learnt about. She had no stress, lesser pain, and no confusion in the direction of life. She felt the first treatment was great and did not have any expectations for the next treatment.

On the other hand, the Reiki practitioner noted that the reason for her visit was to learn about Reiki. In relation to the chakras, the third eye was blocked feeling vulnerable which showed what she faced at 23 years old. The throat chakra was blocked and faced low-self-esteem which emotions were stored at the age of 18 years old. The heart chakra was blocked which showed emotions stored from the age of 23 years old that was released feeling not accepted. The navel chakra was blocked showing feeling worthless that showed about an emotion stored at the age of 15 years old. The practitioner used crystals and pendulum and much energy to be cleared from the navel and there was the need to have a flow of energy up to the crown to source bringing the two together and getting creative and sexual energy up to the heart. The male energy needed balance to feminine energy embracing the emotional body to feel balance and seeing the pattern of negative emotional codependency with men, embracing for more self-love. The external showed how she felt about herself, channeling emotions into creating abundant life, self-love, self-care in physical and emotional aspects.

Moreover, the second session was on 25th July 2015. After the second treatment, the participant was more energized than the first treatment. She felt more open and the energy flowed a lot better and a lot easier. She was not so tired as compared from the first session.

On the other hand, the Reiki practitioner noted that the reason for visiting was difficulty in healing issues for work and to cut chords or heal emotion of attachment of relationships that were not supporting her and surrendering to acceptance of present moment. She had been detoxing, feeling tired and after years if constantly doing which she overtaxed the adrenals, she began listening more to herself and started kickboxing. The navel had congestion from 4-5years old which she faced low self-worth and something about her mother and styles of disciplines by her aunty she confirmed. There was lots of fear as a child that began and issues of when she was 14 years old being Indian in Canada and questioning beauty as what society tells us of Caucasian and ethnicity.

The third treatment was on 30th August 2015. The participant felt much lighter and her sore throat did not hurt anymore, and she felt a sense of release and relief. She felt very emotional and a lot of emotions that had been repressed were addressed and released. Resent-

ment towards her ex-boyfriend, herself, sadness and disgust were dealt with. She felt no stress, very less pain, and no confusion in the direction of life. From the first treatment up till the third treatment the participant felt she understood better that it's okay to let go and she was learning to trust more in herself and universe.

Overall, the Reiki practitioner noted that the participant reason for Reiki healing and a new layer of healing was there after the first treatment. There were chords connected to her ex-boyfriend creating resentment and blocked the flow of abundance. She was guided to tell her to release judgment which 'hurts' her body and trusted that she is supported by the universe. The male energy needed balance with female energy and letting go of control and surrender to be a beautiful, abundant and supported woman. Then her intuition will guide her and attract those who have her best interest at heart. With tarot cards she did well to heal family issues and she was practicing the tool of breathing and tune in to emotion by connecting through feeling to manifest abundance and nurture inner child.

Angel 6 - Reiki Master Teacher Charn Suteerachai

The participant was a 34-year-old Engineer. He had not been under any medication. He was introduced by his friend to the Reiki Master Teacher. He has never had Reiki session before. He wants to feel relaxation/stress reduction, goes through headaches, back pain: upper/mid/lower, stress, and does not have any family problems but too much of the workload, and must wake up early replying to emails every morning everyday including weekends.

His Physical problem is headaches and back pain. His Emotional aspects concern stress and his Mental/Spiritual aspect concerns thinking too much and finds it hard to sleep. He is sensitive to touch and does not like if gay guys (Jasmine) touch him. He is sensitive perfumes' or fragrances. From the first Reiki session he wanted to decrease stress and feel easy to sleep at night-time.

He has a lot of stress and almost bearable pain. He faces moderate confusion in the direction of life and strongly disagrees to be a religious person. He somewhat agrees to be a more spiritual person than religious. He somewhat agrees to be a spiritual person but not religious. His daily routine starts off by waking up at 6:00 am, 6:30, he goes to office, 7:30 he has a morning meeting with client, 9:30 - 12:00 is the office hours, and 12:00 - 13:00 has lunch. Around 13:00-17:00, he has meetings and during the office hours. At 17:00 - 18:00, he travels back home and at 19:00 has dinner. Moreover, at 20:00 - 24:00, he plays games, watches movies and is using internet. At 24:00 - 6:00 is his sleeping time. He deals with stress by playing games, watching movie and using internet. He usually speaks to his parents and wife because they are closest to him. He can talk about everything and sometimes he feels that they cannot help much. He does not take any medication or drug to reduce stress. He spends time on the internet every day for about 8 hours a day. During his holidays he watches a movie, goes to the beach, and goes for a drive. He is more relaxed when meeting with his friend out of office. It was necessary for him to work as he planned his meeting daily and sometimes it may not relate to his duty, but it becomes a routine job that he needs to explain the people the same story again.

His first Reiki session was on 19th September 2015 and after his first treatment what he worried about, about 70% was eliminated from his concern and 30% was still in his mind since he would meet in the next session to see if he still faces it. During the treatment, he felt more relaxed and as the master teacher found something that he did not think was related to his work, but it was. After a discussion he felt the problem was slowly solving one by one. He felt lively again. He felt very less stress, almost no pain, and moderate confusion in the direction of life. He felt Reiki helped him become lively and back to his life, he may need to adapt some of his routine job to match his life, to get more efficient with his work.

On the other hand, the Reiki practitioner, Charn Suteerachai noted that the reason for his visit was to help with his stress level. He seemed more relief and relaxed after the treatment. He looked fresh and felt good after the treatment. In the 6th Chakra, there were a lot of worries about his father who retired eight years back which made him fear to his current job. He had to take loads of responsibilities and obligation that connects him with chords on the shoulder. It was also linked with his family and father and work that made him worry

as he has taken to load as a guardian to support financially. He dismissed his love causing blockage in his heart, liver, and digestion. The blockage in the 2nd Chakra caused the energy to lessen down and the suggestion was to slow down and spend more time with loved ones. The blockage in the 1st Chakra created instability and worried about the future making him feel anxious. He forgave his colleagues and his friends to send love and kindness. He was advised to stop worrying about the future and deal with the situation at that time. Chords were cut with his family burden that he should accept them the way they are he should do psychic surgery regularly to bring relief and reduce his stress.

Moreover, the second session was on 26th September 2015. After the second treatment, the participant felt that something in his mind had been removed out from the bottom of his heart. He felt more comfortable than the first time and realized that some problems are based on the past and were affecting him in the present. He felt very less stressed, very less pain and very less confusion with the direction of his life.

On the other hand, the Reiki practitioner noted that his energy was much better than the first treatment. He felt much more relaxed and relieved. He wanted to know if there were other reasons that made him feel stressful. This time the throat chakra was blocked and he was having a hard time expressing and developed frustration with his colleagues. This pattern started when he was in middle school and continued in university. His close friends moved to another university and he was separated from them causing him to create a negative thought that he was alone and must face life alone which in turn created a wall in his heart. It was seen that when he was in the second year of university he could not speak to his friends and the blockage was carried on from his past life. A close friend mentioned something with no bad intentions, and he died so that made him feel anxious and fearful. He was requested to see the wall and picture in his mind and hit the wall with a hammer, breaks it down and release it as it also affected his work.

Finally, the third treatment was on 3rd October 2015. The participant felt clear and he had something in his mind that was released as it was a small part when he was a child. He had to accept it and let go. He realized that the wall was affecting him in his present life and the third treatment made him understand how to deal with it. He had to start working with his colleagues without disturbing his mind. He felt no stress, no pain and almost no confusion in the direction of his life. The third treatment helped him how to deal with stress making his life smoother and if he had a chance, he would come again to have another Reiki treatment in the future.

Angel 7 - Reiki Master Teacher Charn Suteerachai

The participant was a 35-year-old Teacher. She takes diet pills (2 pills a day) and has Blue Tea leaves and Green Tea (1 tsp/day). She is friends with the Practitioner and she heard about this on the Line group chat. She has never had a Reiki session before. She goes through depression, anxiety, stress, and face self-confidence/esteem issues. As she works as a Teacher, there is a lot of teaching; therefore, she does not get time to take care of herself.

Her Physical problem was Gouty and would gain weight easily. Her Emotions fluctuate (up and down). She was aware of it but does not know how to control it. Her Mental/Spiritual aspects are lacking confidence because she needs approval and she decided she is not good enough. She is sensitive to perfumes/fragrances. She is sensitive to fried garlic, perfume, and relationship.

Out of the Reiki session she would like to relieve stress and value herself more. She faces bearable stress, has pain, and confusion in the direction of life. She somewhat agrees that she is a religious person, she somewhat agrees to be more spiritual than religious, and somewhat disagrees to be a spiritual person, but not religious. Her daily routine consists of teaching, academic work, and providing training for teachers and students. She deals with stress by singing, meditating, and watching YouTube. She speaks to her mom because she trusts her the most. However, she did see a therapist because of stress and received medication, but at this moment she is not taking any medication. She uses internet every day - 6 hours per day. She spends her holiday with parents as she still stays with them. When she is with her friends, she worries and has lack of confidence in herself because she assumes that she is not good enough and tends to feel bad

very often. She works at a University. She feels bored with the politics at work. She is taking care of the home expenses.

Her first Reiki session was on 13th September 2015 and after her first treatment she felt guided and recognized where her garbage is or what is in her heart for so long, but she could not face it. She felt energy on her head and some pain. But as time went by, she forgave. Her stress was lessened down. She had some stress, some pain, and moderate confusion in the direction of life.

On the other hand, the Reiki practitioner, Charn Suteerachai noted that the reason for her visit was stress. She was asked to exhale slowly and could see her interest in Reiki. The participant understood why she could not express herself at work and created stress. After exhaling slowly, she felt much better and rested. She was curious about Reiki as in the beginning she thought she would learn a kind of meditation to look and understand more before she travels to England in January 2016. The participant did study Reiki 1 and was intended to study Reiki 2 later. She was bemused with what she saw in her past and the problems at work. She was amazed as she did not inform or say anything before. Her interest in Reiki increased as compared to the curiosity in the beginning. There was a clog in Chakra 7 and stress at work. Things that happened in 2004, when she just started her job, and someone did not like her at work due to her individuality that made her not able to express now. She is not able to express her feelings, hates her colleagues and has not yet forgiven them. She hates them to a point that she imagines them as air and ignores them. Her boss gives her a lot of work and she does not say no. Therefore, she is overloaded. During the treatment, she was told to forgive herself and be herself. Moreover, there was a clog in Chakra 1 depicting how life is unsure and always trying and it doesn't end. Making it tiring and it comes from comparing with others. Thinking others are better and feels the need to improve oneself all the time. She tries to stop and not solve it which is not a best way to solve the problem. On the other hand, wanting more money being rich was another problem shown. In relation to the discussion, it was explained to the participant that having a blockage in Chakra 7, took place by not facing the problem and she need not avoid it and can practice meditation to feel the calmness. Blockage in Chakra 1 took place showing that she should not be comparing herself with others and comparing her older self was better and making her self-worth diminish. She was given homework to write about her feelings about work in the past and being tired and understand to let go by burning the paper after writing down her feelings. She was advised to discuss and study more about this so she will not repeat the pattern.

Moreover, the second session was on 20th September 2015. After the second treatment, the participant felt that she was able to smile when she met her boss she doesn't like. The participant felt good about life and felt light.

On the other hand, the Reiki practitioner noted that there was a clog in the throat chakra that was affecting decision making that involved her father. When she was nine years old her dad told her to buy noodles but when she went to buy it the noodles had finished and when she came to tell her dad he was very irritated and threw a spoon at her, this created a block as she feared being scolded at or teased. This showed in the present time with relationship with her boss. She was brought to awareness that this fear could be brought to the future and shut down love causing blockage in her heart and small blockage in her liver. Also, it was seen that there was, a blockage in Chakra 2, leading to low sexual energy due to stress at work. Hence, she was told about how stress affected her. She was told to forgive her father and send love to him and her colleagues and boss. It was pointed out that she had to accept herself and don't try to be someone she was not. After that, a psychic surgery was carried out helping her express and unlock the fear she bottled up. The practitioner still felt a blockage in her heart and the treatment continued longer there to enable her to believe in herself again. She was told to breathe in and out to let go of fear, judgment and accept her true self. The treatment made her understand herself so much more than the last time. She found out things about herself she never knew before.

The third treatment was on 27th September 2015. The participant felt she wanted to understand Reiki and have a treatment to help her with stress. She was interested in Reiki from the beginning but was not brave and scared to make the decisions. She thought Reiki was a hypnotic therapy or a kind of meditation that got her to be hesitant to start it. However, when she did the treatment, she realized that it

is not like she imagined and decided to learn Reiki level 1 in October 2015. The changes since the last session got her feeling better about life and she felt very good with her personality and she could walk up to her colleagues. She gained confidence.

During the treatment there was blockage in the throat, heart, and stomach which were linked with an incident that happened seven years ago. It occurred in England when she was asked for help for students to vote for her and she received a prize. In contrast, a group of an older crowd about ten years more (2 - 3 people) ganged up and said to her that if she was good she would be voted, she did not have to tell others to vote for her. She blamed herself about being wrong and kept it inside her without replying. From then on, she was scared to stand out and do things herself completely. This made her lack in confidence and she cut the cords that affected her heart, stomach, and underbelly. During the treatment in Chakra 1, she was asked to breathe in and out the energy. Cords were cut from black roots and she was told to imagine purple color coming in Chakra 7 until her stomach. Overall, she was told about forgiving and learning about forgiving as in her past life she had the same difficulty and she faced the same situation this life. The blockage was then cleared, and the practitioner made sure she saw this light coming down her stomach and it was cleared out.

Angel 8 - Reiki Master Teacher Charn Suteerachai

The participant was a 38-year-old Lawyer. She heard about the Reiki Practitioner through her sister as she is a Reiki Practitioner too. She faces short term memory. Her mental/Spiritual aspects are short memory and testing her confidence time to time. She is not sensitive to perfumes and not sensitive to touch.

Out of the Reiki session she would like to have the Reiki treatment to help with her problem with short memory and understand her six sense. She feels less stress, less pain and less confusion in the direction of life. She somewhat agrees that she is a religious person, she somewhat agrees to be more spiritual than religious, and somewhat agrees to consider herself being spiritual than religious. Her daily routine was helping her father, read a book, and meditate. She deals with stress by being quiet. She does speak sometimes but if she doesn't then she can face the problem on her own. She stays alone and is quiet and calm for a while. She spends time on the internet every day. She spends her holiday reading a book. She always has a good time with friends and also portrays that she is happy, and she wants all her friends to be happy and relaxed. She helps with dad's work such as finding jobs, ask permission for foreigners and help him so the workload is less for dad. It is important to earn money for the family.

Her first Reiki session was on 15th September 2015 and after her first treatment she felt light, relaxed, and a calm mind helping her with memory. She likes lighter and peaceful mind and all the little things on her mind is much lesser. She does feel weird about information about her past, about her way of thinking and feelings. She faced no stress, no pain, and no confusion in the direction of life. The Reiki practitioner was determined and kind with the Reiki patient. The treatment was good and the room surrounding was peaceful.

On the other hand, the Reiki practitioner, Charn Suteerachai noted that the reason for her visit was to help her concentrate and focus well. After the treatment she felt very light and relaxed. The 7th Chakra was clogged from a blockage from an emotion that happened a year ago when she fought with her mom. Her mom was complaining when they were practicing meditation. That led her to feel guilty, so she was guided to go back to that situation and erase that feeling from the past and erase feeling guilty. Her heart chakra was blocked due to love as her parents did not accept her boyfriend because they did not like him so they ended up being friends, there was a cord line that was not comfortable, and she could not talk to her parents about this. So, she was guided to go downstairs to her mind and enter a room to let out and understand the parents and cut the cord. Then do the psychic surgery to wash out the blockage. She was guided to send love and forgiveness to herself and parents. It was found that there was a blockage her left kidney and it involves eating a lot of sweets causing the system to work overtime. The emotion was due to fear and worries about the future regarding work, changes and things that haven't occurred. She compared herself with others causing a small blockage in the liver.

She was requested to do some homework when she was alone and to release what is stuck in her heart imagining she was talking to them about love that is uncomfortable. Also release about her brother when he was angry and screaming at the parents and how she chose to say 'stop' but instead she got screamed at. She and her friends are interested in studying Reiki and she was guided and told how it is important to accept her brother and others the way they are by acceptance and facing the truth.

Moreover, the second session was on 22nd September 2015. After the second treatment, the participant felt that she was feeling a lot better and relaxed. The treatment soled an emotional problem, memories from the past that had an effect and present emotions state of mind. She had no stress, no pain, and very less confusion in the direction of life. The experience was good especially regarding emotions. She felt much calmer, less worries, and less stress. There was an improvement as it was easier in social events and others around.

On the other hand, the Reiki practitioner noted that she was able to express and speak her mind much more easily than the last visit. There were blockages in Chakra 1, 3, 4, 5 and they were all connected. In Chakra 3 there was a large amount due to not being able to express, feeling uncomfortable and unable to be herself. There were 3 layers from seven years ago, fifteen years ago, and thirty-two years ago. The situation regarding with having goodwill, good intentions, but she was never appreciated and acknowledged. Her advice was never accepted. She was asked to notice the patterns from the three situations and the consequences of the actions that happened ten times this year. She found that it affected her present job, life, and feelings towards her family. After the treatment on the foot, hands were placed on Chakra 3 and look out the blockage right from the roots. She was told to make an affirmation, 'With my full heart, I want to let this go. I am and belong to myself.' Her Ego reasoned out that she was unable to let go and eventually her Ego lessened down.

She was told to do homework to notice the pattern 1 and 2 with what's happening and come back with feedback and see if she was able to count the times as she was asked how she feels on her tummy. She mentioned she felt much lighter. She discussed about dealing with Ego and was told to see it as a loud noise and not give importance to it, which will not aggravate anger towards it.

The third treatment was on 29th September 2015. The participant felt much relaxed, dealt with repressed things from the past, felt like she was free from frustration and petty things. Her mind was clearer, more focused, had more energy, and emotional problems were much lesser, and all gone. She felt no stress, no pain, and no confusion with the direction of life. If she had a chance in the future was keen to do another Reiki treatment as it made her feel lighter and relaxed. She solved her problems in short-term memory span, feelings between people, family, and society.

The Reiki practitioner noted that her reason to visit was for improving her short-term memory and understand about Universe Energy. There were some changes in a new job, and she would like to use the energy to erase the old and start fresh. The changes from the last treatment showed that her Ego was much lesser and did not find reasons. She listened more and felt much lighter and relaxed. She was even worried she would get her periods that would disrupt the treatment, she was surprised about her result and she was worried about things, but it was different from the last treatment. It was seen that there was blockage in the throat due to judgments of other and this also caused a blockage in the stomach. It also affected the heart chakra as it was connected to not being able to express verbally and not being herself when she was with others. She was irritated with her friend twenty-five years ago and was unable to express verbally about how she felt. However, when the Practitioner put his hands on her tummy, she was guided to imagine that she was opening a door and walking downstairs that was very deep until she is in her conscious mind and found a room with a one-way in and one way out. She was guided to ask her friend to come and talk. She was asked to express herself completely, speak her mind, listen to her friend, give love and forgive each other.

When the Practitioner touched the participant's feet, he could see light from the stomach chakra to the throat chakra. Before leaving the treatment, there was still some black smoke. Finally, after the treatment, she was explained about happiness for each person is different, so she does not need to decide whether the person will be happy or sad by giving herself as an example. Everyone has their own point of view. She understood her lesson and she shouldn't decide for others to be happy or sad.

Angel 9 - Reiki Master Amita Sachdev

The participant was a 36-year-old Vice President at an organization. She is a friend of the Reiki Practitioner. She takes no medication and has never had a Reiki treatment before. She was new to this and wanted to try this. She went through Back Pain: Upper/Mid/Lower and was unable to sleep. Her Physical concerns were Neck pain (office syndrome) and Unable to sleep deeply at night. She is sensitive to perfumes but not to touch.

Out of the Reiki session she would like to have the Reiki treatment to help with feeling relaxed, worry free and able to feel happy with her own self. She had bearable stress, bearable pain, and almost no confusion with the direction of life. She somewhat agrees to be a religious person, somewhat disagree to be more spiritual than religious, and strongly disagree to be spiritual and not religious. Her daily routine involves waking up, check messages on phone, take a bath, drive to work, work, lunch, work, dinner, shower/take a bath, massage, watch TV, and sleep. She tries to forget her stress and about the issues and deals with them only when she needs to. She prefers not to talk to anyone, unless is very irritated. Usually she just chooses to forget about it. She has never taken any drugs or medication or seen a therapist for stress. She uses Internet every day. During her holiday she sleeps, spends time with friends or gets out of town.

Moreover, when she is with her friends, she sometimes considers herself to have two personalities. She is usually very talkative and friendly to people when she first meets them. Once, she has learnt that their wavelengths matched with hers, she starts to become less and less talkative. Not that she is not being herself in the first place, but she feels that at first, she needs to be friendly and open up to people so that they can open up themselves so that she can learn about them. However, all in all, she can always be herself with friends. Yes, She works as a relationship Manager. She likes her job and thinks it is necessary to work as it helps her to develop many useful skills.

Her first Reiki session was on 19th September 2015 and after her first treatment she relieved, like a weight had been lifted. She also felt a little tired because of the crying during the session. During the treatment, she felt very emotional - she never knew that she kept so many feelings inside regarding relationship and family. She thought she was fine. She felt good to finally release those feelings out and come to terms with it. She felt no stress, no pain, and no confusion in the direction of life. During the treatment she felt if the music could be louder in the next treatment.

On the other hand, the Reiki practitioner, Amita Sachdev noted that the reason for her visit was to help her concentrate and focus well. The practitioner felt that Universe pulled them together for a reason. She sensed that she needed to let her unexpressed emotions out at the time when she interacted with her at a corporate workshop. On her side, she was inquisitive about Reiki and wanted to try and experience it. During the treatment, the session was very promising and emotional for the participant. She surrendered herself to the highest of goods for her own betterment. The Throat chakra and Heart chakra were imbalanced. Lots of unexpressed emotions related to guilt, anger, frustration, and the feeling heartbroken was brought into awareness. It left a deep, smoldering impression in her heart for a while. The technique to clear out old energy and residue from last relationships were guided by the guides who showed her a big oak tree, an honored healing tree, with strong roots deep into the ground, as its branches go above, rising tall up in the sky. She was asked to sit with her back against the tree and draw a circle of light that protects her. Later she was asked to invite a few people associating with those circumstances of her life that affected her emotionally. She could address her emotional blockages and solve some knotty problems by releasing out in the most nurturing way through communication, expression and forgiveness. She was cutting all emotional cords of attachment, karma with those people and feeling free from the past for good. With this she released emotional and physical pain from her system.

There was a discussion regarding blockages of energy in her chakras, giving her insights about how she can protect herself. Tools will help her to raise self-worth, self-love self-confidence, self-realization and self-esteem. Also, the practitioner and participant saw the

younger version of her (6 years old) in a church longing for love and affection from her loved one. Tools were given to reclaim and champion her inner child.

Moreover, the second session was on 10th December 2015. After the second treatment, the participant felt at ease and comfortable, clear headed and light. She was surprised at some of the things that the Reiki practitioner said that she was not aware of and she had concerns on some of the said issues. She felt no stress, no pain and no confusion in the direction of life. She thought the second session was better than the first session because she felt more relaxed during the second session.

On the other hand, the Reiki practitioner noted that her reason to visit was to gain emotional stability, relaxation and an overall sense of well-being. After the first session, there was a sense of lightness in her. She came out with her better self and implies positive outlook to situations that she faced or challenged with. At her second session, she was more receptive of the energy and to work with the light which would help in accelerating the healing process.

The second session induced an extremely comfortable state of being for the participant. During the session, she picked up that she subconsciously carried heavy emotions especially towards her parents. The emotions were layered and deep that was trying to remain hidden. With that, there was black energy in her Throat and Heart chakra. The technique guided by guides showed a beautiful church that was lit up with candles. She drifted gradually towards her subconscious mind and recognizes the same church. According to the participant, she had visited that church a couple of years back when she travelled to Germany. It felt like she left a piece of her in that church and her job was to go and recollect that piece back. She walked to the church as instructed and met the younger version of her (6 years old) who was still craving for love and attention from her parents. She was asked to give the girl a hug and reassure her of never been neglected again.

Later, she was shown her parents holding her hands, standing close to a cliff's edge of a tall waterfall on grass and birds flying against the cold winds as they were hovering next to her. She had to talk them out of why she will be jumping off the cliff and land safely to the ground. Once she ensured them about her safety, she took leap of faith and jumped to surrender herself to Universe. With such a powerful experience, she lightened up tremendously. There was a discussion about voice recording and play her unspoken feelings for her parents, as she prefers it to write and burn; then deleting them out of system once done.

The third treatment was on 17th December 2015. The participant felt much relaxed and peaceful. During the treatment she felt very relaxed and felt that she was half awake and half asleep. Sometimes, she felt she was dreaming. She felt no pain, no stress, and no confusion in the direction of life.

She thought the first Reiki session was the most emotional. After the first session, she found herself to be peaceful and relaxed. She became very happy with herself and very content. She could also sleep better. The problems that she previously had before in the first Reiki session had no longer bothered her. She had become at ease generally - stress regarding work had also significantly reduced and she became more peaceful, calm and overall feeling happy. She would take a Reiki treatment again and, in the future, would also recommend it to her friends.

The Reiki practitioner noted that her reason to visit was for emotional stability, relaxation and an overall sense of well-being. After the second session, she felt that something was fundamentally shifted on an energy level for the participant. The most prominent one was her enhanced self-esteem and positivity.

Moreover, the third session was related to Solar Plexus chakra (emotions) and sacral chakra as it was about her Past Life. The guides showed her life in Italy during 18th Century where she was a florist. Story in brief, it was about being in marital harassment from the

person who once saved her life and later violated her. She was traumatized, yet unable to take a stand as she felt owing her life to him. An old lady in the house gave her courage to fight for the justice. Later, she killed him while trying to escape. She was shown and explained through channeling this as a reminder to trust her intuition and vibes that she gets from people around her and look out for their ultimate motives.

During the treatment, there was a release of emotions, fears, imprints of past life partners in the chakras and attachments from that past lives by cutting cords. She was asked to forgive herself, that man and send love and light to him. Additionally, she was to learn the lessons and understand the co-relation to this life pattern. This helped her from drowning and suffocation and free into the light. Overall, there was a discussion about the past life experiences and intuition. She had well received intuitions as she unconsciously read other people's emotion and their expression. She was told to trust it more and imply it in her life often.

Conclusion

This research study focused on 'The Impact of Reiki Treatments (Hands-on Energetic Healing) and Existential Well-being Counseling in Reducing Stress and Improving the Well-being and Quality of life of Young people'. Suitable objectives were developed in order to accomplish the desired outcomes.

With formulating suitable hypotheses, it can be concluded that the participants did assess their fatigue and quality of life before and after the entire series of three Reiki or Hand-on Energetic Healing treatments. There was a discussion on distinguishing the changes in dealing with thoughts and stress of nine participants aged between 18 - 40 years. Participants had filled the forms and explained their experience of the energy through laying on-of-hands and well-being. Moreover, there was also a discussion on distinguishing the changes in reduction of stress and dealing with work/study of nine young working people aged between 18 - 40 years after the third Reiki treatment (Energetic healing).

The research accomplished to examine and evaluate that touch therapies, such as, Reiki may create changes in the brain that influence the receiver's body map and his or her somatosensory system; therefore, teaching the recipient to experience the body in a new, more adaptive way. Three Reiki Master Teachers, Reiki Master, Psychologist, and Founder of New Life Foundation, Reiki Master Teacher who also teaches Asian Bio-Energetics Therapy (ABET) and many other courses support and discuss on essential needs of Reiki treatments, holistic approach, counseling with people to live a balanced life, sustaining healthier relationships, consequently, reducing stress and embracing a better health, practicing empathy, gratitude, self-care, improve in personal-development and quality of life.

The research also attempted to provide an insight to construct and interpret the understanding of self-created stress, sickness, and symptoms' that affect body organs or physical health for young people after 3 Reiki treatments by applying Dr. Christine's book on Frontiers of health from healing to wholeness [2]. Nothing is complete without assurance and/or a feedback that shows change in better lifestyle. The possible outcomes before the results were positively accomplished as after diagnosing where there is blockage it is possible to continue more than three Reiki treatments. The hands-on healing could be practiced in many holistic and cancer clinics and hospitals as a medium of additional alternative therapy. Medication can be reduced depending on severity of a sickness or problem after consulting with the specialized doctor. The research duration was during 2015 - 2019. Individuals were fascinated with the treatments and understood how he or she could continue practices with the given suggestions in the way an individual manages lifestyle, time, education and/or work. Mindfulness practices daily were also addressed for participants of diverse age groups to sustain well-being.

The results derived are not the ultimatum of releasing stress factors and how one can be healed. The results also depend on how the subjects/participants of this study understand the factors and deal with factors that bring awareness to his/her life and bring a change in his/her quality of life. Hence, this research brings about a positive motive for a better and healthy community, balancing mind, body, and spirit. This research was limited to only 9 people (27 Treatments) and conducted in Bangkok, Thailand.

Hypotheses were formulated and results reveal that there is a change in reducing and/or no feeling of fatigue after Hands-on Energetic Healing. There is an influence in having a better quality of life after the Hands-on Energetic Healing and Existential Well-being Counseling: A Person-centered Experiential Approach. There is a change in the way to deal with thoughts and stress after the Hands-on Energetic Healing. There is a change in reduction of stress and dealing with study/work related issues after Hands-on Energetic Healing and Existential Well-being Counseling: A Person-centered Experiential Approach. There is a change in feeling better about life and related sickness after Hands-on Energetic Healing. There is a better understanding about Emotional, Mental, Physical, and Spiritual Energies/Bodies that affect body organs and health after Hands-on Energetic Healing and Existential Well-being Counseling: A Person-centered Experiential Approach. There is an influence of making better choices about self and balance after Hands-on Energetic Healing.

Additionally, the research supports the values that energetic healing practice are consistent with the belief that the human body requires a constant flow of life force energy for sustained health and wellness. Moreover, energetic balance or harmony requires biopsychosocial and spiritual combination, generally reasoned as physical and spiritual healing. This conception provides as a chief founding for complementary and alternative medicine (CAM) energy work [1,8-11].

On the other hand, as presented as a testable hypothesis by James Oschman, Ph.D [17]. Dr. Oschman discovered several important scientific studies that point to a scientific basis for energy medicine based on the laws of physics and biology. The electrical currents that run through every part of the human body provide the basis for Dr. Oschman's hypothesis. These currents are present in the nervous system, organs, and cells of the body. For instance, the electrical signals that trigger the heartbeat travel throughout all the tissues of the body and can be detected anywhere on the body. This was clearly felt and seen during the Reiki treatment where the participant does feel the electrical currents run through every part of the human body.

Furthermore, based on Dr. Christine Page's book [2] on Frontiers of Health from healing to wholeness, "the soul or self is still firmly linked with the Source of life via spirit. Through this connection we are aware of ourselves not only as a personality but also as part of the Universal pattern of life." Participant got to understand their pain, sickness, illness, stress, and/or a minor issue about how and what happens during a painful situation and/or sickness that in turn affects the body organs. Participants clearly and positively acknowledged the value of self-love, self-worth, self-care, self-esteem, self-awareness, self-respect, self-expression, self-responsibility, and self-knowing. This enables to understand and face the reasoning of blockages and embrace compassion, empathy, and positive thinking where one can balance between work/study and life. People can fulfill their dreams and learn to follow their Heart and not be carried away and/or feeling victimized about situations that have no purpose and recognize the possibility that they were never a problem.

Future Research suggests that more people can acknowledge the alternative and holistic approach of healing, Existential Well-being Counseling: A Person-centered Experiential Approach, become aware and understand the beauty of human physiology and self-worth. The acknowledgment of skills, personal development, and quality of life are imperative in one's life. The understanding and awareness of existing in life and living a meaningful one is significant. The vibration of Energy can amplify the recognition and awareness about Reiki Energetic Healing. The treatments need not be limited to people but can be practiced on animals as well to show the changes in symptoms of sickness and how the animal's condition has change after the treatment depending on the severity of sickness. This research has accomplished all objectives and hypotheses and is grateful for everyone giving their time and sharing experiences in bringing awareness and knowing the imperative reasoning of balance, well-being, and embracing a positive lifestyle.

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the natural way of healing, becoming aware about Existential Well-being Counseling: A Person-centered Experiential Approach and how learning the essence of following one's heart establishes a solid foundation.

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Conflict of Interest

There was no conflict of interest that existed.

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