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**For the Love of Reiki**  
**Archives Available**  
**October 22nd 2014: Long Distance Reiki**

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Health and Wellness Channel

Paula will be interviewing Kristen Eykel. We will be discussing the modality of Long Distance Reiki. This is a very powerful healing method that can be used for many purposes. It is universal energy. You may understand how physically touching someone may offer comfort, but how about sending them this energy from the other side of the country? The other side of the world? How can we wrap our heads around the thought that we can actually send them focused, healing energy to another time? In this episode, we explore this idea and experience from the perspective of Distant healing with Reiki-the s

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**Featured Guest**



**Kristen Eykel**

Kristen Eykel CHT. Brings a wealth of experience to her clients. From Supermodel in Paris to LA's Red Carpets, Kristen has travelled the world of Beauty & Self-Empowerment. Her training as a Certified Hypnotherapist, Birth Doula, Usui Reiki Master Teacher, IKYTA & E-RYT Yoga Specialist, and Certified Advanced ThetaHealer has brought her a deeper understanding of where we all hold fears & limitations- and given her the keys to unlock them. Her years working in TV speaking to live audiences & millions of people internationally has given her the confidence & passion to hold the stage for her audiences as well as hold Sacred Space for her work with clients and those she Mentors. Kristen Eyke

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