

I met Marcia Lowry at [redacted] where we work on the same floor and attend a weekly lunch time yoga class. I also currently attend a Qigong practice group led by Marcia over the lunch hour.

(2012) My first Reiki session took place with Marcia at her house in a room with soft color on the walls. I didn't know what to expect, was a little uneasy. Marcia explained that with Reiki, the practitioner didn't touch the client -she was working on energy. Marcia was reassuring and calm. She showed me a bowl of stones and invited me to pick one that spoke to me-I chose a white one. Then I lay on my back on a special table and closed my eyes and Marcia began. I felt very safe and relaxed. The hour was over quickly and I felt refreshed and rested.

(2012) The second session took place at the same place. This time I was looking forward to the experience. Was feeling healthy and strong. During the session I it was like my body hummed. My mind drifted into spaces of color but somehow wasn't distracted by random thoughts-like a gentle flow of consciousness. After the session, Marcia told me she had a vision: people in white-my relatives?- were playing a game with me-gathered around a sheet and tossing me up and down in the air- everybody was laughing and I was very loved by them. I cried after she described this and Marcia listened. I was glad she didn't try to comfort me-just let me have the experience. Will always feel grateful to her for sharing this with me. Again, felt wonderful afterwards: rested, relaxed, energized.

My third healing session with Marcia took place at work. She offered to help me after I shared how hurt I felt after my boss [redacted] invited everyone on the team except me to her son's wedding, how I felt like a third wheel with my work team. Can't remember if I also shared with Marcia about the other big hurt ([redacted]) but that hurt came up to be acknowledged and healed also. The following is from my journal on 7/26/2012.

- "Today Marcia exorcised the blackness out of me; after yoga class, we went to a conference room. She asked if it was okay to enlist the help of my spirit guides. Eyes closed, warm lights turning blue. She said to "ground"- imagine I'm a tree with roots spreading out. I thought of the hurt from [redacted] and the hurt from [redacted] One hour. She said my angel was strong- his name was Raphael. Blocks removed-blown away from left kidney and throat. She moved the wound from my heart to my head so it wouldn't hurt so much. She had a vision: [redacted]
[redacted] are be [redacted]

Sara B. [redacted] 2/25/14

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