

# Resilience

## Healing Energy by Sue Aumer

## My Personal Experience with Reiki

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Over the years I have had some impressive personal healing experiences with Reiki / healing energy. I'd like to share a couple of them with you as my personal testimony of what Reiki can do.

### **Case of the Disappearing Retinal Bleed**

Last year during a routine eye exam, my optometrist diagnosed a retinal bleed in my right eye. I needed to schedule an ophthalmology appointment ASAP to determine the extent of the damage and to assess treatment options.

A few weeks later, a retinal scan and an exam by an ophthalmologist failed to reveal a retinal bleed or any evidence that there ever was one.



The doctor was confused. He explained that although bleeds do sometimes resolve themselves over time - though over a few weeks would be unusual, they leave behind damaged vessels clearly visible in an exam. He saw none.

*What happened?*

Following the diagnosis of a retinal bleed, I continued my daily practice of self-Reiki. During my sessions, I became aware of a warm tingling sensation around my eyes. Though the ophthalmologist had no medical explanation for the outcome, I have an idea what happened.

## **Case of a Resolved Chronic Knee Disorder**

For decades my right knee wouldn't fully extend without popping then locking if I pushed it too far. When it did occasionally lock, it could be painful for several weeks or more. Instead of pursuing potentially invasive medical procedures, I chose to manage it by being careful.

Then about nine months ago, I could suddenly fully extend my knee with no popping, and I found it would no longer lock. Now I'm able to race up and down the stairs and run around freely with quick starts and stops - I do have a dog after all! Before, such movements surely would have caused painful locking.



*What happened?*

Last fall during my regular Reiki session with a Reiki Master practitioner, my right leg felt as if it was encased in ice. When this feeling went away after the session, I noticed that my knee discomfort from a recent locking episode was completely gone – and that after decades of limited extension, I could fully straighten my knee with no popping, locking or pain. Nine months later, this is still the case. And I no longer need to be careful about how I move.

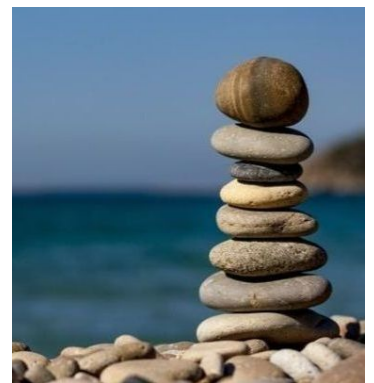
## Putting Results into Perspective



Though Reiki healing results can be impressive like mine were, it is critical to remember that Reiki is NOT a substitute for medical treatment and that to heal can, but does not necessarily mean to cure.

For example if you suffer from a chronic debilitating disease, having your pain minimized or eliminated and being able to sleep comfortably through the night can significantly increase your quality of life. Though the disease isn't cured, experiencing outcomes like these without any harmful side effects, all of which are common through Reiki, can certainly be described as healing.

Since being introduced to the West in the early 20th century, Reiki has become increasingly recognized as an effective complementary healing modality, including by [many forward-thinking medical facilities](#). There's so much more to healing than what has been envisioned by conventional Western medicine! Why not check out what Reiki can do for you?



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***Thank you*** for your business! I wish you all the best on your healing journey.



## Sue Aumer

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