

Responses to REIKI Sessions and Classes with Karen Ann Snider

"I feel so calm and peaceful after my sessions with Karen, I have referred several of my friends to her. After one of my sessions with Karen a friend remarked that I looked different, she said more calm and light. I have healing session with Karen at least one time per month." Deb
(Psychotherapist/Madison, WI)

"I have to tell you, Karen, that I've been experiencing a wonderfully rich dream life since Saturday and writing about these in my Reiki Journal. I try to mark the daily transitions, not always successfully. I have noted several times the peace-fulness brought about solely through intentional setting of hands upon ... even my dogs respond to this touch.... Thank you for inviting me to be included in Saturday's work. I have seldom met anyone as generous of time and self as you. " Susan (Senior Philanthropy Officer/Waukesha, WI)

"Karen's teaching style demystifies Reiki without removing the grace, beauty and simplicity of Reiki. She offers a knowledgeable background in diverse approaches to spirituality which she effortlessly blends into her Reiki courses, making it accessible to a large audience. I began to learn Reiki ten years ago and I can honestly say I have used it everyday since. It is simply the best "tool" one can have in their toolbox and it is accessible to everyone regardless of religion, age, gender and background.... As a busy massage therapist I cannot imagine doing the work I do without having first learned Reiki" Jen (Massage Therapist/Madison, WI.)

"I didn't know what to expect from my first REIKI session. I had recently lost my adult son in an automobile accident and had a lot of emotion around that. I found REIKI to be deeply relaxing, soothing and comforting. Afterward, it seemed to begin some emotional movement for me." Kathy (Community Member/ Baraboo, WI)

"OF COURSE I WOULD ALWAYS LOVE TO HAVE YOUR GENTLE HANDS UPON ME BUT IF REALITY KEEPS US APART I KNOW YOU HAVE THE POWER TO HEAL FROM A DISTANCE. ALL MY LOVE..." BILL (Reiki II Student with Karen & a Massage Therapist/ Chicago, Il.)

"When Karen Snider first gave me Reiki I believe it probably saved my life. It released some deep down tension that I had been having for a long time. I believe that without that release I would have had a heart attack or stroke or some other stress related illness. She has been my friend and mentor for many years. The healing energy that comes through her hands is

very strong. It relaxes, calms, heals and refreshes. She is an excellent Reiki practitioner and teacher." Elfriede Manning (Cincinnati, Ohio)