

Welcome

I am excited to join you on your wellness journey!

My name is Mackinze. I am a certified Reiki Master, breath coach, and intuitive.

My goal every time we work together is to leave you feeling relaxed, aligned, and at peace. My hope is that Reiki will help you continue to walk toward the wellness goals you have for yourself and give you the mental clarity and physical focus to achieve them.

What does it look like to work with me?

When you first arrive, we will spend some time going over your health history, your goals, and how you'd like to feel. I want you to feel comfortable and at ease before we even begin the session!

Reiki is a large part of your time with me, but your session is so much more!

In a session you will experience education around breathwork as well as other wellness tips. I share tools so you can continue your healing journey in your daily life.

I can also work directly with my intuition, higher power, and your spiritual support team. This part of my work is done with permission from you. If this is not something you feel comfortable with then your session will focus exclusively on Reiki, breathwork, and wellness education. If you desire to incorporate the spiritual side this would need to be known prior to the start of your session. The spiritual information will be shared at the end, so that you may simply receive during the rest of your session.

When I tap into my intuition, I never guarantee that I will see, hear, feel, or have a knowing; however, it is often the case that I do. Sometimes what is most needed for you is the Reiki itself, and I may not receive any additional information. My intention is always to allow what you specifically need for your healing to come through.

My priority is to be a safe space for you to come and feel at ease, to leave with a sense of peace. Healing work is a gentle practice that offers support during life's stressful times and when used on a regular basis can provide the vitality and ease to reach your wellness goals.

I look forward to meeting you,

Mackinze