

Brittany's story: Why I chose Reiki and how It helped me navigate through my anxiety.

"Growing up you could find me on any sports field, court or just participating in every gym class that was offered. Through out my life and still to this day I have always been an energetic go getter. Sitting still, what is that? It just never happened for me, I have never been much of a home body that sits at home and reads some books (no judgement) it was just never for me. Fast forward through college, new relationship, moving in together, getting married and having a baby together, I am still very much that same person. Difference is, I am looking after more than just myself now. My household relies on me EVERY second of the day. I swear some days I am raising two toddlers. From figuring out what we are going to have for breakfast lunch and dinner, to nap times, groceries, laundry (Lord don't even get me started on the laundry) house cleaning, which some days can be non existent. Life is hectic and I am sure most can relate.

When I returned to work from my one-year maternity leave, just 3 days later I decided it would be a wonderful time to break my tibial plateau bone in 2 spots. But how, you must be asking? Well playing soccer, I got to return to playing one of my favourite sports after having my little guy. Life was great, until that night. I was rushed in for orthopedic surgery, where I now have two plates and nine screws holding my leg together. The doctor gave me terrible news, that I was not allowed to walk for 4 months. Oh, and to top it all off, we were in the middle of a complete house reno at our new house, where we would be moving in just a few short weeks. Then two weeks after breaking my leg, I received a dreaded phone call that my work has decided to terminate my position after 5 years. I honestly felt like I hit rock bottom. I pushed through it like every mother does. Swallow your pride and keep moving. I knew I was suffering from some depression/anxiety during those months but the reno kept my mind busy.

During those months, I got an email for a job offer that wasn't expected, it must have been meant to be. We had moved to our new house, and things were looking up. By Christmas I was starting to walk, and was able to drive again and become the energetic independent person I always was. I Was getting into the groove of my new job and really enjoying my new position. In the spring we decided it would be a good time to expand our family, so we got pregnant. Life was falling into place finally. We went for my 8-week ultrasound, with what we expected to see, but didn't get the news we were looking for. Our little one did not make it past 6 weeks. My mind was spinning at this point. Why?

I was tough though right? I worked through my miscarriage, told myself I was ok, neglected that fact that I was hurting inside, I was confused, angry, sad. So many emotions filled my mind however I continued to work through the pain. I actually won a huge account during that time with work, and praised myself for being so strong. One month later I started having trouble sleeping, I felt anxious, I would get light headed, and it continued to the point of having full blown panic attacks. I had to go to the hospital multiple times because I felt like I couldn't control my body. My heart was racing, I felt like I had an elephant sitting on my chest and I would wake up in the middle of the night and not be able to get back to sleep. I let this go on for a month, as I tried everything like exercise to journaling to try and help fix the problem. My

doctor recommended a low dose medication to help, but mentally I felt like I failed if I were to take it. I didn't want to medicate for something I thought I could mentally overcome, but I started the medication so that I could become a mom again. My family was suffering to and that was one of the hardest things to watch.

Once I got into a decent head space, I started researching alternative medicines. My first recommendation was to try acupuncture. I researched acupuncture therapists in my area and connected with a lovely lady that was so confident that we could tackle this issue I was having. IT WORKED! I was finally started to feel balanced. From there I did some more research on energy healing which led me to Reiki. This is where I connected with Katie, told her my situation, and we got right to work. I was hesitant in the beginning, but I was very open minded to finding ways to heal my body and soul. After my first session I Felt super light, and my mind felt refreshed. There was hope for me, I WAS going to be ok.

The financial investment of reiki was scary, however compared to acupuncture, I have been given the tools to help me bring my mind back to reality. Through personalized meditation and session homework, I can say that I feel confident to tackle life around me. Since starting reiki I feel a sense of joy, it clears negative energy and blocks that limit you from daily life tasks. My number one concern was when will I get pregnant? Through reiki I was able to get an insight that it will happen soon through card readings. All I needed to do was work on myself and allow my body to heal, from past traumas.

Medication is great, however it's a band aid to the issue. By really investing into alternative medicines, I finally feel myself again. I think the most important thing to remember is, I won't ever be that 20-year-old carrying around the weight I use to have, the weight shifts, it looks a little different now and you need to be prepared to help your mind carry it.

Its going to be ok, Life is a beautiful journey."



Brittany, Ruminant Nutritionist

[Book in for a call to get started: https://katiehuntco.hbportal.co/schedule/612408e73831b3002a72dbb9](https://katiehuntco.hbportal.co/schedule/612408e73831b3002a72dbb9)