

# Paula Vail of Wellness Inspired to be Featured on CUTV News Radio

LAKEWOOD, WASHINGTON, USA, August 25, 2016 /EINPresswire.com/ -- Paula is a worldwide radio host, speaker, author, Reiki practitioner mentor and the founder of Wellness Inspired where she offers healing and empowerment to men, women and even animals. For over 10 years, Paula has practiced Reiki with passion and integrity, striving to teach the true essence of Reiki and to share the gift of healing with others.

“I want to be a source of positive energy in the world, a source of caring and positive attitude,” says Paula. “It’s so expansive what Reiki does and what it can help with. Beyond words wonderful, actually.”

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing by using the "life force energy" that flows through each of us.

With each passing year more and more people are discovering the remarkable healing power of Reiki. Today, Reiki is among the most widely accepted alternative healing modalities. Combined with western medical practices in hospitals and hospice, and even during cancer therapy, Reiki is quickly being recognized as a natural way to enhance our body's ability to heal and to stay healthy.

“With Reiki it’s not my Reiki. It’s coming from source through me,” says Paula. “I see Reiki as a prayer modality. I believe the practitioner is the vessel, and if we can go into a session with love and compassion, that just creates a stronger connection. My belief is that we should get out of the way and let the Reiki go where it’s needed. It’s powerful, yet simple and it’s something any person can learn.”

Recently, Paula has devoted much of her time to host two radio shows on Voice America and BBS. “For the Love of Reiki” on Voice America’s Health and Wellness channel covers many different aspects of Reiki and other topics such as quantum healing, alternative medicine, self-empowerment,





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*Paula Vail*

nutrition, strengthening our relationship with ourselves and others, pain relief and overcoming illness. Guests not only bring a vast amount of expertise and knowledge to her listeners, but also their experiences and amazing stories.

Paula's second radio show is "Why am I so Happy" on BBS radio. This show shares information and inspiration from a wide range of guests and topics. She is also in the process of

creating a third show on BBS radio called "Paula V and Friends".

Says Paula: "My hope for my radio shows is to bring more insight and inspiration and positive manifestation out into the world, as well as the hope that people unfamiliar with Reiki will seek it out."

CUTV News Radio will feature Paula Vail in an interview with Doug Llewelyn on August 29th at 2pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Wellness Inspired, visit <http://www.wellnessinspired.com> and be sure to visit Paula's other website <http://www.paulavnetwork.com>

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