

Kathleen Johnson of UniverSoul Heart to be Featured on CUTV News Radio

BLOOMSBURG, PENNSYLVANIA, UNITED STATES, January 10, 2018 /EINPresswire.com/ -- Kathleen Johnson is the founder of UniverSoul Heart, a holistic wellness practice specializing in complementary healing and spiritual growth. Kathleen is a facilitator and teacher of an energy medicine modality known as Reiki.

"Reiki is a huge part of my life," says Kathleen. "I don't see that ever changing. A lot of people have never even heard of Reiki. One of my missions in life is to raise awareness of Reiki so people understand how this can really help in their healing journey and their spiritual path."

Reiki is a gentle, non-invasive healing modality that utilizes the universal life energy to enhance the body's natural healing ability.



"Our bodies have an amazing ability to heal themselves, but life gets in the way of that sometimes," says Kathleen. "Reiki serves to provide an energetic clearing, which allows the energy in our bodies and around our bodies to flow freely and to remove obstacles so that we can feel good and be well."

And because Reiki is holistic in nature, it addresses all levels of our being.

"I always refer to it as "having Reiki on board", because when you have Reiki on board, it actually performs like a guiding light for your path in life, whether your path is a spiritual one or you're pursuing a more human-based path, it doesn't matter. Having Reiki on board can be an amazing ally."

Reiki is available to everyone. Every single one of us has the ability to learn Reiki and channel Reiki for their benefit and for the benefit of others. And it's incredibly easy to learn: a simple one-day class for Reiki levels one and two. Once you are attuned to reiki, your energy pathways are open so that you are able to channel the energy, and it never goes away.

"It's not about me doing the healing; it is Reiki doing the healing. I'm merely a channel. I'm the facilitator. And the energy is fueled by my intent and my focused presence. But the energy is doing the work, not me.

“My life has changed so dramatically and in so many ways since I became attuned to Reiki and embraced it as my companion in life,” says Kathleen. “I think being of service is a part of our path. Some people learn Reiki so they can treat themselves and their family and their pets, which is wonderful. I’ve been drawn to work with other people and teach them that they can heal themselves and they can work with their issues in ways other than those that medical science and counseling offer. I feel guided to share what I knew and the beautiful blessing of reiki with others.”

CUTV News Radio will feature Kathleen Johnson in an interview with Doug Llewelyn on January 12th and January 26th at 11am EST and with Jim Masters on January 19th at 11am EST.

Listen to the show on [BlogTalkRadio](#). If you have a question for our guest, call (347) 996-3389.

For more information on UniverSoul Heart, visit www.universoulheart.net

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