

Rashida Sheffield Turns Grief into Healing in #1 International Best-Selling Book, *The Call Within*

Rashida Sheffield empowers readers to embrace healing and self-discovery through her journey of resilience and transformation in [The Call Within](#)

LITHONIA, GA, UNITED STATES, January 9, 2025 /EINPresswire.com/ -- Life Changing Energy proudly announces that Rashida Sheffield, founder of Reiki Recharge and holistic healing practitioner, has become a #1 international best-selling author in the book, [The Call Within: Finding Purpose and Sparking Transformation](#). Officially reaching international best-seller status on January 4, 2025 in the USA, Canada, Australia, Germany, India, and the UK, this inspirational collection highlights 52 stories of resilience, personal growth, and the power of transformation. Proceeds from the book benefit Brighter Healing Foundation, a non-profit dedicated to providing holistic healing resources to those in need.



Rashida's chapter, *From Grief to Peace: A Journey of Healing and Transformation Through Holistic Practices*, reflects on the heartbreaking loss of her father to suicide and the emotional turmoil that followed. Faced with unimaginable grief, Rashida turned to holistic healing methods, including Reiki and sound healing, to guide her through the pain. Her powerful narrative illustrates how grief can become a catalyst for profound personal change, offering hope to others who may find themselves on similar paths.

Her journey toward healing wasn't linear. In the wake of her father's death, Rashida grappled with guilt, unanswered questions, and emotional isolation. Traditional counseling left her feeling disconnected, prompting her to explore alternative healing practices. Through Reiki, she discovered the capacity to shift her energy and release emotional burdens, gradually finding peace. Over time, Rashida's experiences evolved into a calling—leading her to establish Reiki Recharge, a holistic wellness practice dedicated to helping others heal emotionally and

spiritually.

A core component of Rashida's work is her commitment to making holistic healing accessible to all. She offers affordable sessions, virtual resources, and community events to ensure that emotional and spiritual wellness isn't reserved for the few. Her integrative approach blends Reiki, sound baths, meditation, and breathwork, creating comprehensive experiences that address the mind, body, and soul.

"Grief taught me that healing is possible even in our darkest moments. Reiki and sound healing became lifelines for me, and now I'm passionate about guiding others toward that same light," says Rashida Sheffield. "I hope my story reminds people that peace is attainable and healing is within reach."

Rashida Sheffield is a recognized expert in Reiki, yoga, sound healing, life coaching, breathwork, and meditation. At Reiki Recharge, she offers personalized healing experiences that empower clients to overcome emotional blocks and embrace vibrant, fulfilling lives. Her holistic sessions have been described as transformative by clients, many of whom report newfound clarity, inner peace, and emotional balance after working with Rashida.

In addition to her one-on-one practice, Rashida leads workshops and retreats that focus on grief recovery, energy healing, and personal empowerment. Her compassionate, intuitive style has made her a trusted healer and mentor within the wellness community. Rashida also collaborates with therapists and mental health practitioners to integrate holistic techniques into traditional care plans, creating a bridge between ancient healing practices and modern therapy.

"I came to Rashida when I was stressed out. This was my first time, and I didn't know what to expect. After my hour session, I felt different—my energy had shifted, and I felt light. Now, she's my preferred holistic healer." ~ Rod

Beyond her healing practice, Rashida frequently speaks at wellness panels and appears on podcasts, sharing insights on holistic wellness and the importance of emotional healing. Her contributions to *The Call Within* align with her broader mission to inspire and uplift others, reinforcing the belief that transformation is possible for everyone.

The Call Within isn't just a book—it's a movement. With contributions from healers, life coaches, and transformative leaders like Rashida, it stands as a beacon of hope and empowerment for readers around the world. By achieving best-seller status, the book amplifies the message that healing begins within and that our greatest transformations often arise from the most challenging circumstances.

For more information about Rashida Sheffield's work, visit www.reikirecharge.com.

About Rashida Sheffield and Reiki Recharge:

Reiki Recharge, founded by Rashida Sheffield, is a holistic wellness practice based in Atlanta, GA.

Focused on emotional and spiritual healing, Reiki Recharge offers personalized Reiki, sound healing, meditation, and breathwork sessions. Rashida's mission is to empower individuals to release emotional blocks, embrace peace, and rediscover their inner strength. In addition to her healing practice, Rashida mentors aspiring healers and offers comprehensive training programs in Reiki and sound healing. Through her dedication and compassionate approach, Rashida continues to make a significant impact in the holistic wellness community, fostering an ever-growing network of individuals committed to healing and transformation.

Rashida Sheffield

Reiki Recharge

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