

Karen (KB) MacEachern

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KB is a certified Reiki practitioner at the Master level, a certified 500-hour Meditation Coach, and a 200 and 300-hour Yoga Alliance certified yoga instructor. She has engaged in a personal meditation practice for over 25 years, and has been energy conscious since childhood. KB received her first Reiki attunements in 2014 and has participated in ongoing trainings ever since, receiving her first Master Level Certification under the Usui Linage in July of 2017. KB has studied Reiki under multiple teachers including, Kathleen Pruneu-Hill, Brandi Rivait, Lisa Guyman, Andrea Kennedy and Kathleen Prasad. She has also studied with Sura Kim delving deeply into meditation, coaching and energy work. In addition to this, she has studied yoga, mindfulness and pranayama, receiving her 200-hour certification from renowned Montessori educator, author and teacher Shakta Khalsa, the founder of one of the most comprehensive training programs for children and family yoga. She also studied and received a 300-hour Yoga Alliance certification for yoga, meditation and breathwork from Ashley Turner who is known for her unique integration of science and spirituality.

KB is a traditional Reiki Master following the lineage and teachings of Hawayo Takata, who introduced the West to Reiki, and the discipline of Usui Shiki Ryoho. She also incorporates other modalities including meditation, chakra balancing and crystal work into some Reiki sessions. In addition to energy work, KB is an artist and holds a Bachelors of Fine Arts degree from University of Michigan's School of Art and Architecture. She is also a fierce animal advocate, as well as an animal Reiki practitioner. Animals come to her in droves, with or without an appointment. She learned over many years of practice that animals are exceptionally energy aware. Animals are naturally drawn to clear channels of energy where they can engage in self-healing, and she is humbled to be able to be a part of it.

Through personal experience and all of this beautiful work, KB has cultivated a reverence and practice of living life through the lens of vibration and energy. Her years of meditation, energy work, and yoga carry over to her Reiki practice where she provides an intentional and sacred space enabling clients to deeply relax, connect to themselves, supporting self-healing across the mental, physical, emotional and spiritual realms. With Reiki, similar to other types of energy healing modalities, the underlying goal is to correct blockages and bring the body's natural flow of energy back into a state balance supporting the recipient's innate healing capabilities.

KB works with clients who may be experiencing symptoms of exhaustion, stress, grief, anxiety or depression. She also finds energy work a powerful tool to move through feelings of being blocked. She has worked with clients with various medical and health concerns, as well as practiced Reiki in a hospice setting. KB also works with parents of children who are neurodiverse or have hearing loss and are struggling with exhaustion, parental grief, trauma or loneliness. KB believes, "We don't have to fit into all the boxes life throws at us, and it's fun to color outside of the lines!" Her everyday mantra is, "When things change inside you, things change around you."