

KB Mac

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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. Her journey into the realms of energy and healing began in childhood, leading her to a dedicated meditation practice spanning 30 years.

Receiving her first Reiki attunements in 2014, KB has since been on an unwavering path of learning and sharing. She achieved her first Master Level Certification under the Usui Lineage in July 2017, and has since studied Reiki and energy healing under esteemed teachers such as Kathleen Pruneu-Hill, Brandi Rivait, Lisa Guyman, Andrea Kennedy, Kathleen Prasad, and Sura Kim, delving deep into meditation, coaching, and energy work.

As a Reiki Master, KB follows multiple Reiki lineages. She practices the Usui Reiki Ryoho lineage and the teachings of Hawayo Takata, who brought Reiki from Japan to the west in 1938. She also practices Komyo ReikiDo, studying with Inamoto Hyakuten who resides in Japan. KB has studied many contemporary styles of Reiki and a variety of other energy healing practices. Her approach encompasses multiple modalities including meditation, sound healing, yoga, chakra balancing, and crystal work, enriching the Reiki healing experience for her clients.

Beyond her healing practice, KB is an artist with a Bachelor of Fine Arts degree from the University of Michigan's School of Art and Architecture. A passionate animal advocate and an animal Reiki practitioner, she has a unique connection with animals, recognizing their innate energy awareness and their natural gravitation towards clear channels of energy.

A Spectrum of Healing:

At The Reiki Sanctuary, KB is emerging as a respected Holistic Practitioner in Southeast Michigan, specializing in diverse healing modalities. The breadth of conditions she works with spans cancers, fibromyalgia, ADHD, substance abuse, and hospice to physical ailments like headaches, menstrual cramps, morning sickness and back, hip, and knee pain. KB's healing touch extends to emotional and mental realms, encompassing childhood trauma, PTSD, anxiety, depression, grief work, generational healing, and creative blocks.

Clients who seek KB's guidance experience not only relief but profound breakthroughs in their quality of life. Energy work becomes a transformative tool, whether it's for maintaining energy hygiene, preventing ailments, or navigating the complexities of life.

The Reiki Sanctuary Experience:

KB's approach involves intention, energy awareness, and an innate wisdom of energy medicine. She has cultivated a profound 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, like other types of energy healing modalities, the underlying goal is to correct blockages, release stagnant energies, revitalize the life force energy, and bring the body's natural flow of energy back into a state balance.

The Reiki Sanctuary is not just a space for healing; it's a haven where clients deepen their understanding of energy work and Reiki. In this supportive container, KB empowers individuals to recognize their inherent power, fostering a sense of wellness that goes beyond the physical.

Join KB and The Reiki Sanctuary in unlocking the healing energies within you. Whether you are navigating life's challenges or seeking preventive care, KB is here to guide you on a journey toward holistic well-being. Embrace the warmth, calm, and authenticity of The Reiki Sanctuary, where healing is a personalized and life-changing experience.