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valtierra

SKILLS

- Energy Healing and Chakra Balancing
- Client Communication and Guidance
- Stress and Anxiety Management
- Meditation and Relaxation Techniques

ALBERTO MORENO VALTIERRA

COLEGIO MEXICANO DE REIKI

Profile

Dedicated and passionate Reiki practitioner with over 3 years of experience providing holistic healing sessions. Skilled in helping individuals achieve balance, reduce stress, and enhance overall well-being through energy healing techniques.

Independent Reiki Practitioner

- Self-employed
- 2019 – Present
- Conducted personalized Reiki sessions tailored to clients' needs, focusing on physical, emotional, and spiritual healing.
- Helped clients manage stress, pain, and anxiety by channeling positive energy.
- Educated clients on the principles of Reiki and its benefits for long-term health and mindfulness.
- Created a calming and safe environment for effective healing experiences.
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EDUCATION

- Mexican College of Reiki
- Reiki Levels I, II, III, and Mastery Certification Completed

Scholarship

- Spanish (Native)
- English (Advanced)

Reiki is a Japanese energy healing technique that promotes relaxation, reduces stress, and encourages physical and emotional healing. The word "Reiki" translates to "universal life energy," referring to the unseen energy that flows through all living things.

Practitioners use gentle hand movements or hover their hands above the body to channel this energy, clearing blockages and restoring balance. Reiki is non-invasive, deeply relaxing, and can complement other medical treatments or therapies.