



# Western Mass WELLNESS

ADDITIONAL TESTIMONIALS FOUND ON THE BE WELL BLOG:

[The Be Well Blog](#)

*"I found Reiki to be very relaxing and helped with my shoulder pain both before and after rotator cuff surgery. In fact, I was feeling so much better, I almost did not have the surgery."*

**Lorrie Roussi, Granby, MA**

*"I had what the doctor's thought was acid reflux due to stress. Being a little skeptical to begin with, I wasn't sure if Reiki would work. I explained my symptoms to Mary-Anne. I couldn't even eat regular meals without being completely miserable. I thought I'd give Reiki a try before taking any prescriptions. After one session approximately 9 months ago it has not returned. I would definitely go this route again with any other issues that may arise."*

**Lori Kolensky, Suffield, CT**

*"I was ill with Guillian Barre Syndrome, a neuro-immunological disorder in which the body's immune system attacks part of the peripheral nervous system. The first symptoms of this disorder include varying degrees of weakness or tingling sensations in the legs. In many instances, the weakness and abnormal sensations spread to the arms and upper body. These symptoms can increase in intensity until the muscles cannot be used at all and the patient is almost totally paralyzed. In these cases, the disorder is life-threatening and is considered a medical emergency. The last thing in the world I wanted to be was ill. Traditional medicine treated my illness followed by a long and slow recovery--until I found Reiki and Simple Pleasures. With the addition of this ancient treatment, my recovery time was shortened and my body strengthened as well as my spirit."*

**Wanda Thomas, West Springfield, MA**

*"Hi Mary-Anne,*

*You have gathered such a sweet group of people around you for your shares. There was so much loving, harmonious energy there. After you worked on me for allergies, I had Alex check me the next morning and they were reduced! Isn't it miraculous?..."*

**Dr. Anastacia Sampson, Chicopee, MA**

*"Dear Mary-Anne,*

*I would like to express my gratitude and give you some insight on my perceptions following the Reiki session last week. As you know I had previously tried Reiki with someone else about four months ago and felt I had totally wasted my time. As expected my motivation to try again was very low and I did not seek it out. When I met you at the BNI meeting several weeks ago, I sensed a deeper commitment from you about Reiki and a stronger personal connection with you as well. This was enough for me to want to try it one more time. The session itself was much more professionally handled and your knowledge of the processes you were undertaking were very interesting. During the session I became more relaxed and open every minute. When we were completed I felt almost as if I had awakened from a deep sleep even though I was awake and conscious the whole time. I felt totally calm and relaxed and free of the mental stress that I walked in with. This by itself would have left me with praise for the session. The best part of all, and the main reason for this letter, was the almost complete disappearance of the knee pain and lower back pain with which I had suffered for most of this year. You are truly a master of Reiki as your certificate states. It has been almost a week and these areas are still as pain free as that first night. The entire experience was extremely beneficial for me and I would recommend it, actually I feel compelled to recommend it to anyone. The sense of calm and emotional well-being as well as the loss of seemingly chronic pain has made me a true believer in the healing power of Reiki. You have certainly mastered the fine art of this largely unknown alternative healing method. I can't wait to set up another session with you and I truly hope you achieve all that you can from this business, you deserve it. Bless you and be well, Yours truly,"*

**Peter Yaffe, West Springfield, MA**