

Testimonial for Vivian,

I'm an engineer and by nature, I trust hard data and science, but there is a part of me that keeps an open mind and leaves room for the inexplicable. I met Vivian about six years ago, when I was looking for a new acupuncturist after my old one moved away. From the beginning, I appreciated her straightforwardness and efficiency in resolving whatever issues I brought her way, and the fact that she never tried to "rope me in" with any promises or services. Each time she would listen to the concerns, do a quick evaluation and come up with the most suitable solution. With time I began to share more of the personal concerns, and one of them had to do with my seven year old daughter, who is now thirteen. She was never diagnosed, but exhibited all of the symptoms of ADHD and was falling behind in school. Our homework routine would take two, to three hours a night, and by the end of the week we were both exhausted, irritated, and feeling defeated. After I inquired about treatment for my daughter, Vivian offered something out of the ordinary, called Reiki. I did a bit of research, but considering Vivian's track record, I didn't question her recommendation and gave permission to "treat" my daughter.

I remember sitting at a dining table after dinner, preparing for a long night of tears, frustration over everything being a distraction, but that night was different. My daughter sat through her homework and finished it in about 45 minutes. I was surprised, but didn't make much of it until this repeated the following night and remained to be the case for another week. I went back to Vivian for my appointment and mentioned what happened, and it turned out that the same day my daughter's homework habit changed, was the day Vivian performed Reiki on her. I was amazed with the results. It didn't change my child, just allowed her to be more grounded, like she found the missing piece. Since then a lot has happened, she is now a very happy, creative, and resilient teen-ager and a big sister to three little ones. Our family has gone through a lot of emotional changes over the past couple of years, divorce, moving, becoming a blended family.

I also have a six year old daughter. She has always exhibited very manipulative and self-serving characteristics. It's harsh to speak about your own child this way, but when she manages to steal every precious moment your family is enjoying, by being destructive, moody, inconvenienced, and loud, it puts a lot of strain on a family dynamic. It is hard, when she's asked to clean up her own mess, or apologize for accidentally hurting someone, or walk her own scooter when enjoying time outdoors, and just that, is enough of a reason for her to "throw a fit" and scream and sit on the ground motionless. It is frustrating, when it's time to leave for school, but her pants don't "feel" right, because they are too tight or too loose, the sweater is too long or too short, or the hair is not done or done the wrong way, when we just can't move on from whatever small thing happened.

Few months ago I asked myself, what do I do when my daughter tells me “you are the worst mom and I hate you” because, wait.... I’m making her eat her green beans. Every small, good thing she did, was expected to be met with a reward, but every bad choice she made is supposed to be forgotten. The fairness scale is 1 (her good deed) to a 1000 (what I owe). For years, I desperately seeked a way into her world, so I could help and console, but instead kept feeling used and manipulated. We endured this cycle for so long, hoping she would grow out of it, but when things got worse after the girls’ dad and I split, I needed help.

Again, Vivian came to the rescue. She offered to do Reiki and I figured, we don’t have anything to lose. After three sessions now, I feel like I finally have the relationship with my child I always wanted for both of us. She makes eye contact. She tells me how she feels. She stops and takes a deep breath, before negotiating a deal about what to wear, do, eat. She is learning to own her mistakes. She is learning to move on from whatever bothers her, rather than allow the trigger to set her spiraling.

I am eternally grateful to Vivian for what she has done for our family. We have a long way to go, my job isn’t done, but I am on my way to help my children become confident, happy, well-adjusted, respectful, and humble beings. Each time Vivian performed Reiki, I would see a change for the better almost instantly. It seems to work like a very powerful prayer and allows the person to become the better version of themselves.

Thank you Vivian