

Lourdes Guzman is a Reiki Master of the Usui Lineage. She has been a Reiki practitioner since 1994 and a Master Reiki teacher since 1997 and has since trained numerous practitioners. Her teachings reflect years of direct experience, apprenticeship and learning, and a lifelong commitment to sharing Reiki. Her knowledge of this amazing energy work has been strengthened by her experience of community work that includes hospice, substance abuse clinics, visits to incarcerated women and her private practice. She had taught Reiki in New York, Dominican Republic, Puerto Rico, and New Mexico. Her profound interest in sharing this powerful tool, brought her to Haiti where she participated in healing sessions assisting victims of the earthquake in 2010. She also taught Reiki to several women with the intention that they will also continue administering Reiki to their community. She teaches in New York, offering individual or group classes in English and/or Spanish. Her spirituality is grounded in a belief that each of us carries within ourselves the capacity for a harmonious co-existence with whatever circumstances life brings us. Lourdes is known to many through her work as a clinical assistant at Turning Point Acupuncture. She is also a certified acupuncture detoxification technician having completed the NADA training at Lincoln Hospital.