



# Meet Tracey

## Your Reiki Master Teacher

Welcome beautiful souls! I am so pleased you have chosen to embark on your Reiki initiation with us. It's an amazing journey that many students describe as a lifechanging experience.

I'm Tracey Fusco - holistic practitioner, sound therapist, Reiki master, teacher, and founder of Essentia Holistic Health.

I am extremely passionate about natural healing modalities, which I utilise in both my professional and personal life.

I've always been drawn such therapies- as a child I would massage my Nana's feet on a Saturday night, while watching Lovejoy on her oversized retro TV. I remember concentrating on sending her loving energy while I worked.

I loved those special nights with my Nana- just me and her (and Lovejoy) listening to my Grandad's gentle snores in the distance. Such fond memories!

As a young teen I was drawn specifically to energy work- but at the time I had no idea what it was.

I often experimented with this idea asking my friends to lay their hands on

me and send me some loving energy if I was feelin under the weather - and vice versa. I didn't understand it, I didn't know what it was, I just knew it felt good! I called it ...

### "Feeling the love"

I was a young adult when I discovered Reiki Healing at local charity event. I remember feeling a little unsure - sitting on a high backed chair surrounded by churchy smells and mahogany furniture galore. The lady asked me to close my eyes and relax as she began to deliver my first ever Reiki treatment.

Wow I certainly felt the love that day!

The experience was simply surreal- the world dissolved around me, tears began to roll down my cheeks, and my consciousness journeyed to a realm it had not yet discovered. I was hooked!

And so, many years later, here I am blessed to be able to pass the gift of these ancient teachings and Universal healing power to you.

Follow us on Social Media



W: [WWW.ESENTIAHOLISTICHEALTH.CO.UK](http://WWW.ESENTIAHOLISTICHEALTH.CO.UK)

E: [INFO@ESENTIAHOLISTICHEALTH.CO.UK](mailto:INFO@ESENTIAHOLISTICHEALTH.CO.UK)