

A GUIDE TO

**OVERCOMING
ANXIETY, STRESS,
OVERWHELM &
BURNOUT**

By Mahesha Rice



Reiki Renewal Rising®
Mahesha's Energy Haven

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INTRODUCTION

In today's fast-paced world, stress, anxiety, and burnout have become daily struggles for many. We juggle endless to-do lists, navigate personal and professional responsibilities, and try to maintain balance—all while our minds and bodies bear the burden.

I understand this first-hand. There was a time when I felt completely overwhelmed, trapped in a cycle of exhaustion, racing thoughts, and emotional heaviness. It wasn't until I discovered **EFT Tapping, breathwork, affirmations, and Ho'oponopono** that I finally reclaimed my inner peace. These tools transformed my life, and I am honoured to share them with you.

This guide isn't just about temporary relief—it's about **real transformation**. With each technique, you'll gain tools to shift your energy, calm your nervous system, and step into a life of greater ease and alignment.

JOURNAL REFLECTIONS

- ▶ What are the biggest stressors in my life right now?
- ▶ How do they affect my mind, body, and emotions?
- ▶ What would it feel like to be free from that stress?
- ▶ What limiting beliefs do I hold about myself that might be contributing to my stress or anxiety?
- ▶ What is one small step I can take today to bring more peace into my life?
- ▶ When was the last time I felt truly calm and at ease? What can I learn from that moment?

 **Pro Tip:**

Revisit your journal entries after practicing EFT Tapping or breathwork and notice if your perspective has shifted.

Self-awareness is the first step to transformation!

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WHAT ARE STRESS, ANXIETY, AND BURNOUT?

- Stress is a natural response to pressure or demands. Short-term stress can be motivating, but chronic stress can wear down your physical and emotional well-being.
- Anxiety is excessive worry or fear that disrupts daily life. It can manifest as racing thoughts, panic, or restlessness.
- Burnout is deep emotional and physical exhaustion, often caused by prolonged stress. It leads to low motivation, detachment, and feeling depleted.

THE EFFECTS ON MIND & BODY

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When stress becomes chronic, it creates a cascade of symptoms:

- **Physical Symptoms:** Fatigue, muscle tension, digestive issues, headaches, rapid heartbeat.
- **Mental Symptoms:** Brain fog, difficulty concentrating, negative self-talk, overwhelm.
- **Emotional Symptoms:** Irritability, lack of motivation, sadness, frustration.

HOW THESE TECHNIQUES CAN HELP

Each method in this guide offers a unique way to retrain your nervous system and shift your mindset:

- **EFT Tapping** rewires limiting beliefs and calms anxiety.
- **Breathwork** activates the parasympathetic nervous system, reducing stress.
- **Affirmations** reprogram the subconscious for positivity and confidence.
- **Ho'oponopono** fosters deep emotional healing and forgiveness.

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WHAT IS EFT TAPPING?

Emotional Freedom Techniques (EFT), commonly known as **Tapping**, is a powerful self-help tool that combines **acupressure and modern psychology** to release stress, anxiety, and emotional blockages. It involves gently tapping on **specific meridian points** while focusing on an emotional issue or belief that needs healing.

EFT works by **calming the nervous system, reducing cortisol (the stress hormone), and rewiring limiting beliefs**, allowing you to move from **emotional distress to peace and clarity**.

HOW EFT TAPPING WORKS

The Science Behind EFT

EFT is based on the principle that emotional distress is linked to disruptions in the body's energy system. By tapping on acupressure points while acknowledging emotions, we help restore energy balance and send signals to the brain that it is safe to let go of stress.

▶ **Activates the Parasympathetic Nervous System**

Shifts the body from **fight-or-flight** to a **calm and relaxed** state.

▶ **Lowers Cortisol Levels**

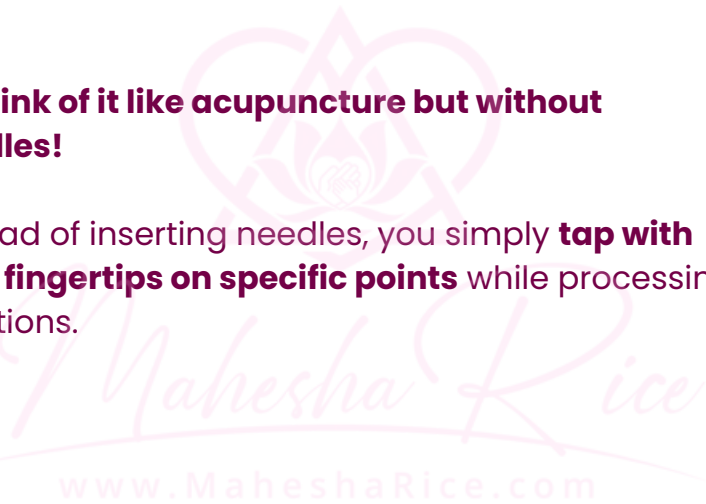
Studies show EFT significantly **reduces stress hormones**, promoting mental clarity.

▶ **Rewires the Brain**

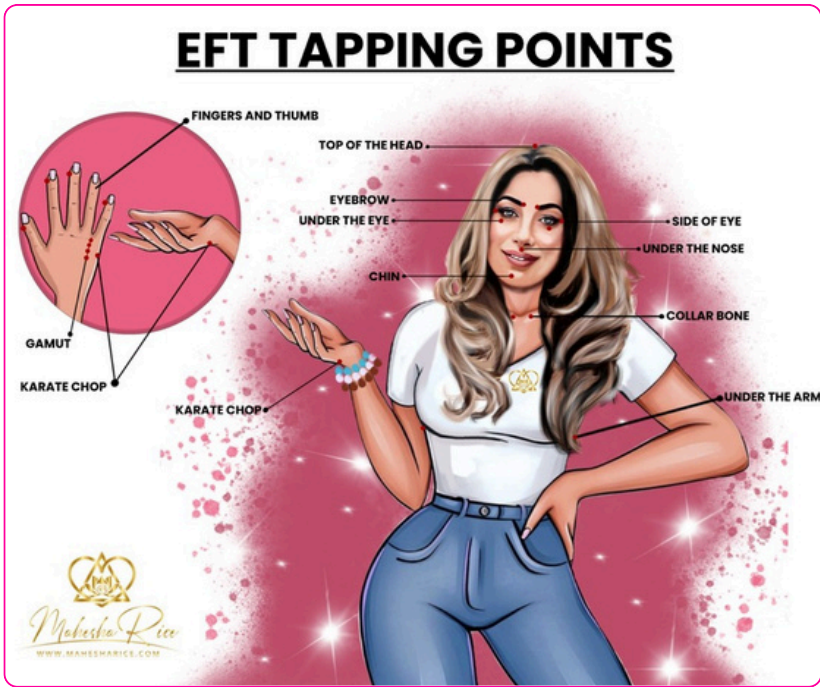
Repeating affirmations while tapping creates **new neural pathways**, replacing old, negative beliefs.

💡 **Think of it like acupuncture but without needles!**

Instead of inserting needles, you simply **tap with your fingertips on specific points** while processing emotions.



THE 9 EFT TAPPING POINTS



Each tapping point corresponds to an energy meridian used in Traditional Chinese Medicine. Here's where to tap and what each point helps release:

► Karate Chop Point (Side of Hand):

👉 **Location:** Outer edge of the palm (below the pinky).

👉 **Use:** While tapping here, repeat a setup statement like:

👉 *"Even though I feel [emotion], I deeply and completely love and accept myself."*

▶ **Eyebrow**

👉 **Location:** On the inside edge of one eyebrow

▶ **Side of Eye**

👉 **Location:** Next to the outside edge of one eye

▶ **Under Eye**

👉 **Location:** On the bone underneath one eye

▶ **Under Nose**

👉 **Location:** Between your nose and your upper lip

▶ **Chin Point**

👉 **Location:** Between your lower lip and your chin

▶ **Collarbone**

👉 **Location:** Beneath one collarbone (find the notch beneath the inside edge of the collarbone)

▶ **Under Arm**

👉 **Location:** Under one armpit (about 10 centimetres (4 inches) below the armpit)

▶ **Top of Head**

👉 **Location:** The crown of the head.

👉 Tap on each point a few times while saying affirmations or processing emotions.

HOW TO USE EFT TAPPING FOR EMOTIONAL HEALING

♥ **Step 1: Identify the Issue** – What are you feeling? Where do you feel it in your body?

📊 **Step 2: Rate the Intensity** – On a scale from 0-10, how strong is this emotion?

✋ **Step 3: Set Up Statement (Karate Chop Point)** – Example:

- “Even though I feel anxious and overwhelmed, I deeply and completely love and accept myself.”

🌀 **Step 4: Tap Through the Points** – Tap on each point while acknowledging the emotion.

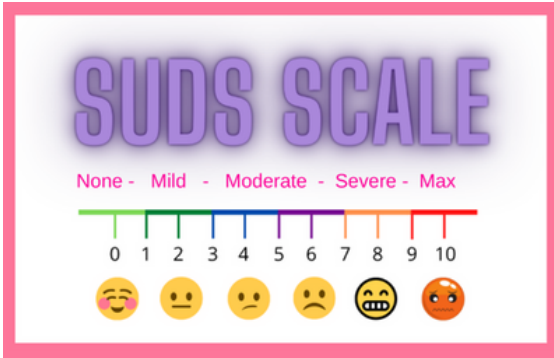
🌿 **Step 5: Reassess the Intensity** – Check if the emotion has shifted. If needed, repeat another round.

By practicing **EFT Tapping regularly**, you can experience **profound emotional shifts, greater resilience, and deep inner peace.**

💡 **Now that you understand EFT, let's move on to a guided tapping session to release stress and anxiety!**

GUIDED EFT TAPPING EXERCISE FOR ANXIETY & STRESS

HOW TO USE THIS TAPPING EXERCISE



- ▶ Before you start, rate your stress level from **0 to 10** using the SUDS scale—0 meaning no distress at all, and 10 being the highest level of distress you can imagine.

The Subjective Units of Distress Scale (SUDS) helps you track your emotional intensity before and after EFT Tapping, allowing you to notice shifts and progress as you release stress and reframe your mindset.

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- ▶ **After completing the three rounds**, rate your stress level again—notice any shifts.
- ▶ **Repeat daily** or whenever you feel tension building up.

ROUND 1

RELEASING NEGATIVE EMOTIONS

💡 **Reminder.** These words are just a guideline—feel free to adjust them to whatever resonates most with you!

(Acknowledging and letting go of stress, anxiety, or tension.)

➤ **Karate Chop (Side of Hand):**

*“Even though I feel overwhelmed and anxious, I deeply and completely love and accept myself.”
(Repeat 3 times.)*

➤ **Eyebrow:** “This anxious feeling in my chest...”

➤ **Side of Eye:** “I feel so tense and stuck...”

➤ **Under Eye:** “This stress is taking over...”

➤ **Under Nose:** “It feels like I can’t escape this...”

➤ **Chin:** “It’s hard to let go of this tension...”

➤ **Collarbone:** “I acknowledge how I feel...”

➤ **Under Arm:** “This worry is weighing me down...”

➤ **Top of Head:** “I release this anxiety now...”

ROUND 2

BEING OPEN & WILLING TO CHANGE

- ▶ **Eyebrow:** "I am open and willing to releasing this stress..."
- ▶ **Side of Eye:** "I allow myself to feel safe..."
- ▶ **Under Eye:** "I am beginning to let go of this tension..."
- ▶ **Under Nose:** "I give myself permission to relax..."
- ▶ **Chin:** "I choose to feel a little lighter..."
- ▶ **Collarbone:** "I allow peace to enter my body..."
- ▶ **Under Arm:** "I am safe to let go..."
- ▶ **Top of Head:** "I welcome calmness into my mind and body..."

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ROUND 3

INSTILLING POSITIVE FEELINGS

(Reinforcing relaxation, confidence, and inner peace.)

- ▶ **Eyebrow:** "I feel a deep sense of peace within me..."
- ▶ **Side of Eye:** "I choose to trust in the process of life..."
- ▶ **Under Eye:** "I am safe and supported..."
- ▶ **Under Nose:** "I welcome joy and relaxation into my day..."
- ▶ **Chin:** "I am strong, resilient, and capable..."
- ▶ **Collarbone:** "I am worthy of love, peace, and happiness..."
- ▶ **Under Arm:** "I feel light, free, and at ease..."
- ▶ **Top of Head:** "I am enough, just as I am..."

BREATHWORK FOR EMOTIONAL REGULATION

WHY BREATHWORK?

Breathwork is one of the fastest and most effective ways to shift your emotional state. When stress and anxiety take over, our breathing becomes shallow and rapid, sending signals to the brain that we are in danger. This keeps the nervous system stuck in fight-or-flight mode, making it difficult to think clearly, relax, or feel at ease.

By consciously changing how we breathe, we can:

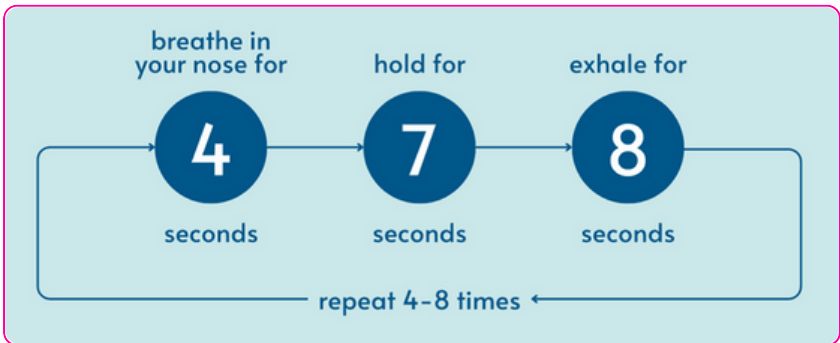
- Slow down racing thoughts and calm the mind.
- Reduce tension in the body.
- Activate the parasympathetic nervous system, promoting relaxation.
- Increase oxygen flow to the brain, improving focus and clarity.

The best part?

You can practice these techniques anytime, anywhere—whether you're feeling overwhelmed, struggling to concentrate, or preparing for sleep.

THREE POWERFUL BREATHWORK TECHNIQUES

1. (FOR RELAXATION & EMOTIONAL RESET)



This technique is often called a “natural tranquilizer” for the nervous system. It slows down the heart rate, reduces anxiety, and helps quiet a restless mind.

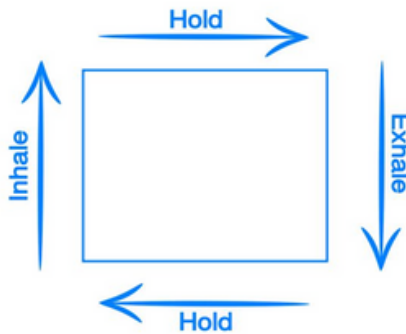
How to Practice:

1. Inhale deeply through your nose while counting to 4.
2. Hold the breath for a count of 7.
3. Exhale slowly and completely through your mouth, counting to 8.
4. Repeat this cycle 4-8 times, or until you feel a noticeable shift toward calmness.

 **Pro Tip:**

If you find it difficult to extend the breath, try starting with a shorter count (e.g., 3-5-6) and gradually work your way up.

2. BOX BREATHING (FOR FOCUS & STRESS RELIEF)



Also known as "square breathing," this technique is used by athletes, military personnel, and high-performance individuals to enhance focus, reduce anxiety, and regain control in stressful situations.

How to Practice:

- Inhale (4 seconds) – Breathe in deeply through your nose while counting to four. Fill your lungs completely.
- Hold (4 seconds) – Hold your breath for a count of four. Try to stay relaxed.

- Exhale (4 seconds) – Slowly breathe out through your mouth for four seconds, emptying your lungs.
- Hold (4 seconds) – Pause and hold your breath again for four seconds before repeating the cycle.
- Go back to step 1 and repeat the process for as long as you want to.

3. DEEP BELLY BREATHING (FOR GROUNDING & NERVOUS SYSTEM RESET)

Deep Belly Breathing (Diaphragmatic Breathing), one of the most powerful ways to activate the body's relaxation response.

Many of us breathe shallowly into the chest, keeping the body in a subtle state of stress. Deep Belly Breathing encourages full oxygen exchange, slows the heartbeat, and lowers blood pressure.

How to Practice:

1. Place one hand on your chest and the other on your belly.
2. Take a deep breath in through your nose, counting to 4, feel your belly rise, while your chest stays still.
3. Exhale fully through your mouth for a count of 6, allowing your belly to fall.

4. Continue for 5 minutes, or as long as needed to feel calm and centered.

💡 **Pro Tip:**

This technique is especially effective before bedtime to promote restful sleep or when you feel emotionally overwhelmed.



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AFFIRMATIONS FOR HEALING & CONFIDENCE

WHY AFFIRMATIONS WORK

Our subconscious mind is constantly absorbing thoughts—both positive and negative—as truth. Over time, repeated thought patterns become ingrained, shaping how we see ourselves and the world around us.

This is why affirmations are so powerful. By intentionally repeating positive statements, we can retrain our brains, shift our inner narrative, and create a new reality based on self-empowerment, confidence, and inner peace.

UNDERSTANDING THE BRAIN'S PLASTICITY

The foundation of affirmations lies in the brain's ability to rewire itself—a phenomenon known as neuroplasticity.

🧠 Neuroplasticity allows the brain to form new neural connections throughout life. This means that, no matter how deeply ingrained negative thoughts may be, the brain can change, adapt, and replace them with new, healthier beliefs.

Every time we repeat a positive affirmation, we strengthen new neural pathways that align with that belief. Over time, this process weakens old, limiting thought patterns and makes it easier for the brain to default to positive thinking.

HOW AFFIRMATIONS RESHAPE YOUR NEURAL PATHWAYS

✧ Think of your thoughts like pathways in a forest.

- A negative belief is like a well-worn trail that's been walked on for years—it's familiar, automatic, and easy to follow.
- A new, positive belief is like carving a fresh path through untouched land—it may feel difficult at first, but with repetition, it becomes easier to walk, eventually replacing the old trail.

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Every time you repeat *"I am safe. I trust myself."*, you strengthen that belief in your subconscious, making it a natural part of your thought patterns.

THE ROLE OF THE RETICULAR ACTIVATING SYSTEM (RAS)

The Reticular Activating System (RAS) is a part of the brain that filters information and determines what we focus on.

🔍 When we repeat affirmations, we train the RAS to seek out evidence that supports our new beliefs.

For example:

✓ If you repeat “I am confident and capable,” your RAS will start noticing situations where you feel confident, reinforcing this belief.

✗ On the other hand, if you constantly think “I always fail,” your RAS will highlight situations where you felt unsuccessful, keeping you stuck in a negative loop.

💡 This is why affirmations work! By directing your brain to focus on positivity, resilience, and growth, you actively reprogram your mindset for success and emotional well-being.

HOW TO CREATE POWERFUL PERSONAL AFFIRMATIONS

► 1- Make Them Positive & Present-Tense

Your brain believes what you tell it, so state affirmations as if they are already true.

❌ Instead of: *"I will be confident someday."*

✅ Say: *"I am confident and self-assured."*

► 2- Keep Them Concise & Specific

Your affirmations should be clear, simple, and direct so your mind can easily absorb them.

❌ Instead of: *"I want to feel better about myself and stop overthinking."*

✅ Say: *"I trust myself, and my thoughts are calm."*

► 3- Use Emotionally Powerful Words

Affirmations work best when they evoke strong positive emotions.

❌ Instead of: *"I try to be happy."*

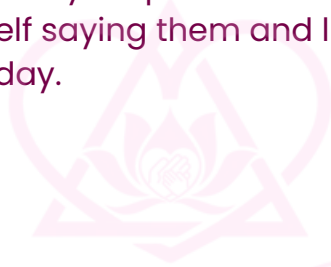
✅ Say: *"I radiate joy, love, and gratitude."*

► 4- Repeat Them Consistently

Repetition is key! To create real change, affirmations must be a daily practice.

Here are ways to integrate them:

- ✓ Say them out loud in front of a mirror.
- ✓ Write them in a journal every morning.
- ✓ Set reminders on your phone.
- ✓ Record yourself saying them and listen throughout the day.



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POWERFUL AFFIRMATIONS FOR HEALING & CONFIDENCE

For Overcoming Anxiety & Stress:

- "I am safe in this moment."
- "I choose peace over worry."
- "I release fear and embrace calm."
- "I allow myself to feel supported and grounded."

For Self-Worth & Confidence:

- "I am enough just as I am."
- "I trust in my abilities and decisions."
- "I am strong, capable, and resilient."
- "I radiate confidence and inner power."

For Emotional Healing & Self-Love:

- "I forgive myself and embrace my growth."
- "I am worthy of love and acceptance."
- "I let go of what no longer serves me."
- "I am free, whole, and at peace."

ENHANCING AFFIRMATIONS WITH EFT TAPPING

📌 **Pro Tip:**

Combine affirmations with EFT Tapping to deepen their effect!

As you repeat each affirmation, tap on the EFT meridian points to reinforce the message in your subconscious.

Example Tapping Sequence :

- ▶ **Karate Chop:** *"Even though I sometimes doubt myself, I choose to believe in my power."*
- ▶ **Eyebrow:** *"I am safe in this moment."*
- ▶ **Side of Eye:** *"I trust in the process of life"*
- ▶ **Under Eye:** *"I release fear and embrace peace."*
- ▶ **Under Nose:** *"I am strong and resilient."*
- ▶ **Chin:** *"I am worthy of love and confidence."*
- ▶ **Collarbone:** *"I let go of negative self-talk."*
- ▶ **Under Arm:** *"I step into my power."*
- ▶ **Top of Head:** *"I am enough, just as I am."*

💡 Try this for **a few minutes every day** and notice how your mindset shifts!

HO'OPONOPONO FOR DEEP EMOTIONAL HEALING

WHAT IS HO'OPONOPONO?



Ho'oponopono is an ancient Hawaiian practice of forgiveness and reconciliation. It teaches us that by taking responsibility for our emotions, we can heal ourselves and transform our reality.

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At its core, Ho'oponopono is based on four simple yet powerful phrases:

1. "I'm sorry." (Acknowledging the emotion or situation.)
2. "Please forgive me." (Releasing resistance and allowing healing.)
3. "Thank you." (Expressing gratitude for the healing process.)
4. "I love you." (Offering love to yourself and the situation.)

HOW TO USE WITH EFT TAPPING

By combining Ho'oponopono with EFT Tapping, we amplify the healing effect. Each phrase is spoken while tapping on a specific meridian point, reinforcing emotional release and self-forgiveness.

GUIDED TAPPING EXERCISE USING HO'OPONOPONO

▶ **Karate Chop (Side of Hand):**

“Even though I feel [insert emotion], I deeply and completely love and accept myself.” (Repeat 3 times.)

▶ **Eyebrow:** “I’m sorry.”

▶ **Side of Eye:** “Please forgive me.”

▶ **Under Eye:** “Thank you.”

▶ **Under Nose:** “I love you.”

▶ **Chin Point:** “I’m sorry.”

▶ **Collarbone:** “Please forgive me.”

▶ **Under Arm:** “Thank you.”

▶ **Top of Head:** “I love you.”

👉 **Repeat this sequence 2-3 times**, or until you feel a shift in your emotional state.

💡 **Pro Tip:**

Focus on a specific emotion, memory, or situation while tapping. Visualize it being released with each tap, allowing forgiveness and love to flow in.

WHEN TO USE THIS PRACTICE

- When feeling overwhelmed, anxious, or stuck.
- To release resentment, guilt, or self-judgment.
- As a daily emotional reset to cultivate peace and self-love.

By integrating **EFT Tapping** with **Ho'oponopono**, you create a powerful healing ritual that clears emotional blockages and restores inner harmony.



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DAILY PRACTICES & INTEGRATION

To truly shift your emotional well-being, commit to daily self-care:

 **Morning:** Start with affirmations and breathwork.

 **Midday:** Take a 5-minute EFT tapping break.

 **Evening:** End your day with Ho'oponopono or deep breathing.

30-DAY HEALING CHALLENGE

 **Week 1:** Practice breathwork daily.

 **Week 2:** Add EFT Tapping for stress relief.

 **Week 3:** Incorporate affirmations and mirror work.

 **Week 4:** Use Ho'oponopono for emotional healing.

THE POWER OF GRATITUDE: A SIMPLE PRACTICE FOR LASTING CHANGE

Gratitude is more than just a positive feeling—it is a transformational practice that rewires the brain, shifts perspective, and cultivates inner peace. When we focus on what we are grateful for, we train our minds to seek the good in every moment, reducing stress and increasing overall well-being.

THE SCIENCE OF GRATITUDE & HOW IT AFFECTS THE BRAIN

🧠 **Enhances Mental Well-Being:** Gratitude activates the brain's dopamine and serotonin pathways, which are linked to happiness, motivation, and emotional resilience.

💛 **Reduces Stress & Anxiety:** By focusing on what we appreciate, we shift our attention away from negativity, calming the nervous system and lowering cortisol levels.

🌱 **Strengthens Resilience:** Studies show that practicing gratitude increases optimism, making it easier to navigate challenges and setbacks.

😊 Improves Sleep & Relaxation: Gratitude signals to the body that it is safe and at ease, making it easier to unwind before bed.

HOW TO START A GRATITUDE PRACTICE

✨ **1. Gratitude Journaling** – Write down 3 things you're grateful for every morning or evening. This can be as simple as "the warmth of the sun on my skin." or "a kind conversation with a friend."

✨ **2. Speak Gratitude Aloud** – Before bed or during meditation, say out loud 5 things you're thankful for. This reinforces the feeling of abundance and shifts your focus to positivity.

✨ **3. Gratitude EFT Tapping** – While tapping on EFT points, repeat affirmations such as:

- "I am grateful for this present moment."
- "I welcome more joy and abundance into my life."
- "I appreciate the small and big blessings in my day."

✨ **4. Gratitude Letters** – Write a short note to someone you appreciate, expressing why they mean so much to you. Whether you send it or not, this exercise strengthens feelings of connection and joy.

FINAL THOUGHT: GRATITUDE AS A DAILY RITUAL

Gratitude is a **powerful bridge** between where you are and where you want to be. By embracing this practice daily, you **rewire your mind for joy, abundance, and peace.**

💡 **Start today—what is one thing you are grateful for right now?**



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START YOUR GRATITUDE LIST NOW.

I am so grateful for...



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ABOUT ME



MAHESHA RICE



My name is Mahesha Rice, and my mission is to help people break free from stress, anxiety, and emotional blockages so they can step into a life of balance, joy, and empowerment.

Through my own healing journey, I discovered the power of energy work, emotional release techniques, and deep inner healing, and now I am honoured to guide others on their path to transformation.

From a young age, I carried emotional wounds that I didn't fully understand. As an adoptee, I struggled with feelings of abandonment, identity loss, and emotional overwhelm.

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For years, I searched for ways to heal—trying conventional methods that provided temporary relief but never addressed the deep-rooted emotional patterns that kept me stuck.

Everything changed when I discovered EFT Tapping, Reiki, and other energy healing techniques. These practices allowed me to release unresolved trauma, reprogram limiting beliefs, and cultivate true emotional freedom.

Now, as a certified EFT Therapist, Reiki Master, and Adoptee Healing Coach, I use my experience and training to help others break free from the same struggles I once faced. Whether it's anxiety, stress, burnout, or emotional trauma, I am here to show you that healing is possible, and you do not have to go through it alone.

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MY QUALIFICATIONS & CERTIFICATIONS

✦ EFT International Accredited Certified EFT Therapist

✦ Usui Reiki Master / Teacher

✦ Usui Reiki Master of Light

✦ NLP (Neuro-Linguistic Programming) Practitioner

✦ Integrated Energy Techniques Diploma

✦ Adoptee & Foster Care Healing Coach

Through my work, I have helped countless individuals find clarity, emotional relief, and a renewed sense of self. I believe that healing is a journey, not a destination, and I am here to support you every step of the way.

JOIN ME ON YOUTUBE FOR FREE HEALING & SUPPORT

I also share free healing sessions on my YouTube channel, where you can access powerful tools to support your journey.

From EFT Tapping sessions to Reiki healing, guided meditations, and affirmations, my channel is designed to help you feel calmer, more empowered, and aligned with your highest self.

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If you're ready to experience ongoing, heart-led healing in a safe and sacred space, I invite you to join **Reiki Renewal Rising**® – my monthly membership designed to help you release, realign, and rise into your power with weekly Reiki, personalised EFT, and loving community support.

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