

A photograph of a forest path covered in fallen autumn leaves, with sunlight filtering through the trees. The path is made of dirt and is completely covered with a thick layer of fallen leaves in shades of yellow, orange, and brown. The trees are tall and their branches are silhouetted against a bright, hazy sky. Sunlight streams through the canopy, creating a soft, ethereal glow. The overall atmosphere is peaceful and serene.

Reiki Rays

Reiki
and
Healthcare



Reiki Rays

Reiki and Healthcare

Reiki in Hospitals, Mental Health, Multiple
Sclerosis, Alzheimer's, and more.

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Integrating Reiki into Healthcare

By Angie Buxton-King

So what is Reiki / Healing? Every therapist will have their own interpretation of their therapy however I'm happy to share my simplistic view!

“Healers have an understanding that we have a physical body surrounded by an energy field. When we become unwell physically, emotionally or mentally this has an unbalancing effect on our energy field. A healer channels energy through his or her hands and by the gentle placement of hands on the physical body (or just above it) facilitates the rebalancing of the energy field which in turn may ease symptoms physically, mentally and emotionally”.

For 12 years I was employed in London by University College London Hospital (UCLH) as a healer working with cancer patients as part of an integrated holistic package of care. In case you're wondering; it didn't matter to them if I was a Reiki Healer or a Spiritual Healer! In 2003 I was promoted to the post of manager/healer of the complementary therapy team, leading the acceptance and development of healing and other complementary therapies within the hospital trust. Since then I have spoken at many medical and holistic conferences at home and abroad and in 2004 my first book the 'NHS Healer' was published by Virgin Books.

In 2006 my husband Graham King and I created our charity ***The Sam Buxton Sunflower Healing Trust*** (SBSHT) to facilitate more healers to work with cancer patients. We are very proud to have funded 26 healers to date at hospitals and Hospices in the UK.

Our charity is happy to fund any suitably qualified healer to work in cancer care and embraces the different modalities of healing i.e. Energy Healers, Reiki Healers and Spiritual Healers.

The labels that we as therapists and training organisations have attributed to healing is the source of much debate and conflict. So much so that I have studiously avoided airing my views on the differences and focused more on the similarities.

Healers do not under any circumstance diagnosis specific medical problems, but aim to treat the individual, with a view to alleviating physical, emotional and spiritual distress.

The similarities for me are that all three named here are based on energy, love and compassion, now who could argue with that! Therefore it follows that the benefits will be the same for all three. In the simplest terms that will be relaxation. What comes from that relaxation though will be many faceted and in my opinion it would be foolish to generalise.



My clinical experience of delivering Reiki and other forms of energy work informs me that the benefits can be seen on many levels, emotional physical and spiritual and if it is meant –on all three.

The experience of personal tragedy has provided me with the will and motivation to spread the belief that Healing can provide a very useful support to people struggling with health issues. Many of us will have the understanding that our emotions can have an impact on our physical self. Think of some of the expressions we use, 'Sick to my stomach', 'broken hearted', 'gut churning', the list is endless. It therefore follows that many people who are out of balance physically, emotionally or mentally may benefit when their energy is balanced by a healer.

It is my personal experience with my late son Sam during his illness (1995-1998) that continues to drive me to help provide a healing service at what I like to call the "coal face". I left UCLH in 2011 and my focus will continue to be opening doors for other therapists to work within statutory settings.

Working within the NHS as a healer has been extremely fulfilling (when working with patients) and immensely frustrating when dealing with financial managers and HR processes, but nothing I have experienced before or since is as fulfilling as working with someone at the bedside, delivering a therapy that they would otherwise not have thought of using, and seeing the wonderment in their eyes and asking, "When are you coming back?"

In the UK Complementary therapy has come a long way since the House of Lords report in 2000 which placed healing as a complementary therapy in

group 2 alongside counselling, reflexology, aromatherapy and massage to name some of the therapies that are commonly used in cancer centres.

In 1995 when my youngest son Sam was seven he was diagnosed with Acute Myeloid Leukaemia. I already knew quite a bit about the complementary therapies available to cancer patients and more importantly I knew how to provide healing as a therapy –it's very empowering to be able to do something for yourself and your loved one at a challenging time for the whole family.

Sam died in 1998 aged 10 but I know that the healing he received not only prolonged his life but also made those three years much easier for him to cope with than he would have otherwise and therefore by proxy easier for us as a family.

Since then I have felt very motivated to spread the knowledge that healing is a very beneficial and supportive tool when used alongside conventional medicine.

My clinical experience within the hospital setting allows me to say that the therapy can be used to assist in:

- Anxiety management
- As a pain management strategy
- As a supportive measure through unpleasant and/or painful procedures e.g. lumbar puncture, bone marrow aspirate, liver biopsy
- To reduce chemotherapy/radiotherapy gut disturbance
- To engender a sense of control
- To enhance compliance with treatment regimens
- To enhance coping
- To enhance the immune response
- To improve quality of life
- To increase self-esteem & confidence
- To assist the patient in the dying process

For me it's all about the patients, and offering them different avenues of support. In the latest UK cancer plan it suggests that appropriate supportive therapies should be available to cancer patients. Unfortunately no money is set aside for this and it isn't mandatory, therefore supportive therapies are not yet commonly available for cancer patients.

I along with my fellow trustees believe that any future cancer team should include complementary therapies in the package of care but realistically the

money may not be available through the NHS budget unless we prove a need first; hence the work of my charity ***The Sam Buxton Sunflower Healing Trust.***

I'm keenly aware that both Graham and I need to share the information gathered over the past years working in the NHS to allow other healers the opportunity to develop the skills required to work safely and competently within a statutory setting. To help achieve this we created our unique course for healers: "Healing in Hospitals and Hospices workshop".

This workshop helps focus the healer's minds on what it's really like to work alongside conventional medicine. This has then led on to some healers making the decision that it's not for them whilst others do go on to achieve their goal of working within healthcare in the NHS. Self knowledge is power!

Alongside my work in the NHS I have always maintained a private practice. As all healers will know, the use of healing is of benefit in many areas of health, most notably in the stress related illness arena and in mental and emotional health. The main physical difference in working privately is that you can take an hour to deliver a treatment and the environment is geared to healing.

Other than that most therapists will be working intuitively as I do at home and in the hospital so the energy and response to the energy will be as varied as it at the hospital bedside. Of course its nice to be able to burn lovely oils, light a candle and have more chance for a conversation that may help the client release, but it is not necessary to have any of these things in place for the session to be beneficial. Patients in both settings report feeling energy moving within their bodies, seeing bright colours and twitching and movement as their energy rebalances.

It is very common for a client to grab hold of my hands and exclaim "Oh but how can they feel cold when I felt such heat?"

There is no 'one tool fits all' for healthcare, however my passion is that by providing conventional medicine and Reiki alongside each other we can facilitate the choice for a more holistic path to be taken by the client /patient. I strongly believe we must not 'throw the baby out with the bathwater' but allow people to choose for themselves how they wish to approach their health care.

Use of Reiki in Hospitals

Reiki, a spiritual healing technique, has started gaining acceptance and credibility in the medical setups all across the globe. In nearly all countries, it is becoming a part of standard patient care. It has been reported that 15% of U.S. Hospitals have adopted Reiki practice to support their routine medical procedures for various beneficial effects like:

- To relieve pain
- Relaxing the patient during surgeries and other treatment procedures
- Assuring faster patient recovery
- Reducing the need of medications, etc



Image by [Jim the Chin](#)

In 2009, Catholic Bishops restricted Catholic Hospitals and institutes from practicing Reiki due to some religious concerns. But still it is being offered by many hospitals, clinics, and medical institutes as supportive treatment that runs parallel to their medical treatments. Due to its increasing patient acceptance, many specialists, doctors, nurses and other medical professionals in U.S. hospitals have started taking Reiki training. Now this technique is just not limited to implementation but researches are also being conducted to prove its significance and vitality in medicine and the positive part it can play in hospitals.

With time the list of US hospitals offering Reiki services is expanding and includes many well renowned hospitals of the country. At these hospitals the sessions are conducted by their own medical staff and according to them they found it really advantageous for patient's health and they not only believe in the therapeutic effects of this technique, but also support its growth and acceptance as an established healing method all across America. Below are a few hospitals that have been offering Reiki services for many years (note, the complete list contains many, many other hospitals):

New York Presbyterian Hospital:

It is ranked as sixth best US hospital. They are providing Reiki treatment at Columbia University Medical Center, to the patients going under cardiac and thoracic surgeries and are also researching on it.

Portsmouth Regional Hospital:

Reiki services are offered to patients admitted in Surgical Service Department and has been reported to produce relaxation and profound healing.

The California Pacific Medical Center:

The doctors providing Reiki at this clinic claimed its usefulness in both acute and chronic diseases and are also conducting research to make insurance companies realize the viability of this healing technique.

Duke Integrative Medicine, North Carolina:

It is enlisted among the top 10 health care organizations of the country. They are offering Reiki services as they believe in focusing medical care to health oriented practice and have found it helpful in achieving their objectives.

At hospitals, this technique has demonstrated positive results in the course of therapy for not only minor but also major pathologies, like cancer. Reiki has been reported to reduce the chemotherapeutic side effects besides helping with pain management and relieving stress. Implementation of Reiki in hospital settings on one hand has provided us with effective means of treatment at lower cost, while on the other, it is promoting it as a therapeutic modality.

Beyond any doubt, Reiki is proving to be a huge asset for hospitals, as well as other healthcare facilities that might open the door to endless possibilities of using Reiki within these facilities.

Reiki and Mental Health

By Angie Webster

In my recent research on the effects of Reiki on various illnesses, I came across studies that found Reiki to be very beneficial for the treatment of depression and anxiety. I found this very encouraging and wanted to look into Reiki and mental health more deeply. What I found was that scientific studies in this area are limited at this time. However, based on what has been studied and what is known about Reiki, it does seem that Reiki can be an effective therapy in the treatment of mental illness.

In one study of Reiki and depression, patients were given Reiki for six weeks for an hour to an hour and a half each time. In this study, there was a control group that did not receive Reiki treatments at all. The patients that received Reiki had a significant improvement in depression and stress symptoms as compared to the control group, which had almost no change at all. A year later, the study participants reported continued relief. Other studies measured the effects of Reiki on anxiety and found very similar results to those in the depression study. Another study included patients with a diagnosis of Post Traumatic Stress Disorder (PTSD) and found that the participants found great relief of symptoms from this as well.

There are studies that examine the effect of various complementary and alternative therapies on schizophrenia. These studies looked at the general effect of meditation, yoga, massage and other therapies like Reiki, according to which a participant chose to use. The effects of these types of therapies (including Reiki) were that the patients saw a large improvement in their level of coping and sense of well being.

In an interesting real world example, a group of mental health patients met with a Reiki master and several practitioners to receive Reiki once a week. They had all been recently released from hospital treatment and participated in a daily routine of outpatient groups. The patients had diagnoses of severe depression, schizophrenia, drug and alcohol addiction and other mental disabilities. The Reiki master that led the group of treatments said that many times the third eye and throat chakras were incredibly open while the heart chakra was generally closed. She saw a lot of improvement in the patients she treated and many asked to be attuned to Reiki so they could continue to help themselves.

Many studies have been done that demonstrate that Reiki regulates the pulse rate, blood pressure and immune system. This shows that Reiki produces a tremendous level of peace, calm and relaxation, which can only help those with mental health problems, regardless of what the diagnosis may be. It is well known that the creating increased relaxation increases a person's state of overall wellness and encourages healing on all levels.

With regard to mental illness, we have to take in more than the physical aspect to include the mental, emotional and spiritual aspect of the patient. When a person's chakras are unbalanced, then imbalance ensues on all levels. One way this can manifest is through mental and emotional disturbance, inability to process incoming information, hallucinations and delusions. While there are no scientific studies to validate it, we know that Reiki balances the chakras. Balancing the chakras and promoting the relaxation response may provide a great deal of help to provide relief from the symptoms of mental illness and provide comfort to a patient as they heal.

I am certain that there will be further studies into Reiki and mental health as the effectiveness of Reiki on other health conditions is proven. In the meantime, we know Reiki can do no harm and often does a great deal of good. Given that knowledge and the studies we already have, it seems that offering Reiki to the mentally ill can only have positive results.

Reiki and Multiple Sclerosis

By Angie Webster

I have noticed the increase in neurological and autoimmune diseases over the last decade or so. Having suffered with seizures, migraines and various autoimmune difficulties, I am particularly interested in the treatment of these types of illness. I also have family members who have suffered with stroke and dementia. Most of us have been affected by neurological and autoimmune disorders in some way during the course of our lives. When I found that a friend's daughter had been diagnosed with Multiple Sclerosis, I began researching complementary and alternative methods for treating MS. I would like to share with you some of the information I found regarding using Reiki to treat MS.



Image by [Jonathan Gan](#)

Reiki was researched for the treatment of MS in a 2002 study in the United Kingdom. Very positive results were found. It was a small group of study participants (ten in all), with patients ranging from 35 to 60 years old. They were treated with Reiki once a week, for one hour, over the course of twelve weeks. The participants were tested on motor function, cognitive function, fatigue and lethargy, emotional and mental well-being, sensation in the arms and legs, pain, and urinary and bowel problems. All the participants saw improvement in symptoms and one person was completely relieved of all symptoms.

In particular, the participants had significant decreases in pain and depression symptoms. Some of them were still noticing the relief nine months after the treatments had stopped, while others had some return of symptoms 6-8 weeks after the sessions were stopped.

Ninety percent of the participants had a reduction of pain, eighty percent had a reduction of motor symptoms, seventy percent had a reduction of fatigue and seventy one percent noticed a reduction of the symptoms in their legs. Other areas of improvement were a reduction of urinary symptoms (66%), a

reduction in bowel symptoms (60%), a reduction in lethargy (60%), and a reduction in the symptoms in the arms (42%). All but one patient noticed a significant reduction in cognitive symptoms. That patient experienced no change in cognitive symptoms during the study. In the patients who experienced sleeplessness or dizziness, symptoms were completely relieved during the 12-week study. Those with stomach pains had a reduction of symptoms.

In another case I found during my research, a woman with MS was unable to walk. She began using Reiki and reflexology. After a year, she is completely relieved of symptoms and can walk again. She described her symptoms in this way “elastic bands of pain circling my body, weak heavy legs, impaired walking, no mobility upon rising, dropping things, blurred or double vision, severe mood swings, poor or no bladder control, back pain and swelling, impaired speech, pins and needle sensation throughout my body, and my symptoms were aggravated by heat.” You can read her story on www.reiki.org.

I find all of this very encouraging. In many cases, patients with MS are not helped by traditional medicine alone. Even in the best of cases, traditional medicine only tries to delay the onset and worsening of symptoms. Cures and total relief of symptoms are rare with MS. Combining Reiki treatments with traditional medicine seems to have enormous benefits to MS patients.

Several studies have confirmed that Reiki reduces depression, anxiety and pain symptoms. Even if these were the only symptoms relieved with Reiki, this would be a tremendous help to MS sufferers. Pain, depression and anxiety are believed to worsen the condition of the immune system and the ability to cope. When these things are improved, a person is better able to heal. Reiki can be a very important tool in the treatment of Multiple Sclerosis, relieving a number of symptoms and lessening the distress associated with the illness.

Links to discussions of the research sites:

<http://www.therapeuticreiki.com/blog/reiki-ms/>,

<http://www.thehealingpages.com/research-into-reiki-and-multiple-sclerosis>

Dementia & Alzheimer's - Treatment with Reiki and Crystals

By Judy Cambor

Dementia is a general term used to describe a person's decline in mental ability, which after time and advanced age, can become severe enough to interfere with daily life. Memory loss is the main symptom, and Alzheimer's is the most common type of dementia.

Alzheimer's disease causes problems with memory, thinking, and behavior^[1]. It is a progressive disease that worsens over a number of years, usually beginning around the age of 65, but there are cases where the onset of this disease can affect a person in their 40s or 50s. Alzheimer's has no cure at the moment, but there are treatments available for symptoms. Research for further treatment and a cure for this disease are ongoing.

It is important to mention that many people have issues with memory loss for varying reasons, and the best way to determine what type of memory loss issues you or a loved one may be experiencing is to seek a physician's opinion and diagnosis.

Care for the Aging and Ailing

Having been touched by Alzheimer's more than once in my own family, I understand the importance of caring for our elders as they age. Unfortunately, sometimes an otherwise healthy person can suffer a minor stroke or a series of minor strokes that go unnoticed by family members or physicians. However, the damaging effects to the brain are there, and eventually, they manifest in severe dementia and Alzheimer's.

Reiki can be performed on people who are suffering from dementia and Alzheimer's from as early as the onset of the symptoms. For people experiencing the early onset of dementia or Alzheimer's, special care must be taken to first treat feelings of fear and anxiety. Many times people suffering from memory loss tend to get angry because they don't understand why they are so confused all the time or why they are so forgetful. Throughout the course of your relationship as the Reiki healer for a person living with Alzheimer's, healing should be focused on the release of stress, agitation, and anger. Fear and depression will also need to be treated for the long term.

While the Crown chakra seems to be the most logical chakra to work with, it is important to also pay special attention to the first and third chakras, the Root and Solar Plexus. Treating the Root chakra will help the person with feelings of anger and fear; while working with the Solar Plexus will help the person with releasing anxiety produced by fear and depression caused by anger.

Care for the Caregivers

Having been a caregiver, I know that it is as equally important that the caregivers of the elderly receive healing also. This could be in the form of scheduling someone to assist so that the caregiver can take time to themselves to relax and enjoy a preferred activity. Many times the continual stress of caring for a loved one with dementia or Alzheimer's tends to fray our nerves and cause us to become short with those around us. Taking a few minutes before and/or after caring for our loved one in order to clear ourselves of those emotions is an easy step to releasing emotions of despair and feelings of being overwhelmed with all the tasks that need to be handled for the ailing person or loved one.

Reiki sessions performed on caregivers should be concentrated on the Throat, Heart, Solar Plexus, and Sacral chakras. In the Sacral chakra, the person will need to release emotions of pain and anxiety. In the Solar Plexus, the person will need to release any guilt they may feel for not being able to do more for their loved one. Feelings of pity should be released. The Heart chakra—very important—should be maintained clear and open because the task of being a caregiver begins with love and should end with love. The Throat chakra should be cleansed and healed because it is so very difficult to carry those emotions around and not have an outlet. As Reiki practitioners, we should encourage caregivers who seek Reiki healing to communicate daily with their loved ones, their friends, and of course with themselves via meditation. This will facilitate the release of any emotions so that they do not become suppressed, and subsequently, end in resentment for having to be the bearer of the responsibility of caring for their loved one.

Crystals[\[2\]](#)

Here are a few crystals and stones that can be used to improve mental clarity, calm fear, heal emotions, and help people suffering from dementia and Alzheimer's and their caregivers. Please note that besides using these crystals during a Reiki session, they can also be worn, carried, or placed in the home of where the person with dementia or Alzheimer's lives as well as worn, carried, or placed in the home of the caregiver.

| Crystal Name | Description of Healing Properties | Recommended For |
|--|---|--|
| Chalcedony types: Agate, Bloodstone, Chrysophase, Carnelian, Chert, Flint, Jasper, Onyx, Sardonyx | Balancing the energy of the body, mind, emotions, and spirit; alleviate hostility, irritability, and melancholy; said to cure varying forms of dementia, rectify senility, and increase mental stability. | Dementia / Alzheimer's |
| Blue Kyanite, Rutilated Quartz | Assist with aging in general; encourages clarity of mind; | Dementia / Alzheimer's |
| Moss Agate, Emerald, Fluorite | Memory loss | Dementia / Alzheimer's |
| Botswana Agate; Lepidolite | Ease fear and depression; balance between body and emotions | For Caregivers as well as dementia / Alzheimer's |
| Rose Quartz | Works to remove negative energy in all the chakras; reinstate loving, gentle forces of self-love; brings calmness and clarity to emotions and restores mind to harmony after chaotic or crisis situations | For Caregivers as well as dementia / Alzheimer's |

[1] http://www.alz.org/alzheimers_disease_what_is_alzheimers.asp

[2] *Love is In the Earth: A Kaleidoscope of Crystals* by Melody and Julianne Guilbault (Jan. 1, 1995)

Reiki in Hospitals: How to Practice with Success

By Elizabeth Scala

Being trained first and foremost as a Registered Nurse, it's only natural that as I started learning about, training in and practicing Reiki- I wanted to bring it to my work in the hospital setting.

However, many questions came to mind:

- *Am I ready to practice Reiki with patients?*
- *Will Reiki even be accepted in the hospital setting?*
- *How can I blend my scientific skills in nursing with the art of Reiki Practice?*

Since Reiki Practitioners are often a lot like healthcare providers (compassionate, helpful and giving) I'm sure many of you have thought once or twice in your Reiki career about the notion of introducing Reiki into the healthcare setting. Like me, you may struggle with where to start. I'd like to share my own journey with getting Reiki into the hospital and then provide you with some tips to help you along the way...



Image by California Harts

My Reiki Journey

I found out about Reiki at a holistic fair that was being held where I worked. In the fall of 2010, during my lunch break, I went down to see what complementary modalities were represented (and if I could get a 'free sample'). I was a stressed out nurse, who had recently left my job as a full-time psych nurse to go 'find' and take care of myself, so at the time- this health fair was right up my alley.

Well, when I got down to the large conference hall, I found a bunch of vendors, all of whom were offering their services. I wanted to try acupuncture, but the line was much too long so a nurse that knew me pushed me over to the 'Reiki lady'. I knew nothing about it and as I read the flyer felt completely confused.

I guess you could say 'the rest is history' as I signed up for and completed my level one training that next spring. I continued to train with my Reiki Master and after a year or so, was a Master Teacher myself. In the beginning I didn't feel comfortable sharing my practice with anyone, but over time felt called to invite Reiki more and more into my work.

Introducing Reiki into the Hospital

Having felt so many benefits from my self-practice (increased patience, less stress, and a calmer, less reactive approach); I realized that this wonderful gift had to be shared with more nurses like me. I mean, let's face it- nurses are a stressed out, overworked group who need self-healing. I was now on a mission to share this practice with other nurses for their own self-care.

What happened over the course of the next few years was wonderful. I was able to start up a Reiki networking group, to share journal articles and discuss the practice. I taught nurses and nursing students Reiki level one and two. I hosted a monthly Reiki share for my graduated students; I was able to go to nursing units and share Reiki with nurses while they worked. For about two years, everything went wonderfully smooth. And then I was told to stop everything.

Now the 'why' I am not 100% sure of. It's also not the 'point' of this article. What I do want to highlight (and will share with you in the form of some tips and techniques) is that we cannot 'force' Reiki Practice. Just as we need to ask permission to share Reiki with an individual, the same goes for a group, organization or institution.

Because I live the Reiki Principles daily, I have accepted being told to stop the Reiki activity at the hospital. And here's what you can do if you'd like to

introduce Reiki into healthcare and you just don't know what to do or how to start.

How to Navigate the Healthcare System

- First off, think about the Reiki Principles. Starting off with 'Just for Today' is a perfect mantra to keep in mind. Sure, maybe you've been told that this hospital or that healthcare setting doesn't want Reiki, yet. In this moment, you may come up against a 'no'. And then we always have tomorrow.
- As we have learned in our own Reiki Practice, the Reiki goes where it needs to go. Reiki flows exactly to where the recipient needs it. The same theory can be applied as we attempt to invite Reiki into new, uncharted territories (like that of healthcare). Go with the flow. If you find a 'champion' who is accepting of Reiki, utilize this person to gently invite the Practice in. Follow your journey and stay open to your intuition.
- Finally, we need to be mindful of our own self-practice. Receiving rejection, hearing responses we weren't looking for, and putting ourselves out there can be exhausting. It can be very draining on our energy to try and bring Reiki into new settings. We have to stay calm, confident and clear and the best way to do this is to maintain our routine self-care practice.

Reiki and Medicine

If you are blessed to be able to share Reiki Practice within the healthcare setting, I'd like to close with a few tips to help you navigate the healthcare environment.

- As I shared above, find an ally. If you know someone in healthcare who is open to and accepting of Reiki, utilize them. Go for the 'low-hanging fruit' as you begin your journey into healthcare settings.
- Avoid jargon. Healthcare professionals are quite concrete. They rarely want to hear about the 'woo-woo' stuff we talk about in Reiki Practice. Many of them won't understand energy, visualizations, or abstract language. If possible, speak to them using practical words and examples.
- If possible, share a short session. The best way to get a healthcare professional to understand Reiki is to share it with them. Let them

experience it and feel it for themselves- then you won't have to worry so much about the words that you use.

- Allow them to participate. If a family member or patient has invited you in to share Reiki with them, ask the person's nurse to be present. Allow the team to be in the room to observe the experience. The more we can let healthcare professionals see what we are doing, the better they will understand it.

Healing Chronic Conditions through Reiki

By Deborah Lloyd

All of us have stories of “**quick**” healings with using Reiki. Usually, these immediate healings occur when Reiki is applied soon after a minor injury, or when the emotional issue is related to a current event.

Typically, a client with a chronic condition does not experience an immediate healing. One hour of Reiki generally does not take away a condition that has been a part of the client’s life for months, or years – although miracles are always a possibility. Chronic conditions are complex, emanating within a person’s whole being. While a condition may be centered in one physical area of the body, its effect spreads throughout the physical, mental/emotional and spiritual components of the person.



My own healing journey demonstrates this reality. I was a toddler when stricken with the polio virus. My legs and feet were greatly affected; my lower limbs are still atrophied and I continue to walk with a limp. It was 45 years from the onset of polio to the day I had my first Reiki experience, as a client. What brought me to the session was severe chronic fatigue, a common symptom of post-polio syndrome. The fatigue started to leave my body during that first session, and within a few sessions, it was gone and has not returned (14 years later). What I did not realize then was this was only the first step in my healing journey.

What has happened over the past 14 years is truly amazing. Many “*minor*” physical improvements, release of emotional blockages and spiritual healings have changed my life. The physical improvements build on one another. One evening while using Reiki, I felt a shift in my hip joints; it felt like someone reached into the socket and turned the bones. I immediately

walked around and felt the difference in my gait. The following day, I felt the muscles in my hips and thighs become a little sore, as they were being used in a slightly different way. The limp improved a little bit – again. These small improvements are still happening.

Emotionally, new memories arise, often as a result of something that happened that day. One snowy day, a fear of falling in an unplowed parking lot overwhelmed me. Certainly, I have had many falls over the years, especially on snow and ice. I realized I was feeling the fears I had after one especially bad fall, when I was a young mother. Over the next few weeks, I intentionally used Reiki to release many fears embedded in my memory. Now, I have a healthy, and realistic, respect towards icy sidewalks – not to be feared, but to be faced with caution, and reassurance. I ask for protection when walking on a treacherous path.

The spiritual healing is what truly fills my soul! Growing up as that little girl who was so different from other children, unable to run and play sports, was not easy. I felt “less than” others, and became a high achiever in the things I could do. I became an excellent student and a good listener; I had many good friends. My husband and I were brought together and continue to have a blessed marriage and family. But, deep inside, I still felt less than whole. The Reiki healing energies have healed this old belief. Now, I know that I am unconditionally loved – just as all people are unconditionally loved by the Divine Spirit. Feeling connected to the One is beautiful indeed.

My chronic condition continues to be a part of my life. By using Reiki every day of my life, the healing continues. Recently, I have been concentrating on my little feet, listening to my Guidance. Last night, I woke up in the middle of the night, and my feet were vibrating, strongly. What new miracles does the Divine have in store for me?... And, for you?

Reiki and Health Benefits

We all have heard about that "Universal Life Energy" Reiki. It's a famous practice that uses natural energy for healing physical ailments and resolving various difficulties in life. Dr. Mikao Usui played a great role in creating worldwide awareness about this unique healing technique.

Reiki cannot only bring stability in your life, but also in the lives of all those who live around you. Reiki master healers are often surrounded by wonderful vibes and their mere presence can help in resolving several difficulties. Actually Reiki masters undergo numerous transformations to enhance their healing powers. Many Reiki masters use Reiki & angel communication, Reiki & Laws of Attraction and Reiki and Feng Shui to resolve many problems.



Reiki always creates beneficial effects for human beings; it can also be used in conjugation with various therapeutic or medical remedies for promoting recovery, or for preventing illnesses and other problems from developing. Whether you are interested in improving emotional well-being, physical health, achieve mental clarity, or reduce stress, Reiki will definitely help you.

Due to its proven health and fitness benefits, Reiki is now being used for even complementary conventional therapies in various hospitals around the world. Used along with latest health care facilities that a patient receives, Reiki has outstanding health and fitness benefits on your body, mind, and spirit.

As Reiki can be felt at various levels, regular treatment can be used for improving overall health and fitness, inspire a peaceful and a calmer state of being, help people in coping with daily stress, or for alleviating anger and mood swings.

Some of the health benefits of Reiki are:

- Improves the immune system
- Relieves pain

- Cleans and clears emotional distress
- Reduces stress
- Enhances deep relaxation
- Brings inner peace and tranquility
- Brings spiritual clarity
- Improves blood flow
- Improves self-esteem and confidence
- Help speeds up recovery from an illness or surgery
- Aids in better sleep
- Increases energy levels
- Enhances intuitive abilities

Reiki can also help in healing pets. Many studies have shown that animals respond well to Reiki therapies. If you are interested in an effective, natural, and safe method for improving your health, calm your emotional distress, reduce stress, you can rely on the expertise of a professional Reiki master.

About the Authors

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