

REIKI

Part 1

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In China, a family doctor is only paid for his services while his patients remain in good health. It's the exact opposite of the Western model of allopathic medicine. Here, we wait until a person's well being has deteriorated and then treat their symptoms using drugs, machines, surgery, long needles, and other invasive procedures.

The East follows an ancient tradition of considering all the aspects of a human being - mind, emotions, and the body. This holistic approach incorporates the awareness of the patient and encourages self-care through a variety of lifestyle changes. In this way they believe the basic energy that sustains all life can be strengthened and thereby keep us thriving.

This is a key reason for the development of many Eastern techniques such as Shiatsu, Chi Kung, Acupuncture, Pulse Diagnosis, Tui Na massage, herbal medicines and so on. In order to keep people well, they had to understand how wellness was created and maintained, to the best of their ability. Admittedly, many cultures in the ancient world had a more holistic approach to the human being, examining the spiritual aspect as well as the physical and emotional in order to achieve the best result. These systems approached the patient as a whole being whose mind was just as important as the body. In fact, they believed that the mind affected the body.

Hundreds of years ago, the separation of the body, mind, and spirit was introduced into Western philosophies and, eventually, beliefs about science and medicine. We began to treat the body alone and not consider its relationship to the mind and/or spirit. Until the mid-1900's, this split has continued. The reigning systems of this time have been characterized by a piecemeal approach, one in which the patient is viewed as a list of test results and symptoms which may or may not be related.

With the advent of Quantum physics, science is finally proving that there is a connectedness between mind and body. There is a connection between everything in

the physical universe at an incredibly subtle level, one we can't begin to perceive with our limited physical senses.

Mind-Body Medicine in the West

Doctors have seen some people recover from life threatening illnesses while others do not, even though they have received the same treatments. Why does it work for some and not for others?

The mind-body connection is being taken more seriously as a place to find some viable answers.

In 1988, Dr. Herbert Benson founded the Mind Body Medical Institute at Harvard Medical School. He has directed studies of the effects of meditation on the brain, using MRI technology. He asserts that the neurochemical effects of this practice soothe the fight-or-flight mechanism of the autonomic nervous system. He asserts that 60-90% of all doctor visits are caused by stress and he teaches a Western version of meditation called "The Relaxation Response."

This is only one of many such programs around the United States. Richard Davidson is a neuroscientist at the university of Wisconsin's new \$10 million W.M. Keck Laboratory for Functional Brain Imaging and Behavior. Over the past few years of research with Tibetan monks, he and his research team have been able to translate the mental experiences achieved after years of dedicated meditation into the scientific language of high-frequency gamma waves and brain synchrony, or coordination. "What we found is that the longtime practitioners showed brain activation on a scale we have never seen before. Their mental practice is having an effect on the brain in the same way golf or tennis practice will enhance performance." It demonstrates, he said, that the brain is capable of being trained and physically modified in ways few people can imagine.

What is Reiki?

Reiki is an extremely simple, yet powerful and direct healing process. Reiki actually means "Universal Life Energy"; "rei" meaning universal and "ki" being the same as "chi" in Tai Chi or "qi" in Chinese healing and meaning life force.

The practice of Reiki has been traced back approximately 5,000 years to Tibet. Comparable to "laying on of hands", Reiki is an electro-magnetic energy that is felt in many different ways, both by the Reiki practitioner and by the person receiving the energy. It can be warm or cool, with a sense of drawing or tingling, or even felt as subtle currents inside the body.

The energy itself is beneficial to a person in any condition, whether suffering from physical illness or injury, mental confusion, stress, or fatigue. A gentle touch therapy to help your mind and body get into balance, it can increase your energy, help get rid of stress, and provide pain relief for all kinds of common conditions, like headaches, backaches, or joint pain. People receiving Reiki tend to heal more quickly from a variety of physical conditions and it even helps improve your mood when you're worried or depressed. It is also beneficial to someone who is feeling entirely fine.

There is a common misconception that Reiki is a form of massage. While it may involve light touch, that is the only commonality. There is never any manipulation of tissue and the client remains fully clothed. Although it combines well with massage it is a completely separate modality as evidenced in the last session of the Georgia legislature. State Representative David Graves (R-Macon) represents the 137th District in the Georgia House of Representatives, Chairman of the House Regulated Industries Committee said, "The hearings for the Massage Regulation Bill, the last one we considered in the session, were jammed with various people who wanted to testify about regulating the medical massage industry. In the hearings, we heard from Reiki supporters who told us that Reiki was a separate holistic practice. We were convinced that it stood on its own merit and it was not added to the bill. In fact, we also eliminated several other complimentary healing options that were mentioned at the hearings.."

Does It Really Work?

Since its introduction to the United States in the early 1970's, Reiki has been taught to ordinary individuals and has grown in popularity, attracting the attention of established medical schools. For over a decade it has been a focal point for research and it is now more frequently incorporated into treatment programs all over the country.

Reiki is being taught at Yale University School of Nursing, and at Brown, Harvard and Stanford Medical Schools. It is being used by the Mayo Clinic to help strengthen patients who are undergoing chemotherapy treatments. AIDS clinics utilize it to assist patients with pain management and immune function. Yale-New Haven Hospital has used Reiki for some time in assisting patients with stress, anxiety, and pain relief. They have Level One practitioners available as part of their complementary care therapy program. The School of Nursing at University of California, San Francisco is the first nursing school in the United States to sanction alternative modalities by opening its Integrated Complementary Healing Program for adult nurse practitioners. The program is funded and legitimized by a half-million-dollar Federal grant. The Yale University School of Nursing now teaches alternative therapies.

Reiki is being seriously researched all over the world. The Department of Neurology of the Medical College Hospital in Kerala, India found that a combination of transcendental meditation and Reiki resulted in a reduction in epileptic

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In Part 2 learn more about how Reiki is becoming accepted as a complimentary health modality in western medicine. Read case studies and hear what Reiki practitioners are saying about the changes observed in their clients. Find out how Reiki may be used with pets. Find out what "Distance Reiki: offers to clients. To find a Reiki practitioner in your area or to find class, call 770-374-7477 or visit us online at:

www.authenticlifestyle.com/reiki

