

Reiki Part II

By: Wendy Walker

In “Reiki Part I”, I shared the origins, uses and application of this ancient healing art. By way of review, Reiki is an energetic, healing art taught by those who have attained its “Master” level following the teachings Japanese seeker, **Mikao Usui**, who developed its principles in the mid-1800’s. Despite some resemblance to each, it is commonly accepted that this **hands-on** healing modality did not originate as an extension of either religious discipline he studied and taught, Christianity and Buddhism. Although variations on his basic Reiki methods have emerged since its development, the one which bears his name, **Usui Reiki**, remains best known and most frequently studied in Western culture.

Taught in three levels or degrees, the technique is easy for anyone to learn and apply. After the successful completion of the Level I course practitioners are qualified to use the healing methods not only to the benefit of others, but also for themselves. The second and third levels expand one’s understanding and application of the basic principles learned in Level I. Master Level practitioners have successfully completed the third level or higher training, and may teach Reiki.

In today’s Western medical establishment, Reiki is among the most widely accepted of all alternative, energetic healing options. Sometimes called a complementary medical technique, it is currently available in more than twenty major medical institutions, teaching hospitals and research facilities around the United States. Used in conjunction with traditional Western medical practices, this emerging field of healing has been labeled “integrative” medicine, a blend of both allopathic and homeopathic prophylactic possibilities which has as its goal, not just the symptomatic treatment of disease, but wellness in the whole patient. As if to measure the validity of any practice by

common or anecdotal acceptance, the term “treat the whole patient” is so often used, even by strict allopathic physicians, that it has almost become cliché.

Reiki teaches that a healthy body is comprised of and functions through the exchange and flow of energy throughout all one’s vital systems, working interdependently in simultaneous, harmonious rhythm. That each of us is both a conduit and receptor of these “life forces” is a core precept to the Reiki practitioner. Allopathic medicine understands and accepts that energy, those bio-electric charges and surges in the physical body, are an integral element to normal function. Accepted as a given because these “unseen forces” can be witnessed and proven through their observation and measurement by modern medical machinery, such miraculous methods would have been considered witchcraft by the less enlightened cultures of less than a few hundred years ago. Today their measurement, interpolation and comparison to established norms are an unquestioned element of basic, everyday medical diagnosis and treatment. We have come a long way since we sat in the Barber chair for a good bleed...

An ability to share and balance energetic flow through the practitioner’s intention and the measure of their success in doing so, is at the heart of studies now underway to provide more information on this non-invasive healing method. Yes, there is sufficient anecdotal evidence to seriously consider the question, “**Does this stuff really work...?**”

In his new book, “Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well-Being” by Dr. Andrew Weil, M.D., a pioneer in the current quest for harmony between medical treatment systems said, “... modern

medicine is captivated by the idea of studies and clinical trials. I believe that testing medical treatments should be done in proportion to the possible harm which might be caused to a patient.” As we assume more responsibility in making our personal health-care choices for both ourselves and families, somehow studies which track “*possible harm*” make sense.

If Reiki’s therapeutic value can be measured, it then may be a promising bridge across the widening chasm of confidence being created in today’s health care industry.

In 1997, the National Institute for Health (NIH) reported there were 250 million more visits to alternative medicine practitioners than there were to primary care physicians, including Reiki practitioners. Statistics such as these have led to a ground swell of support to fund studies and clinical trials. Increasingly, the volume of evidence is beginning to tilt in favor of measurable benefit from alternative, complementary modalities, in both their preventative and prophylactic roles.

In 2002, The University of Connecticut Health Center’s, Exploratory Center for Frontier Medicine received \$1.8 million from the NIH to fund a three-year study to examine the effect of complementary methods on wound healing, bone formation, and bone metabolism in postmenopausal women. ¹

In 2003, the University of Washington was awarded a grant to study its value in treating fibromyalgia. In its conclusion to fund the study NIH said, “A vast body of anecdotal literature as well as two randomized controlled trials suggest that Reiki may be an effective treatment for FM, appearing to relieve pain and improve psychological well being. Reiki appears to have no adverse effects and can even be



Sherri Kaplan and Richard Gere

Sheri Kaplan Executive Director for The Center for Positive Connections – Miami, FL, an HIV resource support & healing center since 1995, a peer run, peer driven organization supporting body/mind/spirit. Sheri was diagnosed with HIV eleven years ago. In that time she has never taken medication, using only alternative treatments, and remains in good health. Reiki is one of her favorite modalities and she receives regular treatments. During and after sessions she experiences a sense of cleansing and very deep relaxation. She describes the state as the kind “you wish you could stay in all day long.” Photo: Sheri with Richard Gere at the 2004 XV International Aids Conference in Bangkok, Thailand.

Does Reiki Work?



By: Cynthia Berkeley



I had owned my horse for about 2 months, but knew him for about a year, when he suffered a major hit to his head. Casey had been abused and hit in his head a few years earlier, so he was already very head shy - meaning he wouldn't allow anyone near his ears. After his head injury, all of his past trauma resurfaced. I had been told by people in the community about his emotional issues and physical abuse, so I had an idea to use Reiki to soothe some of his fears. I used the Reiki symbols for clearing, time and distance healing and of course, emotional healing. Casey could only handle a little bit of the energy at a time and I had to hold my hands far away from his head, but after a few sessions throughout the course of two days, he began to trust me enough to allow me to get significantly closer to his head. After a few

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self-administered, making it a low-risk, low-cost, potentially patient-empowering intervention.”²

Currently in Phase II trials, Temple University's Albert Einstein Medical Center, in Philadelphia, an NIH funded study is underway to investigate the use of Reiki, “as an approach to improve well-being for patients with advanced AIDS, and to evaluate its effects on dimensions of well-being and quality of life.”³

Professional Reiki practitioners keep a treatment record on their clients. From their observations come records of beneficial as well as non-effectual treatments histories...**but, can Reiki actually work?**

Just as with other healing disciplines including those in the Western allopathic medical traditions, there are both successes and failures.

I saw my aunt the day after she had broken two bones in her ankle. She

was wearing a huge cast, running a fever, and in a great deal of pain. I placed my hands on the cast and within a couple of minutes she gasped because she felt heat coming through it into the exact spots where the breaks were. As the session continued her fever stopped as did the pain. The fever never returned although the pain did after 2 days when she asked for more energy work. Again, the pain stopped. She was able to return to work in half the time the doctor had predicted and the cast was removed in about 2/3 the projected time.

Janill Mitchell is Director of Phoenix House in Cartersville, Georgia. She is a Reiki Master Instructor with clients throughout the United States. “I have been witnessing the miracle of healing that Reiki brings into the lives of my clients for ten years. What an amazing job I have, being the witness to miracles! I know of no greater blessing. Reiki touches us in many different ways. I have watched a client recover

from the very edge of death, lying in the hospital delirious, partially paralyzed, with tubes everywhere holding the body here, giving time for the spirit to heal: that same person two weeks later, standing on my porch smiling in the sunshine. I have witnessed healing that transform an unbearable situation into a profound gift, and I have stood in awe as peace returns. Reiki is an amazing gift both for the giver and the receiver, Reiki is the absolute, inviolate power of love, and that changes everything.”

Reiki is gaining credibility as a complementary medical modality through both anecdotal and scientific evidence. For more information about Reiki, practitioners in the southeast, classes of instruction and more, please visit us on the web through Authentic Lifestyle Magazine's Reiki information page at www.authenticlifestyle.com/reiki or call at 478-476-3552. Email requests may be directed to: **reiki@authenticlifestyle.com**