



TOUCHED *by the*
UNIVERSE

LIFE TRANSFORMATION STORIES
THROUGH REIKI

OWEN COLEMAN

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Table of Content

Overview	4
What Is Reiki?.....	5
Not Spiritual? No Problem!.....	7
How Reiki Has Saved Lives	13
Self Treatment	49
The Hand Positions (Self-Treatment).....	50
Even Celebrities Can't Get Enough Of Reiki	59
Reiki Treatment In Hospital	60
Taking The Next Step	62

Overview

Hello everyone!

My name is Owen Coleman, welcome to Touched By The Universe!

I'm going to introduce you to your amazing and powerful gift within the next few pages. Yes, YOUR amazing gift, because it is present in each and every single one of us here, and it is a supreme power a human being can ever have.

The “secret” is that each of us possesses this internal power which can restore our vital health and promote well-being – something which the doctor will never tell you about because it would jeopardize his living!



The gift I'm talking about is none other than Reiki, or also known as Reiki healing, and it is a talent all of us, including you, can easily tap into if we just know how.

So, in Touched By The Universe, I will share with you the what exactly is Reiki healing, why you should learn it, and many amazing testimonials of people who have discovered Reiki in their lives.

Let's get started on this remarkable journey right now!

Owen Coleman

What Is Reiki?

Reiki is a healing practice which was founded by Mikao Usui way back in the 1900s. Mikao Usui, a Japanese Buddhist, was born on August 15, 1865.

Born into a privileged class, Mikao Usui was highly educated and graduated with a doctorate in literature. The scholar spoke several languages and was well-learned on subjects such as medicine and philosophy. He also travelled extensively overseas. Although Mikao Usui was a practicing Buddhist, his memorial stone indicates that the man was also knowledgeable in Christian and Taoism scriptures.



According to an inscription on the memorial stone, Mikao Usui taught Reiki to over 2000 people in his lifetime. Because of his interest in the healing arts and spiritual matters, Mikao Usui conducted extensive research and learned much.

During the 1920s, Mikao Usui embarked on a 21-day practice at a Buddhist centre at the foot of Mount Kurama Yama, and it was there that he had an unusual experience which thereafter changed the course of his life. During the early hours of his last morning on the mountain, Mikao Usui noticed a light in the dark sky.

The light was moving rapidly in his direction and he was unsure whether to move out of the way or stay put. The light finally came closer and seemed to hit his forehead. Mikao Usui started seeing strange symbols before his eyes. As the symbols appeared, the knowledge about each symbol also manifested in his mind. By the time the astonishing revelation ended, daylight was well in its way.

It was as if nothing had changed: Mikao Usui was still at Mount Kurama Yama.

But the spiritualist knew something momentous had happened in his life. Excited about the insight he received about a powerful healing method, Mikao Usui swiftly developed the method.

On his return to Tokyo, Mikao Usui started practicing the healing technique on the people closest to him. As he expanded his treatment and started offering his newfound skills to those in need, the new and amazing healing method gradually gained wide-spread popularity.

In 1921, Mikao Usui opened a Reiki clinic in Tokyo and he started official classes to teach Reiki to students. In 1923, a devastating earthquake tore through Tokyo and resulted in a death toll of over 140,000 people.

With destruction on such a major scale, the whole city was thrown into total shock. Homes were destroyed, people were rendered homeless and scores of survivors seriously injured. At that point in time, Mikao Usui gathered his students together to offer Reiki treatment to the injured. He even opened a large clinic in 1924 outside of Tokyo to handle the throng of patients seeking Reiki treatment. Due to this, Mikao Usui's fame spread all over Japan, and the incredible healing capabilities of Reiki reached even more people.

In 1925, Chujiro Hayashi, a retired naval officer, became another of Mikao Usui's students. However, he only studied with the Mikao Usui for only 9 months when the latter passed away unexpectedly of a stroke in 1926. It was from Chujiro Hayashi that knowledge of Reiki came to the west due to his treatment of a Japanese-American woman, Hawayo Takata.

After recovering from her illness, Hawayo Takata became a student of Chujiro Hayashi and from there onwards, she spread word and teachings of Reiki, first in her hometown Hawaii, and then to the rest of America. Besides healing, what are the other benefits of learning Reiki?

First of all, Reiki is a very simple hands-on healing art. You don't need fancy and expensive equipment to use the art of Reiki to heal. Secondly, Reiki healing helps to restore harmony and vitality in the body and promotes emotional, physical and spiritual well-being.

You will realize in time that positive changes in your fast-paced life will make it more meaningful and fulfilling. In the globalized world of this century, the ability to keep stress at bay is becoming critical to a better quality of life – something which Reiki is more than capable of doing.

The best thing of Reiki is that besides healing your own self, you can effectively heal others too!

So, don't hesitate, come understand more about the beauty and mystery of Reiki.

Not Spiritual? No Problem!

You don't have to be spiritual or religious to use Reiki – ANYONE can do it!

Some people are wary of Reiki at first, mistaking it as a religious way of healing. However, Reiki is such a natural and organic way to achieve self-healing and healing for others that it requires nothing more than you. Yes, your very own life-force is all you need to practice Reiki. It doesn't depend on your income range, level of intellect, or even spiritual development. Reiki is for *everyone*.

Take it from Francie, who's come a long way from knowing nothing about Reiki in the least bit, to a certified Reiki professional, helping many others to realize their full Reiki potential. Her story is a true testament of how one can discover one's own destiny in an unexpected way.



My Reiki Journey by Francie Soito

My journey began in 2007 when my mother told me I was supposed to be a healer – four years after she died. My husband and I went on a much needed vacation to Arizona. It was the first vacation we'd taken in nearly five years. We were burnt out, tired and I was feeling lost and looking to reconnect with my



spiritual self. My mother had passed away a few years prior and I was still struggling with her loss and the journey that cancer took her and the rest of the family on. It was a journey I hadn't signed up for, none of us did. If you have had cancer touch your life, then you know what I'm talking about.

Cancer shakes you right down to your foundation. You begin to question your beliefs at least I did, and I was hard pressed to make sense of it all. So the trip to Arizona was also a trip to heal and to try and put some pieces back together.

I was determined to find an intuitive, spiritual guide to help me get back on track. We searched all afternoon for anyone that might be able to provide psychic readings or insights but we were out of luck, they were either all booked or closed.

We gave up and started heading back to the car when I saw a tiny sign in an upstairs window that read "Psychic" and a little voice inside me said, "Go on, give it a try." We walked up to the counter and asked if there was a psychic available to do readings that day. The stunning blonde woman at the counter apologized and said the regular person was on her lunch break.

My heart sank as I felt my chance to reconnect with my mom slip away. Then she followed by saying, "Well, I could give you a reading, I work with Angels, is that okay?" Is that okay?! My mother LOVED angels. She had little cherubs all over the house and frequently called me "Her Little Angel". "Yes," I said. "That would be great." It was only years later after reading many angel books by a woman named Doreen Virtue and attending one of her workshops that I recognized her as the same person who gave me a reading years before! I was able to confirm this by looking at the book she signed for me the day of the reading and verifying that yep – that was Doreen Virtue!

We proceeded to a back room where Doreen had me lie on a table and proceeded to do an energy clearing. She was able to quickly connect with my mom before I said anything. She described her in great detail, her loving energy, her smile and her favorite dog Dusty that was now with her in heaven. She even mentioned that my mom's little brother, Tommy, who died in Vietnam, was with her. I was overcome by emotion and could feel my mom in the room with us. The room took on a new energy that felt warm, comforting and absolutely real.

Doreen then waved her hands over my hands and stopped and said, "Do you feel that?" and I was surprised to be able to answer back, "Yes!" My hands felt immediately hot as hers hovered over mine. She did this a few times, back and forth and I could feel the heat each time.

She said emphatically, "You're supposed to be a healer and your mom says so too. She says you're supposed to work with animals and children. She also says to heal with your heart – not your head." I was stunned. Completely baffled. What the heck does that mean? What was I supposed to do with that?

Doreen proceeded with the reading conveying additional messages from my mom to other members of my family and reminded me to stay connected with them stressing the importance of family. My husband and I both walked back to our car more than a little stunned and with a great deal of peace. We spent the rest of the trip discussing the reading and how spot on it was for each of us. The



only thing that didn't sit quite well was the "Healer" aspect. That was such a foreign notion to me that I didn't really know how to interpret it and was frankly terrified at the aspect of trying something like that. How do you even start?

Being a healer was the furthest thing from my mind at the time and sounded crazy frankly. Back then I was waist deep in data, literally. I was a Market Researcher for some of the top high tech companies in Silicon Valley. My job was to find patterns out of millions and millions of records collected by these Internet sites in order to help aid marketers and product teams to build the best products and market them to the right audience. That was my life for nearly 15 years before everything turned upside down.

We returned home from our trip and jumped back into the minutia of our daily lives. Work, eat, sleep with little else in between. A year went by and in that year I had moved to another company and began working more intensely than I ever had before. My commute was longer, the demands on my time were greater and I again began to feel empty and unfulfilled.

As the stress began to mount so did my health problems. When Sunday evening rolled around my stomach would revolt forcing me to spend some quality time with my toilet. I was losing sleep. I was exploding at my husband over little things like not taking out the trash or asking me a simple question. I was not spending any time with friends or family because I simply didn't have the energy and didn't have anything more to give. I was miserable.

It was at a point of sheer despair that I remembered a little reading I had where my mom told me I was supposed to be a healer. I re-read my notes from the reading and went to Google and typed, "animal healing." I figured I could start small. Kids and I are a bit like oil and water so I left that part out of the Google search.

I bought the book that first came up and when it arrived, I felt a bit awkward even opening the pages. I had never really read anything "New Age-y" like this before. Reiki was something I'd never heard of in my life and I was skeptical, but intrigued as well.

I started reading the book and found myself unable to put it down. It was written in a way that was easy to understand peppered with stories that showed the significant impacts that Reiki had on animals. What struck me about Reiki was that it worked regardless of the practitioner. So I didn't have to be a super spiritual person who meditated 24 hours a day nor did I have to be tied to any specific religious or spiritual belief system. All the Reiki practitioner has to do is have the intention for Reiki to flow and then Reiki took over and did the rest. Reiki didn't require any long training period in fact you could learn it in a weekend.

I learned that Reiki uses what's called "Universal Life-Force Energy" – the pure energy in all living things. This energy source has an intellect all its own and knows where to go and what to do. I found this to be completely liberating as it didn't require a medical knowledge of anatomy or of various illnesses or ailments. It was that easy.



What I found even more compelling about Reiki was that it was completely safe for the practitioner as well as for the recipient. In other words, Reiki works like a one-way channel. The Reiki practitioner doesn't run the risk of absorbing the energy of the person they're working on, nor does the recipient receive the practitioner's energy. I was elated to hear this because I knew that I was already sensitive to other people's moods and didn't want to absorb their emotions or even their physical illnesses.



Once I finished the book I was hooked. I Googled "Reiki Classes" and found one in my area, signed up without hesitation and was on my way! At this point in my life I still wasn't interested in "becoming a healer" but I knew I needed to learn some tools that would help me deal with the stresses in my fast-paced life. I

learned the first two levels of Reiki in one weekend. My goal in taking the class was to create a protective barrier or shield so that I would no longer be as affected by my work stress. My teacher, Jessica Miller, was absolutely amazing and my classmates were equally encouraging and warm. I learned about the Japanese history of Reiki, where it came from and how it was brought over to the States. I learned how to use Reiki on myself, others and situations.

I learned how to send Reiki across time and space, healing things in my past, present and future and sending Reiki to people who weren't physically nearby. And most importantly, I learned how Reiki can clear up the energy in volatile situations and environments. This was just what I needed to help me out at work where there was constant negativity and demanding personalities. I felt alive, charged, cleared and ready to start using my new Reiki tools in my daily work life.

As I went back to work on that first Monday after my Reiki class, I felt ready to take on anything. Nothing was going to upset me, I was going to let it all bounce right off me. I was going to clear my work space and our communal spaces of any negative energy and all was going to be well. Or so I thought. As I took one step through the threshold of the door I had a nervous breakdown. I started to cry uncontrollably and had to go straight to the bathroom to compose myself. I couldn't stop crying. I was shaking all over. What was going on? I had new training, new tools, why was I reacting this way?

After I was able to compose myself I had a deep moment of clarity, I wasn't supposed to be there anymore. It was clear that I wasn't going to be able to make this work.

I thought the Reiki would be providing me with protection and shielding but that day it did so much more. It provided me with new eyes, that I was able to see more clearly with. I was meant to do something greater with my life and Reiki was helping steer me in the direction of my life's purpose.

How Reiki Has Saved Lives

True accounts of people who have been naturally healed by Reiki

Major Illnesses/Ailments

1. Massive Heart Attack & Diminishing Heart Function

“ *My Reiki Story by William Lee Rand*

It's been 24 years since I first learned of Reiki and began experiencing its miraculous power. Since that time many changes have taken place in my life that were brought about by my association with this wonderful energy. In fact, in looking back to that time, I can clearly see the role it played in placing me firmly on my spiritual path and leading me on a journey into greater levels of peace, happiness, and fulfillment. It has guided me in so many ways, helping me progressively strengthen my connection to the spiritual world as well as develop my ability as a writer, teacher, and healer. It has also taken me on adventures literally to the ends of the earth and saved my life in a dramatic way that is certainly a tribute to the healing power of Reiki and the way it unites so many people to help others.



I became interested in metaphysics in high school and decided I wanted to learn as much as possible. Over a period of 20 years or so, I studied and became a practitioner of hypnotherapy, astrology, past life regression therapy, rebirthing, and Neuro Linguistic Programming. While living in Hawaii, I worked with a Kahuna as his astrologer and did readings for his clients.

It was in a rebirthing class held on the Big Island of Hawaii that I first heard of Reiki. In the class a woman asked to talk to the group during one of our extended breaks. Her name was Bethel Phaigh and she was a Reiki teacher. I was fascinated by the idea that the ability to do Reiki is transferred to the student rather than being something the student develops. Yet I was skeptical.

I wondered if the attunement actually did anything energetic or if it was an empty ritual that simply gave people permission to use the healing ability they already had.

During the attunement I was aware of an energy entering my crown and going down to the root chakra. Then I felt energy push out the heart chakra, and I could actually see small glowing chunks of something being blown out and felt that the heart chakra was being opened and a block was being released. When this happened, I knew Reiki was real and that I had discovered something very special.



The results that came from giving sessions to others and myself further validated Reiki, and a year later I received Reiki II training. I considered the teacher training (also called Master training), but the fee was too high and so didn't consider it to be part of my spiritual path.

Reiki has a way of connecting us more strongly to the Source and in so doing providing a much clearer form of guidance. Realizing this I began taking my life more seriously and decided that with the help of Reiki I'd focus on pursuing my spiritual purpose. I began saying a prayer with conviction each day, "Guide me and heal me so that I might be of greater service to others."

Things began to change. I loved Hawaii and planned to remain there the rest of my life. But when we make a commitment to follow our spiritual path, we must sometimes do things that don't go along with what we think we want.

I ended up leaving Hawaii, living in California awhile, and moving in with my parents in Detroit for a short time. I had a dream of being a workshop leader and traveling around giving workshops. I planned to develop my own style of personal development, and never thought I'd be a Reiki teacher. However, when we've made a commitment to our spiritual path, sometimes we end up doing things we hadn't planned. In March 1989, I took the Reiki teacher training and taught my first class in June of that year.

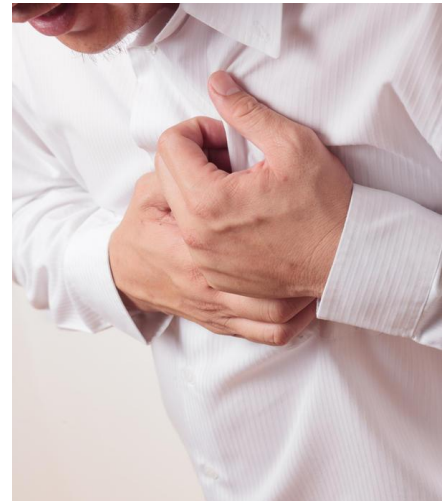
My teaching practice developed quickly and while teaching my first class in another town, I suddenly realized that I was living my dream; I was a workshop leader, and I was traveling and teaching! I was overwhelmed with joy!

I was also able to look back to the moment I had been initiated into Reiki and see that I had been guided step by step to be a Reiki teacher, even though I had thought it wasn't part of my spiritual path!

After I became a Reiki teacher, and accepted the fact that as far as my spiritual path was concerned, I belonged in the Detroit area, my life began getting better and better. As my career continued to develop, I ended up traveling all over the world teaching Reiki classes, wrote several Reiki books, and published a Reiki magazine. I also traveled to both the North and South Poles as well as to Jerusalem to place World Peace Crystal Grids. (See World Peace Project).

Then at the end of 2003, while dancing at a New Years Eve party I was hosting at my home, I felt a pain behind my heart. At first I thought it must be a rib that had come out of place, as I had been having problems with my upper back. I kept dancing, but the pain worsened and I began to feel a physical weakness that made me think it could be something more serious.

I went to get some water and lie down for a few moments. The pain quickly spread around to the front of the heart and I also felt a pain in my jaw and down my left arm. My whole body was in trauma. I went back to the dance floor bent over with pain and asked a couple of friends to take me to the hospital.



I entered the New Year having a heart attack in the hospital emergency room. I had a blood clot in the heart, and it took them a long time to find the right thrombolytic agent to dissolve it. I was also told that the pain I was feeling was the pain of the heart muscle dying.

The two people who took me to the hospital had been giving me Reiki on the way. On learning of my situation, my friends at the party began sending Reiki, praying, and drumming for me. I gave myself Reiki as well and from the very beginning maintained a positive, upbeat attitude – even inviting the ER people to go back to my party when they got off work. I knew that regardless of the severity of the problem, Reiki would heal me and that this would turn into a positive experience.

I was transferred to another hospital to have a heart catheterization the next day. In the mean time, a cardiologist came in with a surprised look on his face. He told me my troponin level was off the chart and that indicated I had had a massive heart attack. He was surprised that I was sitting up in bed, smiling and in a good mood. Troponin is an enzyme that's released when muscle cells die and is used as an indicator of the extent of heart damage. While the heart catheterization indicated that my arteries were not blocked and I didn't need a stent or angioplasty, my heart function had been seriously diminished.

Afterwards when visiting my cardiologist, he too indicated the seriousness of my heart attack, but apparently not wanting to scare me too much termed it as a "mildly" massive heart attack.

The seriousness of my situation was made real for me when I got home. My vitality was very low and I felt close to death. I could hardly walk and had to spend most of the time lying on the couch. It was difficult to speak and even thinking was at times too much. If I even thought about exercise, a life threatening feeling of danger would come over me and I'd have to stop. When I wasn't sleeping, I found it best to simply focus on peace.

My heart was emotionally sensitive and very fragile. To feel any kind of feelings was very draining. Conversations with others or even their presence in the room drained me.

The amount of energy my friends who came to visit me had amazed me. How easily they spoke and expressed themselves. I wanted to reach out to them and explain how fortunate they were to be alive and to have so much energy and to be able to freely express themselves so easily, but I was unable to do so. I was too weak.

Another experience I had was during the catheterization. During the procedure, they were taking motion picture x-rays, and I could see my heart beating in real time. This moved me deeply. My heart was there, beating away, keeping me alive even after being so injured. A tremendous feeling of gratitude swept through me.

And there was something even more meaningful than this. I felt how grateful the heart is for the gift of life. And that it was this gratefulness that was actually keeping the heart alive. It's gratefulness that keeps the door of life open.

While in the hospital I had a friend bring my laptop computer and was able to go online. I sent a simple request to my Reiki email list: "I've just had a heart attack, please send Reiki."



Although we didn't ask for it, 3,500 people replied to the request saying they would send Reiki. Many of these placed me on their healing request lists and we estimated that there were likely 5,000 to 10,000 people sending Reiki to my heart. In addition, after I got home, I began receiving many hands-on Reiki treatments each week with several practitioners each session.

When I looked psychically, I could see that I was at the center of a giant ball of light at least 20 feet or so in diameter. While I remained weak at first, my spirits were always high, and I knew I would fully recover. The only question was how long would it take?

I got a little stronger each day. Over time it added up and soon I was able to venture outside. I began walking very slowly around the driveway. At first I could walk just one lap before feeling tired, but then gradually I could walk further until I was walking three or four times around the driveway. Eventually I was able to walk a quarter mile and dreamed of being able to walk a whole mile.

On February 3, I went for a treadmill stress test and echocardiogram to determine the extent of the heart damage. I was hesitant, not wanting to over stress my heart during the test, but the tests seemed to go well. I received the results the following week and they looked amazing. There was no detectable heart damage!

I went from having a massive heart attack to no detectable damage in less than five weeks! I was overjoyed. I can only attribute this to the love, prayers, and Reiki sent by so many people.

While my heart had healed, I was still weak, but gradually got stronger. Soon I was back walking the four miles a day I had been walking before the heart attack. I was also able to teach most of my scheduled classes. When I went to Norway, that summer I was able to climb the mountains I had dreamed of being able to climb when I was so weak. I had fully recovered!

I'm ever so grateful for the gift of life and the gift of Reiki.

Southfield, Michigan

July 2005

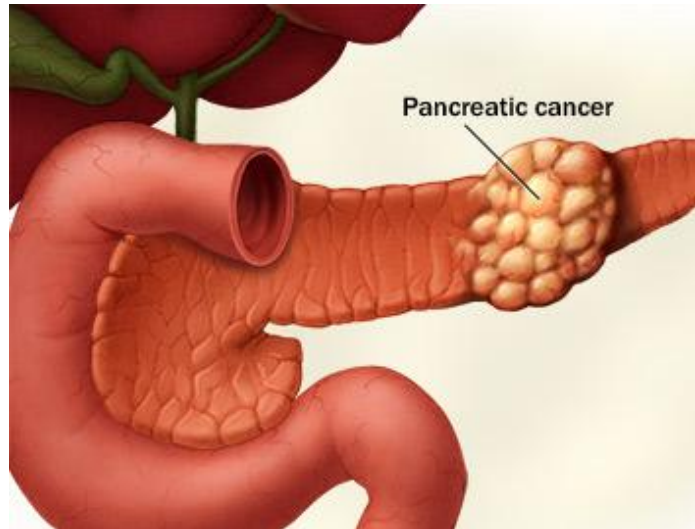
AFTER ADMINISTERING REIKI:

- **Reduced stress and pain during heart attack**
- **Reduced stress and pain during healing and recovery process**
- **Went from massive heart attack to no detectable heart damage in less than 5 weeks**

2. Pancreatic Cancer

“ *Reiki Healed My Brother by Bianca* ”

On October 12, 2001 my brother Tex was diagnosed with pancreatic cancer and informed nothing else could be done for him. He was depressed and wouldn't talk to anyone in the family except my mother. I told her to tell him to hold on until Thanksgiving when I could come and visit him and attune him to Reiki I. I was scheduled – and did attend



a workshop to receive my Reiki Master Teacher certification on October 28, 2001 from Accem Scott – who is filled with so much wisdom on natural healing. I recommend everyone should know him and his method of teaching.

For a month I performed distance healing on my brother and during my meditation asked the Universe to instill in his mind the will to live. During the wait before my visit, my brother informed his doctor that his sister was coming to give him a new pancreas. His doctor thought he was crazy and decided to put him on medication for denial of his terminal situation. I was angry and wanted to see his doctor and ask him when did he become God/Goddess/Mother/Father/Mystic Laws/Universe that he knew exactly when someone was going to live or die.

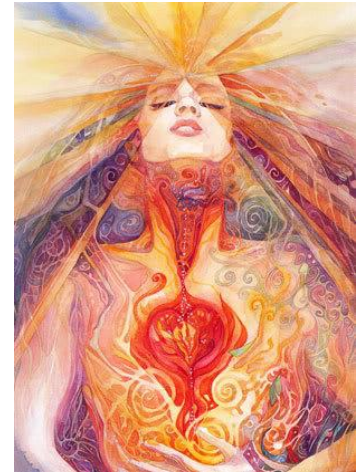
On Thanksgiving, November 22, 2001 I arrived at the hospital where my brother was staying. I explained Reiki to him, the hand positions, and what I would do during the attunement. I knew it was important to attune him to Reiki I before his first Reiki session because within a month he went from giving up on life to wanting to live... and he believed I was going to help him. I let him know that it was not me – I am a

conduit/vessel – but the healing energy from the Universe passing through me to him that would be doing the healing. As soon as the attunement was over, my brother told me he felt something circle his body and he knew he would be all right. I gave him instructions where to lay his hands for direct healing to his pancreas, when to take his juices, teas, and herbs.



(I also use herbs and essential oils to help people heal themselves naturally, so I bought a lot of natural products, such as Noni juice, grape seed extract, and herbal teas for his daily regimen), and most importantly to say the affirmations or write daily, "I am in perfect health" and "My body is now free from all diseases." The next day, I went back to the hospital to give Tex a Reiki session. I asked him how he was doing and he said great – the previous night was the first time he experienced no pain in months.

On Thursday, December 20, 2001, my sister called me from California because my mother couldn't reach me to tell me about my brother Tex. He had a check up with his doctor that Thursday morning. My brother's doctor told him that his pancreatic cancer was in a state of remission and that he doesn't know what his sister [me] had him doing but keep doing it, even though [the doctor] didn't believe in that mumbo jumbo. I was so elated with this news. I thanked the Universe and told everyone I knew. Now, I have people in my family calling and asking when am I going to heal them. I tell them it's not me, it's the healing energy of the Universe.



AFTER ADMINISTERING REIKI:

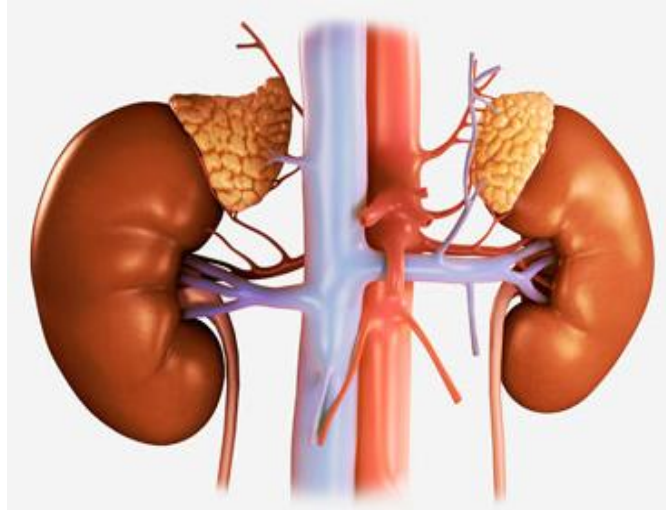
- **From being despondent about life to living with hope again**
- **Affirmation of imminent good health**
- **Incurable pancreatic cancer went into remission**

This was one of the accounts that touched me deeply. A sister's love and concern had propelled her to perform Reiki healing even from a distance, and her care for her brother truly allowed her knowledge of Reiki to cure something as devastating as cancer! If you're as amazed as I was at this moving testimony, [you can find out more about this selfless power here.](#)

3. Chronic Kidney Disease



Battling CKD with Reiki by Rob Gaydos



I have CKD a.k.a. chronic kidney disease. As you probably know, your kidneys play a major role in filtering the body's waste. I was diagnosed about three years ago, after a routine blood test revealed a high creatinine count. Creatinine is a waste by-product produced by the kidneys. The average person has a creatinine level of 0.02 to 0.05... my level was 3.2 – an indication of kidney failure.

Now, the magic number for total kidney failure is 7.0, which translates to kidney dialysis. Unfortunately – or rather, foolish of me – I put off going to the doctors. I sort of denied it. I reasoned that if it took all my life to get to that point, it would take many, many years to reach total failure. I was dead wrong!

Once reaching that level of 3.2, the condition started to snowball towards failure. After a little more than a year since my diagnosis, I went for another blood test to see where I stood. The test came back with 4.3. I could no longer deny this. So I went to a nephrologist and began treatment.

I will never forget the first time I went to the kidney clinic. The waiting room was comprised entirely of elderly people, clearly with multiple problems. I, being 41 years old at the time, stood out. Right from the beginning, my mentality was "I don't belong here." Looking back I didn't realize my defiant attitude would play an important part of my treatment.

Treatment, by the way of conventional medicine, simply meant drugs and diet. Now there happened to be a dialysis room there at the clinic so curiosity got the better of me and I took a peek in. What I saw jolted me. Two rows of beds, about 10 per row, all filled with elderly people who looked like they've been to hell and back. If you don't already know, a dialysis machine draws your blood out, then filter it through the machine and returns it back to your body cleansed. The process is done 3 days a week: Monday, Wednesday, Friday – 5 hours each day. It leaves the patient feeling drained of energy, usually.

Well, at the sight of that I thought, "There is no way I am doing that! I will do whatever it takes to stay out of there!" So I dutifully followed the doctor's orders and took my pills and watched my diet, and signed up for a kidney transplant. However I fell into a depression. The treatment wasn't intended to stop kidney failure; it would just slow down the inevitable. Nothing was going to stop my kidneys from failing, and it was depressing.

I was recently divorced – my condition had a hand in that – and I was working two jobs just to survive. Things were not looking good for me. So I started praying, which was something I haven't done for about 7 years. I delved into books of spiritual nature and content, looking for a positive outlook on life. I even went to therapy for help.

I go every 3 months for blood work and every month the creatinine level goes up. Not by much; usually just a point, but always up. Now, I had always been "energy sensitive," and a few years prior I had looked into Reiki and had a respect for it, but didn't embrace it at the time. Then in June 2007 I felt the time was right to look into it again, and after all Reiki is about healing. So I simply Googled "Reiki masters in PA" and had a list to choose from. After perusing some names, I chose one that appealed to me, studied Reiki Level 1 and found it had wonderful possibilities.

The first few weeks after attunements found me fascinated with rediscovery, both of myself and this world... our universe! Really I am still going through this process. I've learned how to channel energy through touch and take an active role in treating my CKD. Since I've studied with my mentor Susan, I've had two blood tests since becoming a Reiki practitioner. Before I went to Susan my creatinine level was 4.5... now it's at 3.8!

I give myself a Reiki treatment almost every day for at least 30 minutes. My sessions are ever evolving and taking more dimension and depth! I presently incorporate visualization, crystals, jade and mantras into each session. After which I have a deep satisfaction of knowing I am taking a proactive approach to my condition that is actually working. Reiki is one of the best things that I have discovered in this life... its rewards are really amazing!



AFTER ADMINISTERING REIKI:

- **Took an active role in treatment and improved CKD condition**
- **Innovative incorporation of visualization, crystals, jade and mantras**
- **Self-Reiki treatment every day for at least 30 minutes**

Mental & Physical Well-Being

1. Depression, Anxiety & Contemplated Suicide



Reiki Saved My Life by Stephanie Colletti



Ever since I was a little girl I suffered from anxiety. In retrospect, I can understand the root of many of my anxieties and while I had a great childhood and a loving family, a dark cloud hovered over me. By the time I was in college, my anxieties had become intolerable and depression began to loom. I began therapy as I had done in the past, lost and desperate to relieve the pain.

And so it goes, I was prescribed anti-anxiety medication to alleviate my symptoms even though I had anxiety about taking medication too. I've always been highly sensitive as to what I put in my body and can feel immediately when there is a chemical shift. Perhaps it was psychosomatic but from the moment I took that first pill I was never the same. I wanted the obsessive thoughts to go away, the constant dread and worry to subside but instead I became numb... numb to my feelings and numb to life.

Months of experimenting with various dosages and brand names had taken its toll and I turned into a shell of the person I once was, unable to be fully present and unwilling to engage in life. Happiness? That sounded nice but I just wanted to survive, to put on a presentable "happy face" for my family, friends and colleagues until I could return to the safety of my home and dwell in my misery behind closed doors.

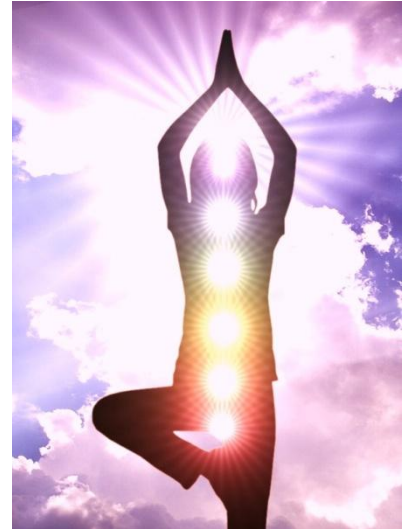
My depression became suffocating and my life felt so hopeless that I had seriously considered suicide on at least two occasions. I was angry and felt sorry for myself spending hours determining the best way to take my life because after all I didn't ask to be born. In my solitude, I would weigh out the options as to which method would be the least unpleasant for me and my family. I determined that an overdose of pills would be my exit strategy... no pain, no mess. I would just go to sleep and sleep was my escape.

So why didn't I go through with it? Because even with all of the fogginess of my mind and riddled body, I knew deep within my soul that there was a light that still shone as bright as the sun just waiting to be acknowledged. It was there because I was destined to make a difference in the lives of others some way... somehow.

The journey that would follow in the years to come were calculated steps orchestrated by a Higher Power that would rescue me from the darkness and deliver me into the light.

As fate would have it, one of my mom's colleagues gave her a brochure for an "alternative" type of therapy. My mom took it and reviewed the information with an open mind eager to save her daughter. The brochure described a woman living in North Carolina who specialized in an alternative healing method known as energy healing or Reiki.

Reiki energy balances the chakras (energy centers within the body) thereby treating physical ailments, spiritual blockages, and even emotional traumas. We made an appointment and drove an hour and a half into the mountains for a one hour session. I had always been a spiritual person and dabbled in metaphysics so I was open to the experience. I connected with the doctor right away; perhaps subconsciously her abilities were familiar to me. For the next year I would visit her therapeutic Reiki sessions. Each session was emotionally draining as my body, mind and spirit processed the energetic shifts that were occurring within me.



The fog began to lift. After a few months of treatment, I decreased my medication and within a year I was drug-free. That was several years ago. To this day I have no need for medication.

Reiki has been very sacred to me even in times when I wasn't quite ready to embrace it as a life changing calling. I truly believe our greatest lessons are those that cause us the most pain, otherwise how would these lessons get our attention? Reiki took a back seat for a year or two and I went through life fearful of the judgment I would receive from my peers and colleagues had they known my past struggles.

All of that changed in April 2011 as I struggled once again to find myself while drowning in an unhealthy, abusive relationship. I found myself gasping for air and at the end of my rope not knowing which way was up and struggling to make sense of it all. I sought the help of a marriage counselor on my own for relationship guidance but the fact was I had a psychology background, I knew this stuff and I needed help now!

Desperate, I contacted a local Reiki Master and EFT Practitioner. We spent most of our time using EFT to release the emotional trauma. She also gave me Reiki to balance and ground my energy to facilitate the healing process. Finally, I was able to get clarity in the midst of the chaos and was able to breathe. It was after this experience that I realized my purpose and exactly how I'm meant to help others.

So much has changed since that time. I ended the relationship, regained myself and I've become a Reiki practitioner myself, offering general and specialized services for people suffering from anxiety and depression. Reiki has been a tremendous gift in my life and I am grateful for the chance to share it with others. I have to laugh when I hear Reiki described as "alternative" or "New Age". The truth is, energy healing has been in existence and used as a legitimate practice for thousands of years all over the world.

All too often in the West we're given toxic pills for every ailment. These pills do not get to the root of the problem, they only mask them and cause side effects. And, hey, there's a pill for the side effects, too. Instead of treating the symptom, get to the core issue using energy healing.

Reiki is beneficial in the treatment of a wide variety of concerns and can be used alone or as a compliment to traditional medicine. It is not necessarily a quick fix, in fact the healing process is often compared to "peeling an onion." Once one layer is healed



another layer may surface to be released. The benefit: a balanced body, mind and soul. Holistic balance means less chance for disease to manifest as well as overall well-being and a healthy outlook on life. Best of all, with Reiki there are no side effects... just peace.

I owe my life to Reiki. I am living a happy, healthy and fulfilled life now and it is all because of this beautiful journey and the love and support of my friends and family. My purpose is to spread my message and have faith that it will be received by those who need it most.

AFTER ADMINISTERING REIKI:

- **Rebalanced chakras with Reiki energy**
- **Decreased medication after a few months of treatment, became drug-free within a year**
- **Healed from an abusive relationship; Reiki helped to balance and ground energy to facilitate healing process**

2. Anxiety, Depression, Living In Constant Fear, Difficulty With Social Situations & Panic Attacks

“ *The Gift Of Reiki – A Personal Story Of One Woman's Road To Self-Healing by Erica Rock* ”

Before I found Reiki, or maybe I should say, before Reiki found me, I was riddled with anxiety and depression. My anxiety was so bad I did not even recognize that I had depression at all. Apparently they go hand-in-hand. As I grew into a young woman I had a very difficult time with boundaries – energetic boundaries, that is. I was not clear about where I ended and someone else began and I could FEEL on every level of my existence "other people's stuff." Now I know this is what lightworkers call "empathic." I could barely go out in public without being bombarded with various emotions and feelings, that I was unaware of weren't entirely all of my own! I wanted this all to stop.



I sought traditional treatment methods through psychotherapists, psychologists, counselors and they suggested the routine solutions: antidepressants and anti anxiety medications (benzodiazepines), like Klonopin and Xanax. My anxiety grew worse and with that came insomnia and living in a state of constant fear. Somewhere deep inside myself I knew there was a better way and a reason why I was facing this difficult challenge.

I got to the point that day to day activities like grocery shopping and being in social situations was almost excruciating for me. Out of desperation I started taking a class on spirituality that taught us about chakras, meditation, past life regression, soul retrieval, dream programming – you name it! It was a wonderful class and it helped me to begin to be able to meditate and get in touch with my body and establish proper boundaries.

I still had plenty of anxiety though and this class was in a group. I remember that during class I would have many amazing visions or when class mates would share their experiences I wanted to share too and give feedback but I didn't want people to look at me or speak in front of a group of people, so I stayed quiet. The day that changed my life, the day I "found" Reiki, it was the last day of class.

My girlfriend and I car pooled and we pulled into the driveway to celebrate our last evening together and I completely froze! I had taken my anxiety meds earlier but was in the midst of a full-fledged panic attack. My mind was swirling and fear and fright took over my body relentlessly. I couldn't catch my breath and my heart was thumping out of my chest. My girlfriend was in the passenger seat and I knew she had just received her level one Reiki training.

I looked over at her and said, "I don't think I can get out of this car because my anxiety is so bad, can you try doing some Reiki on me?" I had NO IDEA what Reiki even was, except that it was supposed to help heal and I certainly needed some healing!

She half smiled and said, "It's not going to work in two minutes."

I replied, "Well you've got to try because I can't get out of this car."

She took her left hand and drew a Reiki symbol over my right shoulder and placed her hand very gently on me. One hand was all. Within less than a minute I could feel the anxiety which had collected in my upper chest area, travel down my body, further on down my legs and right out the soles of my feet. That's right, it was GONE!

What a miracle! My face literally beamed with gratitude, tears streaming down my cheeks. I could not believe it. I had finally found what I was looking for! I went into class that night a changed woman. I shared my visions, asked questions and laughed with my classmates. I was reborn! I found a local Reiki Master/Teacher and received my Reiki one "attunement" within days of this first experience. She gave me a handout with the Reiki hand positions and a picture of Dr. Usui, (the man who rediscovered Reiki), we played with the energy a bit and she sent me on my way. I went home and "played" with the energy.

I would lie down and take my time going through the hand positions, just feeling the energy and allowing it to teach me. I worked with the energy as much as time would allow and my anxiety got better. Whenever I would feel anxious I would place one hand over the center of my heart and the other hand below my belly button and stay just like that until I felt better. I would actually feel better within less than ten to fifteen minutes, usually.

My joke now is that the energy can help re-balance your body quicker than popping a pill! I was so delighted with my progress that I went on and received the Reiki II attunement and then the Reiki III Master Teacher level all within in a six-month time span. With every Reiki attunement I received I could feel the energy get stronger and stronger and I wanted access to ALL of the energy.



In the meantime, I was doing daily Reiki treatments on myself and even doing a little on friends and family. The more Reiki I did the more it would "teach" me. I was beginning to learn that every "dis-ease" has its own energetic "feel" to it. Being empathic was now working to my advantage, and I was able to get off of all of my medications within six months of my Reiki III training! If someone had strep throat I knew what that felt like because over time I grew to learn that strep has a certain feel to it, as do various types of cancers, MS, fibromyalgia, Crohn's disease, inflammatory diseases etc.

By working and working with Reiki this "gift" opened up for me! By simply placing my hands on someone I can detect where the dis-ease or imbalance is and often times what it is. I could never do that before. My psychic gifts were opening as well. While I would work on people I began hearing things, seeing movie like scenarios in my mind or have knowing about things I couldn't possibly know. All of this happened through working with the Reiki energy. Now I do psychic readings for people in addition to teaching Reiki classes. My primary psychic gift was clairsentience "clear feeling" and obviously early on I had a hard time with that gift and often times it felt like more of a curse than anything else. Once I was able to establish clear boundaries and know what was mine (internally) and what was someone else's and re-balance myself using Reiki, you could say I had "mastered" that psychic gift, others opened up for me.

I have intuited that this is the natural process of things. As you master one psychic gift, others will open. Most people want to have clairvoyance "clear vision" they want "to see". I always say, "one thing at a time!" If all of your channels were blown open at once and you had clear vision, clear hearing, clear knowing and clear feeling all at once you may just go insane with overload! Working diligently with the Reiki energy has helped me to get to a place where I have all four psychic gateways opened and functional. Keep in mind that this has taken over ten years to develop.

Reiki has also helped me establish a very clear connection with the angelics, ascended masters, celestial beings of love and light, nature spirits, crystal people and others. The more I work with this energy one thing is clear. The only limits are the ones in our own minds! This concept took a while for my mind to wrap around, but it is true. The energy of Reiki is limitless and through working with it you come to realize how limitless you are and that anything is possible. I cannot tell you how grateful I am to the Creator for gifting all sentient beings the Reiki energy.

Each day is new and exciting as I never know where the energy will take me next. It has helped me have a wonderful connection with beings greater than I, establish clear boundaries within and without of myself so I can safely navigate through this world and feel safe. It has helped me become a confident healing facilitator and a clear channel of the Divine Force to anchor more light upon Mother Earth.

What I love most about this work is watching others open to the source of Reiki and see all of their unique gifts open and the amazing amount of joy that brings people. Gifts they never knew they had. This amazing energy can open doors for you and lead you in directions you couldn't possibly dream.

Blessings to you on your personal Reiki journey if you choose to embark on such a great adventure.

AFTER ADMINISTERING REIKI:

- **Completely free of anxiety**
- **Able to put empathic sense to good use and help others**
- **From panicking about even grocery-shopping to becoming interactive with others easily**

3. Severe Back Pain & Day-To-Day Stress



How Reiki Saved My Sanity and Lowered My Stress Level by Michelle Doetsch

When I started massage school, I was a complete and utter stressed-out mess. I was working roughly 70 hours a week at a job that no longer held any satisfaction for me. I had been so stressed for most of my life that the incredible amount of stress I was experiencing seemed normal. Oh yes, I also had an auto-immune disease, gall stones, a repetitive use injury, and several pinched nerves. Like I said, I was a mess.



I first learned about Reiki in massage school when 2 of my fellow students did a presentation about it as part of a class assignment. From the get-go I was pretty dubious of this “miraculous” healing modality in which the client was never actually touched. The secret symbols cemented its status as a form of snake oil in my mind. Yes, I thought it was a big ole load of horse pucky.

But several classes later, something extraordinary happened. I experienced an amazing healing from Reiki when I had absolutely no expectations... less than zero expectations if that's possible.

Here's what happened: I had horrific back pain the night before we were to have a guest speaker in class to talk about energy work and do a Reiki demonstration. The pain was so bad that I'd had to take pain medication, which left me groggy the next morning, which made me late to class. Yes, this was a regular enough problem that I had a bottle of pain meds for it. (Didn't I tell you I was messed up?) Being a responsible adult, I called the school to let them know and they informed the guest speaker. I arrived just as she was starting her talk, and took a seat in the back of the class.

The chair was uncomfortable, my back was still aching, and I had no interest in listening to anyone talk about something as airy fairy and useless as energy work. Still, as a responsible adult I did my best to at least look like I was paying attention. When she got ready to do her demonstration, she looked right at me and said, “Would you like to be the demo body, Michelle? I know you've had some back pain recently and it looks like it's still bothering you.”

I was ready to decline when it occurred to me that I would be lying face down on the massage table so I wouldn't have to pretend to pay attention. I also realized that my sleep-deprived body and brain may get a nap out of the whole thing. So, up I went to the front of the class to be the guinea pig.

I climbed onto the massage table and settled in face-down. She told the class what she was going to do, and then started drawing the secret symbols in the air above me. She would be drawing them too fast, she said, for anyone not trained in Reiki to be able to follow along. The whole time, I was lying there getting more relaxed and starting to feel like I might fall asleep soon. She hadn't laid a hand on me, when suddenly, I felt the vertebrae in my lower back start to move. Holy Hell, I thought, maybe there is something to this Reiki BS after all. I never did get that nap. And my back was completely pain free when I got up off the table.

I can't chalk it up to placebo effect, because the only thing I expected was to not have to pay attention to her, and the only hope I had was for a nap. I did not expect to feel anything whatsoever. This eventually led me to study Reiki. Eventually, I can be a tad stubborn, and even though my experience was pretty mind-blowing, I still didn't like the secrecy thing.

When I walked into my first Reiki class, I had no idea what to expect. We started with a meditation, which was one of my first forays into that form of centering and grounding. I have to admit, I liked the meditation part and it was very useful later in the class when we were practicing Reiki on each other. Through the mediation, we learned to be quietly focused rather than intensely focused. I hadn't even known that was possible. What an extraordinary shift in thinking and working. It's much more effective to work with a quiet focus, and less stressful, too.

It's not uncommon to talk about personal growth in a Reiki class. In a good Reiki class you learn to quiet your mind and gaze inward, which allows you to have insights into yourself that you're normally either too busy to notice or are actively trying to ignore. It also allows you to have a more realistic vision of your strengths and weaknesses. Both are a necessary pre-requisite to growth. That said, it's also not uncommon to have a powerful, spontaneous insight (or several insights) while receiving the Reiki attunement. (It's also not uncommon to not have this type of experience.) However it occurs, most people experience some level of personal growth while studying Reiki.

Reiki also provides a simple, ethical, non-judgmental framework for living life known as the Reiki Ideals. The ideals are:

Just for today, do not anger

Just for today, do not worry

Just for today, be filled with gratitude

Just for today, be devoted to your work

Just for today, be kind to people

The simplicity of the ideals was appealing then but it seems downright brilliant now. Back then I was a perfectionist, which is an exhausting and impossible way to live. Those simple ideals brought some level of sanity to my life.

Here's the biggest sanity saver the Ideals has to offer: Just for today. It's so important, so brilliant, and so helpful that I call it THE Reiki Ideal. What comes after, doesn't really matter. It could be "Just for today, I will be present to the possibilities that today is offering." Or "Just for today, I will not worry about what tomorrow will bring." It can also take on a more practical use like: "Just for today, I will not eat carbs." That's doable, right? It's certainly way more doable than telling yourself you can never eat carbs again. Ever. How daunting. How depressing.

Every efficiency and productivity guru will tell you to break down the big projects or goals into smaller chunks so you know not only where to start and where to finish, you also get to cross the smaller chunk off your to-do list a lot quicker. Actually, by breaking down projects and goals into smaller, more doable pieces, you get to cross lots of things off your to do list. Yippee. I can get behind crossing lots of things off my to-do list.

It was in this vein that my Reiki teacher told us that if we were having a bad day, we could break down the Reiki ideals into smaller, more manageable chunks: Just for this morning, I will be devoted to my work. Just for this afternoon, I will not visualize strangling my boss. Just for this evening, I will not drink the entire bottle of wine.



You can take it even farther, if you need to: Just for this hour, I will be kind to my boss. Just for this hour, I will not be angry with my [lazy] coworkers. Just for this hour, I will not worry about things that don't concern me (like my neighbor's new car).

The ultimate tweak is this: Just for this moment. No pressure. Just for this one moment... then the next... and the next.

After using this Ideal for more than a decade, I still have days where I need to say to myself "Just for this moment, I will not freak out," or "Just for this moment, I will take a deep breath." No matter how far I have to break it down, it's always useful and always helps to keep my stress level in check.

AFTER ADMINISTERING REIKI:

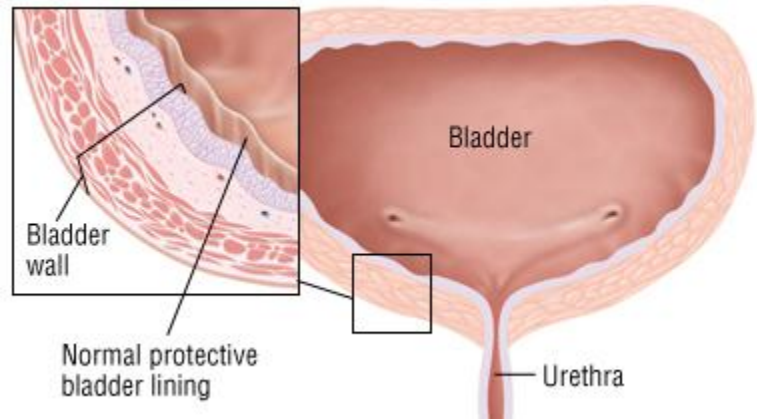
- **Long-term back pain healed in minutes**
- **Learnt to deal with stress much more effectively**
- **Discovered powerful insights about self and developed personal growth**

4. Chronic Back Pain & Interstitial Cystitis



Reiki and Interstitial Cystitis: My Healing Story by Dana Lisa Young

Interstitial Cystitis/Painful Bladder Syndrome is a urinary bladder disease that causes chronic inflammation of the bladder wall lining. The inflammation causes pain, urinary frequency, urgency and pressure in the bladder and



surrounding pelvic region. The origin of IC/PBS is still unknown; the Interstitial Cystitis Network states that “various research studies have explored the possibility that infection, epithelial links, epithelial permeability, mast cells, heredity and neuroinflammation may play a role in IC but, to date, there is no single cause that we can attribute to causing IC in ALL patients. Rather, it may be that IC has several different variations.”

I know a lot about IC because I suffered from it for years. In my case, I believe it originally developed as a result of trauma to my bladder from a catheter that was forcibly inserted during cholecystectomy (gallbladder) surgery in 1997. Within a year, I experienced a kidney infection followed by a cycle of recurrent urinary tract infections. This was unusual because I had not had a urinary tract infection since I was in my early teens. The infections usually cleared up with a course of antibiotics, but even when the infections were not active, I was still experiencing pain, pressure, urinary frequency and urgency. I spent a lot of time in the bathroom or at the urologist’s office.

In 1999, I had exploratory surgery performed on my bladder to pinpoint the cause of my symptoms. I was diagnosed with neurogenic bladder and a congenital urethral stenosis, which was corrected with surgery. However, neither of those conditions – which I had had my entire life – were causing the majority of my symptoms. The cystoscopy/hydrodistention (procedure to examine the bladder wall lining and stretch the membrane) was inconclusive, despite obvious signs of chronic inflammation.

It took nearly four years before I was properly diagnosed with IC and by then, I was experiencing regular and near-debilitating flare-ups that were interfering with my ability to live a normal life. I was fortunate to have a job that allowed me to telecommute when I needed to because the level of discomfort, lack of sleep and perpetual bathroom trips made it difficult for me to function when I was in the middle of a flare-up. The resulting inflammation from IC also caused gynecological problems, since the pelvic region shares similar nerve pathways and tissue structure. It was a very difficult, painful and depressing period of my life.

In 2003, I finally found a urologist who felt certain, as I did, that I was living with IC. I began medical treatment (Elmiron, Elavil, Urised and Detrol) as well as a modified diet, because certain food and drink can irritate the bladder. Over time, I did see improvement in my symptoms, but I still dealt with occasional flare-ups, as well as the unpleasant side effects from the medications themselves. Still, after being in pain for years, I was grateful for any relief. I had been taking the medications about three years when I went on a business trip to India at the beginning of 2006 for two weeks. I know, it sounds like such a cliché to have a spiritual awakening in India, but that's exactly what happened. I had visited many temples, received puja, and reveled in the spiritual abundance interwoven in the fabric of daily life in India during my business trips there. But it was a very ordinary morning, after breakfast and before heading out for another day at the office, when I had a brief encounter with an energy healer who gave me a glimpse into what was possible with healing – and what my future was going to be – simply by asking, “Are you in pain?” This was actually my third trip there (and we won't talk about what it's like to have a bladder condition and have to fly halfway around the world) but this time was different. In addition to my bladder problems, I also suffered from chronic and sometimes debilitating cervical spine (neck) pain for the past two decades. I experienced energy healing for the first time and it was what led me to Reiki.

The energy healing I received that day actually eliminated my neck and shoulder pain from the long flight, which were my immediate concern. To be completely pain-free in a few hours was an experience that changed my perception of “healing” from being something that others managed for me (often, with limited results) to something my body was fully capable of initiating and sustaining on its own by reconnecting with the energy of the universe. It was life-changing.



I returned to the U.S. with the intention of learning a self-healing practice to help take better care of myself. I had a stressful job as a manager for a global professional services firm. The long hours, travel and time spent on the computer made me more susceptible to chronic pain and other stress-related issues. Anxiety and low-level depression were always hanging over my shoulder.

Once home, I found Reiki, which as of now has been instrumental in bringing about greater physical health, balance, emotional clarity, and spiritual growth into my life. The interesting thing was, after practicing Reiki for a while, I realized that my bladder wasn't bothering me at all. I had weaned down my medications around the time I went to India because I was seeing improvement and was concerned about my liver enzyme levels, but still took a maintenance dosage. So, I decided to wean myself off to see what would happen. Days, then weeks went by. I felt fine. I haven't taken any medication since.

I got pregnant in the summer of 2006 and aside from the normal discomforts associated with pregnancy, had few issues with my bladder. I was concerned that after my pregnancy, all of my IC symptoms would come back full force – and they didn't. The true testament of my healing revealed itself after my emergency c-section. I was catheterized for a week due to post-surgical complications, but still experienced no bladder-related issues. I do have some pelvic floor tightness that pops up from time to time but that is likely a residual issue from the surgery, and is alleviated with regular chiropractic adjustments and yoga. Every now and then, I'll have a day where my bladder is irritated for some reason, but it is mildly annoying and resolves by the next day. The other thing that I should mention is that the vulvodynia I was also experiencing is no longer active either!

Our bodies are capable of healing themselves, but often need some assistance with the process. Reiki is a gentle, effective complementary therapy that can help people manage their symptoms, improve the quality of their life and in some cases, facilitate much deeper healing. I no longer require medication or treatment for IC. I'm a lot happier, healthier and spiritually nourished. Reiki has been such a blessing and gift in my life, one that keeps on giving.

Atlanta, GA

2010

AFTER ADMINISTERING REIKI:

- **Chronic neck and shoulder pain immediately alleviated**
- **"Incurable" interstitial cystitis cured without use of medication**
- **Won the battle over stress and depression – happier, healthier, spiritually nourished**

5. Thickening Uterus & Genetic Iritis



My Personal Story: Self-Healing with Reiki by Virginia Hart Nelson

Recently a few health issues surfaced in my life, affecting the thyroid and uterus. Potent symbols! The lining of the uterus was thickening abnormally, and so I made specific use of self-Reiki, meditation and sessions with colleagues to return it to normal. A biopsy was to be scheduled, but by the time of the third ultrasound, the lining was receding and attendant symptoms abating. I will have another ultrasound in six months, and in the meantime continue with these healing applications. In addition, my underactive thyroid was brought up to normal function using Attunement, self-Reiki and daily iodine drops.



Looking back, in 1990 I was experiencing restrictions in my pelvic area. An ultrasound revealed a large multilocular ovarian cyst and I was scheduled for surgery in three weeks. Cancer or not, I was probably going to be eviscerated. While I waited for the surgical appointment, I made time every day for inner focus as well as receiving attunements and acupuncture from two practitioners with a spiritual perspective. On the day my appointment arrived, a new ultrasound revealed that the pelvic mass had disappeared – and my surgery was canceled!

In hindsight, I realize that letting go of fear was a major turning point in allowing this mass to dissolve. Although my gynecologist wasn't interested in the how or why of it (an "anomaly"), he was gracious and said we'd keep our eye on it. The mass never returned.

I did not discover I carried the genetic predisposition for iritis (inflammation of the eye which needs immediate treatment) until I was in my 50s; it was misdiagnosed three times and I almost lost my left eye. This resulted in floaters, which I was told would be permanent because of the damage.

However, with the use of self-Reiki the floaters disappeared, with the side benefit of restoring my vision. I no longer need prescription glasses even though I wore them from the age of 6. Over decades I have let go of many debilitating conditions: severe depression, paranoia, panic attacks, chronic fatigue syndrome, digestive disorders and IBS, psoriasis, migraines, and much more. Reiki has done so much for me!

AFTER ADMINISTERING REIKI:

- **Multilocular ovarian cyst disappeared despite being scheduled for surgery**
- **Abnormal thickening of uterus and its symptoms were reduced**
- **Genetic inflammation of the eye (almost leading to loss of vision) cured and good vision restored – to the point of not needing prescription glasses**
- **Cured many more debilitating conditions such as depression, paranoia, chronic fatigue syndrome, psoriasis, etc.**

6. Voice & Back Problems

(Names in these two following testimonials have been changed.)

“*Veronica's Voice by Gary M. Spolansky*”

Veronica worked for the Probation Dept. and as part of her responsibilities, was required to make recommendations to the judge on whether particular people convicted of crimes should receive a jail sentence, community service, prolonged detention, etc. As you might imagine, her job was quite stressful – so much so, that she retired 5 years early.

I met her several years ago when she came to a lecture I was giving on Reiki here on Long Island. She spoke to me in a quiet halting voice explaining that the stress of her work had affected her ability to speak normally. Additionally, there was a massing of fluid on the back of her neck. I recognized this as a symptomatic representation of a blockage in the communication chakra – also known as the throat chakra. For those who may not be familiar with the term chakra, it is a Vedic word and literally translates as wheel. Chakra's are subtle energy center's that connect the energies of the aura (spirit) with the physical body.



There are 7 major connection points at the major glands of the Endocrine System starting at the base of the spine and rising up through the crown of the head. Had she not told me of her the difficulty she was having speaking, this massing would have been a strong clue to what was going on and would have caused me to question her regarding communication issues.

As I do in my lectures, I ask members of the audience to volunteer to experience the benefits Reiki could provide in releasing stress and related symptoms. As I began to work, Veronica told me she was feeling a little bit of warmth on the side of her face. I continued working and the sense of warmth increased a bit but not very much. I worked with her for only about 5 minutes as there were 25 people in the audience and I had hoped to assist as many as I could that evening.

When I finished I asked her to return to her seat and allow the energy to work as the energy will continue working even though the session has ended. She went back to her seat and I continued with my demonstrations periodically looking over to see how she was doing.

Over the few minutes I noticed that her face was slightly twitching. About 15 minutes later, I looked over and saw that the twitching was becoming much more exaggerated. I asked her if she was ok and she nodded yes. Veronica then told me she had been feeling a significant degree of warmth throughout her face, neck and throat but there was no sense of anxiety or fear in her face or in her manner. Gradually, the twitching subsided and she was smiling radiantly. I asked her to tell the audience what she had experienced and she said she felt she had released a great deal of tension in her face and neck.

More importantly, she was no longer speaking in that quiet, halting voice she had at the beginning of the lecture. Now, she was able to speak clearly and distinctly with a full normal voice. The twitching was the result of the tension in her face, neck and throat being released and cleared. It took years for Veronica to get this way and in the course of an hour and half program, much of her tension was released.

AFTER ADMINISTERING REIKI:

- Anxiety, fear and stress resided
- Regained her voice, able to speak clearly and distinctly
- Years of buildup alleviated within an hour



Barry's Back by Gary M. Spolansky

Barry came to me with significant pain in his lower back. Prior to me, he had seen his doctor who had taken x-rays of the area and performed a thorough examination to determine the cause of his pain. When his doctor was finished he told Barry that he had found no physical cause for his complaint and suggested he rest, take it easy and the pain would probably ease in a few days.

The following day he was referred to me by a former client who had also had this kind of back pain. When he came to see me I asked him to tell me about the stresses in his life. He told me that he and his wife had been arguing recently and that he was feeling a great deal of stress due to the cost of college for his 2 daughters. I recognized that Barry's stress was the cause of his pain and explained that it was the stress that was causing his back pain. When the session was complete, he slowly got off the table not certain what he would feel. Then he began to gingerly stretch. Little by little he moved his arms and back to see if he felt any pain but there was none – it was all gone. He has come to me on several occasions since that time and always leaves feeling better.

So you may be asking, why was Reiki able to help him but not the doctor? Back pain without the physical causes such as spinal issues, bulging, deteriorated, or herniated disc or other similar organic cause comes from stress and Barry had plenty of it. His stress came from the arguments with his wife and the pressures of paying for his daughters college education.

Stress comes not from the situation but how that situation triggers our unresolved issues, fears and, traumas. These experiences when triggered, blocked the normal flow of energy through the spine and in the body. The Reiki energy soothes these blockages, restoring balance and flow to this blocked up energy. When the blockage is cleared the pain is released.



AFTER ADMINISTERING REIKI:

- **Stress causing back pain was wholly relieved**
- **Blockage of energy flow soothed by Reiki energy**

7. Eczema



My Fight Against Eczema by Elena Francesca Barbiero

“She will need to go on steroids,” the doctor said, in a somewhat matter-of-fact routine way, as if putting a four year-old on steroids for eczema was the most natural thing in the world. I sighed.

My little lovely daughter was covered in a red rash, from the shoulder to the hands, on both arms: it was so bad that she could not sleep, and it seemed to get worse. It just appeared one day, and within a week she was agonizing and scratching her arms all the time.

“Are you sure? Is there no other way?” The word ‘steroids’ itself had a sound of something final which was going to last a long time. You had the steroids, and then? What about the body’s balance? Was one going to stay on the steroid cream for another ten years?



“Alternatively, I can advise you to apply aqueous cream three times a day and see if there is any improvement. See how it goes and come back in a month’s time.”

Armed with my free prescription, I went to Jack, the local chemist, who presented me with this giant jar of white cream, very “wet” and that smelled of nothing.

While examining her poor arms, I was determined that I did not want to take the steroids route: I am a firm believer in the wholeness of the human mind-body-spirit complex and I decided to tackle the problem in a holistic way first.

Firstly, the skin needed to be hydrated constantly, which I did: I religiously applied the aqueous compound five to ten times a day, so that the irritated skin was never dry. A jar would last a week if it did, with the result that basically her skin itched much less. This resulted in better sleep and being able to avoid the trap of obsessing over the problem. Eczema was reduced to a problem to be solved, and seemed somehow under control.

In parallel to this, I found a quiet corner of the house and looked at things from my daughter's point of view. Admittedly, we weren't going through the happiest time of our lives: not only did I have a lot of stress, being a mom with two pre-schoolers, but my husband and I were also separating.

I desperately tried to shield the children from the endless discussions and obvious tension between me and their father, but some of the stress had obviously rubbed off onto the children.

I tried to imagine how scary this might have been for a four year-old, and how difficult it was for her (probably impossible) to express such feelings of fear and insecurity. She was bottling things up: eczema was her body's desperate attempt to say that she was scared.

I remember that the moment I understood this, I cried. I cried until my eyes hurt. Then I decided to take action.

I have practiced Reiki for many years, and for me, energy and healing are a way of life. I practice other therapies, such as Reflexology and Aromatherapy, but Energy Healing is my first love, so I chose this healing method over the others.

In the first instance, I created a golden energy field around both my children, to shield them and protect them. I would visualize and strengthen it several times a day. I did use some Aromatherapy, purely to cleanse and invigorate our home environment: soothing lavender and geranium and spiritual frankincense would often gently envelope our home, creating an atmosphere of harmony.

The aqueous cream was having the welcome effect of managing the worst effects of eczema, in reducing the itching: if I wanted eczema to go away, I had to get to the emotional cause, and release the fear.

Every evening, for three months, I rocked my children to sleep, one hand on one child, the other hand on the other, and channeled Reiki for about an hour or 40 minutes. I have myself a "magnetic" constitution, meaning that when I place my hands to channel Reiki, very often I 'feel' the other person's emotional state.

When channeling on my daughter, I felt my chest and my skin "burning", and there was a tension which cannot be described as anger, more as frustration. It seemed she couldn't find her voice.

This intuitive knowledge brought on new developments, as I gradually started to introduce more creative activities with plenty of opportunity for self-expression. We did cooking, painting, made rag dolls and little clothes and greeting cards.

Results didn't come overnight: in fact, change was gradual and very subtle. A few years have passed since then, three, precisely. It has been a long way. The eczema totally disappeared after nine months, never to return. Funnily enough, the week it all went, a patch of psoriasis appeared on my daughter's back and then mysteriously disappeared the week after, as if to signal the last eruption.

The emotional signs of the imbalance have taken a little bit longer to heal. My daughter is now a happy seven year-old, with an infectious laughter and a happy disposition, and has finally found her voice in reading and writing. She has a Mom and Dad who love her even if they live apart, and she spends a lot of time with her dad: she knows we both care deeply about our children.

I might be a hippy and a new age eccentric in some people's eyes, but I am totally convinced that my child is eczema-free today because of the crossfire action I took on body (cream)-mind (creative activities)-spirit (Reiki healing): it was a bit like doing detective work, and it wasn't easy to uncover some hard truths, but it paid off in the long term.

When I see a child severely affected by eczema, I always talk to the parents and share my experience, but sadly I find that most people are very resistant to the idea of using complementary therapies. Many of them seem to expect that their child will grow out of it just like that, and the child surely will, if helped.

In conclusion, we never went "on steroids", and I am proud of the fact that I had the courage to stand by my beliefs and take a small risk. I tried the holistic route and it worked very well for us, although it might not be appropriate for every single case and illness. There are very severe cases where medical intervention and medication are the best thing. It is also wise to ask the GP if the use of complementary therapies will be appropriate.

In our case, Reiki healing worked very well in conjunction with an emollient cream and I am happy I took that leap of faith.

AFTER ADMINISTERING REIKI:

- **Healing was gradual and subtle, yet constant**
- **While channeling Reiki energy on her daughter, she felt a burning sensation and realized that her daughter was frustrated with finding her own voice (figuratively)**
- **Led to implementation of more creative activities**
- **Eczema totally disappeared after 9 months, when emotional balance was restored**

8. Stomach Pain

“ *Reiki Healing for Stomach Pain* by Marie Chesbro

My son, who was age 12 at the time, seemed to have always had stomach problems from the time he was born. Never anything serious... just many stomachaches. As he matured, it seemed that his problems were more frequent and finally it became a constant mealtime problem. He would eat and in the middle of each meal he would have to leave the table and go to bed until the pain stopped.



I took him to our family doctor several times and each time received the same answer. There is nothing wrong. I took him to a specialist, tests were done and again, the same answer, we can find nothing wrong with him. He had x-rays... nothing. Yet, this child was in pain at every meal. I was worried and of course as his mother, I felt his pain as much as he did. I was frustrated. I wanted to help him but what could I do when all the doctors said they couldn't find anything causing his pain.

Late one Friday afternoon, I received a call from the school. "Your son is ill, please come get him." I immediately drove to the school and picked him up. He was lying on the nurse's couch and he was doubled up in pain and his face was as white as a ghost.

Upon arriving home I called the doctor's office but they couldn't see him as they were booked up. I could take him to the emergency room, but something told me not to. I made a bed for him on the sofa and sat next to him. I spoke softly and calmly and helped him to relax. I knew of Reiki but had not taken any classes. I decided to try it.

First I prayed for guidance. Then I placed my hands on his stomach and projected energy. The painful look slowly left his face and he fell asleep. I sat with this child for two full days and never left his side. Without telling him what I was doing, I constantly prayed and used Reiki on his stomach area.

Late in the afternoon of the second day he asked if he could get up to use the bathroom. The door closed behind him. Within a few minutes I heard his voice urgently calling me. I opened the door and fear was written on his face. He said, "Mom, I'm bleeding!" He showed me that there was blood in the toilet and the body tissue that had been passed. I felt no fear! There was a calmness and peace that told me this was nothing to fear and that this was a good sign. He would be fine now.

I gave him a loving hug and told him everything was going to be fine and that he was healed. He went back to the sofa and rested.

After about 20 minutes he announced he was feeling much better and wanted to get up. He also told me he was hungry. I fixed a light lunch and he ate it and experienced no pain. His healing occurred 6 years ago and to this day he has never had another attack of stomach pain. Reiki healed his problems and rightly removed all that was offensive. I have recently taken classes in Reiki I & II. It is a daily part of my life and has brought much help to my family and friends. I highly recommend it to everyone who has an interest.

AFTER ADMINISTERING REIKI:

- **Years of chronic stomach pain subsided within days**
- **Able to eat properly at a meal without interruption of pain for the first time since birth**
- **Results from the Reiki healing has lasted 6 years so far**

Injuries

1. Swelling Lip & Sprained Wrist



First (and Second) Reiki Successes by Andrew



Last night whilst playing, my dog smashed his head into my mouth chipping a front tooth and cutting my bottom lip inside & out. I immediately applied Reiki to my face, stopping the bleeding in seconds and reducing the swelling lip after several minutes. Success #1!

Today at work, a colleague Bryan returned from sick leave after he fell off his bike, cut his chin and sprained his left wrist, chipping a small piece of bone. His wrist was swollen and movement very limited. After explaining Reiki to someone who asked how my "relaxation weekend" went, Bryan half-sarcastically said, "Well can you fix my wrist?" I said I did not make any promises and I was still feeling my way with Reiki - but applied my hands to his wrist and hand for approximately five minutes and gave Reiki with "compassion." I could feel a greater heat than on the weekend and a small tingling sensation in both hands.

After I removed my hands, Bryan stood up and announced to my watching colleagues "No bull, It feels about 75% better!" He then started moving his wrist – stating the range of movement was greatly increased and asked if he could have another treatment before we finished work (12 hours later) so he could drive home without discomfort. He said he also experienced heat and tingling in the area of the bone chip.

A female colleague then stated she had Reiki after an operation several years ago and loved it and that her boyfriend swears by it. Several other work-mates then expressed interest in treatment for various ailments.

My positive attitude is also rubbing off, after my Manager said he would take a leaf out of my book and not waste energy getting angry over things that will not affect his life overall.

I gave Bryan another 5-minute treatment before leaving work and he again noted improvement stating "I don't know what to make of all this, but thanks." I drove home giving thanks for the gift of Reiki. (I also managed a 10-minute loving-kindness meditation during my morning break!)

I thank you, Universe, for the gift of Reiki and now know it will permanently change my life.

AFTER ADMINISTERING REIKI:

- Bleeding and swelling lip healed in minutes
- Chipped bone in sprained wrist greatly improved, aiding movement
- Spread positivity around workplace, especially with superior management

2. Injured Hip

Broken Hip Healed by Reiki by Linda J.Shook

I did a special healing on an elderly, eighty-three-year old lady. The request was made by her niece to do the healing. She fell and broke her hip and was taken into surgery to have a pin put in her hip. She also is diabetic and the complications of this disease with such a serious injury and surgery at her age was life-threatening. She was not recovering from the first surgery and so the doctors planned a second surgery because the hip was not healing.

Aunt Cat, as her niece called her, was losing weight and unable to eat. The doctors said she might die without the second surgery but she also might die during the surgery because she was so weak. Aunt Cat is a very spiritual person and has had Reiki Healings before.



The healing was performed on her in the hospital the evening before the second surgery was scheduled. Aunt Cat and her niece were praying as I started my Reiki Healing. The Healing progressed as usual until I got to her injured hip area, my hands became so hot and the energy was so intense that I became hot all over. I held my position as long as I could endure it before continuing on down her legs and to her feet. I felt drawn back to her hip area and worked on her hip again. The heat and energy returned again. My hand turned red and throbbed. My clothes became damp from perspiration and I held this position until I could no longer handle the intense pain from the energy. I have no doubt in my mind that this was a divine healing.

I have been a Reiki Healer for a couple of years and only certified on the first two levels of Reiki. I have not advanced to a Master yet, so I don't have a lot of years of experience to use as comparison but the high levels of energy and heat was something that I have never experienced before. The doctors came in to do a pre-surgery check on Aunt Cat and discovered that all the problems and complications that had been affecting her health and life were no longer a factor and the second surgery was canceled.

Aunt Cat has since recovered and is now living in a nursing home. This was one of my most profound and exceptional experiences as a Reiki Healer and one that I will never forget.

AFTER ADMINISTERING REIKI:

- **Broken hip was completely healed**
- **Diabetic complications and other life-threatening health problems disappeared**
- **Surgery canceled because there was nothing to fix**

Now that you've read all of the astounding accounts of people whose lives have been touched and dramatically improved by Reiki Healing, read on to find out how you can administer some basic techniques to ameliorate your own. Or, if you want to jump straight ahead to the amazing, intensive world of Reiki, [click this link to find out how you can become a Reiki master in your own right.](#)

Self Treatment

One of the greatest gifts which Reiki can offer is the ability to effectively heal ourselves, and also to align ourselves with pure energy. Reiki self-treatment is powerful because practitioners can draw the Reiki energy from the surroundings; we are merely the channels for the energy.

Is self-treatment only necessary when one feels unwell or sick? Well, no.

As long as you feel depleted of energy, or you feel that you require an extra boost of energy, self-treatment can be utilized for those purposes.

Before beginning self-treatment, some prior preparation work is required – A special place in your home has to be created, a place where you can completely relax on your own, without any unnecessary distractions. This room or place ought to be away from the hustle and bustle of activity. It would be good if there is a sunlit window in the room, or the favorite armchair, something which exudes comfort and ease. You can convert a garden shed into this sanctuary, or partition off a corner of your study. The bedroom is also an option, where you can gain some peace from the world whenever required.

Be creative about generating the ambience for self-treatment. The lighting can be softened to an appropriate level. Soothing and soulful music may be played. You could try scented candles if you like fragrance. Importantly, make the sanctuary as inviting as possible, anything that may enhance your self-treatment process.

Once you're ready, begin your self-treatment with the same respect and reverence you would when treating others. Silently pray for Reiki to flow into and through you. You may also pray for your Reiki guides, angels and the creator to be present and direct the self-treatment.



The Hand Positions (Self-Treatment)

A Reiki treatment simply consists of hands being placed over parts of the body, like the eyes, face, and heart and so on. There are no complicated rituals to follow.

At this point in time, there is some distinction in Reiki self-treatments in that some masters rely on intuition for their hand positions while some others follow the routine positions.

Here are the basic hand positions:

Position 1

Position of hands:

Place hands lightly over the forehead, eyes and cheeks. Take care not to restrict your breathing in any way.

Treatment benefits:

- Cold symptoms, headaches and stress are relieved.
- Improves focus and clarity, and enhances decision-making abilities.



Position 2



Position of hands:

Place hands around the temple.

Treatment benefits:

- ☛ Headaches and migraines are relieved.
- ☛ Allows the release of depressive symptoms and reduces stress and worry.
- ☛ Also enhances creativity and memory abilities.

Position 3



Position of hands:

Hands to cradle the back of the head.

Treatment benefits:

- ☛ Anxiety, depression and stress symptoms are relieved.
- ☛ Recommended for nausea and pain relief.
- ☛ Also acts on headaches and migraines.

Position 4

Position of hands:

Hands are lightly cupped over the throat and along the jaw-line.

Treatment benefits:

- ☛ Sore throat, swollen glands and symptoms of flu are relieved.
- ☛ Metabolic disorders and weight issues are addressed.
- ☛ Anger and hostility are regulated.
- ☛ Communication, confidence and self-expression are instilled.



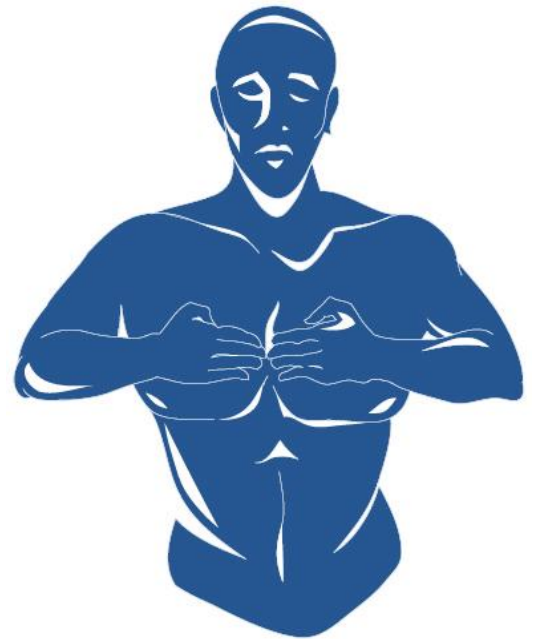
Position 5

Position of hands:

Place hands over the heart.

Treatment benefits:

- ☛ Heart palpitations and other heart disorder symptoms are relieved.
- ☛ Blood circulation is improved.
- ☛ Pent-up emotions, fear and stress are released.
- ☛ The capacity of love is greatly enhanced.



Position 6



Position of hands:

Place hands below the chest, and over the lower ribs. This is the solar plexus position.

Treatment benefits:

- ☛ Anxiety and apprehension symptoms are relieved.
- ☛ Confidence levels, inner power and security are improved.
- ☛ Clarity to decision-making process is provided.

Position 7



Position of hands:

Hands are placed over the abdomen.

Treatment benefits:

- ☛ Inner balance and harmony are restored.
- ☛ Negative emotions such as anger, bitterness and frustration are calmed.

Position 8

Position of hands:

Hands are placed over the pelvic area. Angle your hands so that they follow the groin.

Treatment benefits:

- ☛ Weight problems by speeding up release of toxins are addressed.
- ☛ Feelings of frustration and fatigue are reduced.
- ☛ Confidence and creativity levels are improved.
- ☛ Sexual issues are addressed.
- ☛ For women, treatment relieves menstrual symptoms.
- ☛ For men, treatment helps prevent prostate issues.



Position 9

Position of hands:

Hands are cupped over the knees.

Treatment benefits:

- ☛ Fears of change and feelings of insecurity and resentment are relieved.
- ☛ Emotional balance is regulated by reducing emotions of anger.



Position 10



Position of hands:

Hands are placed at the base of the neck.

Treatment benefits:

- ☛ Muscle tension and neck problems are relieved.
- ☛ Migraines are prevented.
- ☛ The ability to love and be loved is enhanced
- ☛ by such treatments.

Position 11



Position of hands:

Hands are placed over the top of the shoulders.

Treatment benefits:

- ☛ The tension stored in the shoulder region is released.
- ☛ Stress is relieved.

Position 12

Position of hands:

Hands are placed around the waist and lower back.

Treatment benefits:

- ☛ Feelings of anxiety and self-criticism are released.
- ☛ Difficult situations will be looked upon in a positive manner.
- ☛ Allergy and stress symptoms are also treated.



Position 13

Position of hands:

Hands are placed over the base of the spine.

Treatment benefits:

- ☛ This treatment is excellent for reducing stress,
- ☛ and backache and hip problems.
- ☛ Creativity is enhanced.
- ☛ Negative feelings and thoughts are relieved.



Position 14



Position of hands:

Hands are placed over the feet.

Treatment benefits:

- ☛ The feet are soothed and nurtured.
- ☛ Energy blockages are treated effectively.
- ☛ The mind is calm and grounded.

Position 15



Position of hands:

Hands are placed over the soles of the feet.

Treatment benefits:

- ☛ Because the sole contains the reflex zones for all the organs in the body, treating this part will give a energetic boost to the whole body!

Making Time For Reiki



Reiki healing is a very effective technique even when time may be of a constraint. While a full treatment of an hour or so is ideal, just 15 minutes of treatment can make a whole lot of difference. No matter how busy you are, Reiki can be fitted into the busiest of days.

Requiring only a pair of hands, they are the perfect antidote to restoring depleted energy. On that note, it is best to balance yourself with Reiki before it develops into a full-blown ailment or disease. With a restored mind and clarity, clear thinking can go a long way, for instance, preventing accidents when you're driving or operating machinery.

In fact, some people self-treat themselves with Reiki during the lunch break, and they realized that they feel calm and alert for the rest of the day!

Whether you're travelling on the plane, sitting at a desk, waiting for an appointment or while the baby is sleeping, there is usually some opportunity.

Here are some recommended hand positions for areas which are commonly distressed like the head, the heart and the stomach:

- Hand Position 1 (head)
- Hand Position 5 (heart)
- Hand Position 7 (stomach)

Whatever the case, learn to be resourceful.

As long as you can disappear for about 15 minutes, there you have it – An opportunity to do some Reiki healing of your own.

Even Celebrities Can't Get Enough Of Reiki

Gwyneth Paltrow, one of the heralding celebs of all things New Age, has been seen regularly attending Reiki sessions since early last year after she separated from her husband Chris Martin. According to her statement to her adoring fans, she and Chris are going through something called "Conscious Uncoupling."

It's something that has been around for years, though flying under the radar, which is why many haven't heard of it. Complementary to the natural foundation of Reiki healing, Conscious Uncoupling implores a couple to keep things amicable in a separation or divorce (or even breakup), bringing "wholeness to the spirits of both people who choose to recognize each other as their teacher."

Like those who struggle emotionally to achieve a joyful state of mind, especially during something as distressing as a separation would be, Gwyneth reached out to Reiki to calm her inner state of being and stay strong for her children.

Another Reiki advocate is Christina Aguilera, who tells us that it's the reason for her dramatic weight loss of 30 pounds. "Reiki puts her mind in a good place and gives her the discipline to eat health and maintain weight loss. She sees a Reiki master for private sessions three times a week," a source revealed. Because of her good health, Christina gets to spend more time with her son and is more relaxed in her downtime, going back to work refreshed and more hardworking than ever.

The popular Dr. Mehmet Oz was one of the first physicians to implement the Reiki practice in his department in a New York City medical center. Melanie Brown, also known as Mel B. in the Spice Girls, is a huge fan of Reiki, often giving it a mention in interviews. Other celebrities include Donna Karan (renowned fashion designer), Erykah Badu (multi-platinum R&B artist), and Shania Twain, who even featured a Reiki session on her show!

With all these celebrities catching onto the craze of Reiki healing, why not take a step further yourself and get properly educated on the secrets of Reiki by [clicking on this link](#). You'll appear hip and well-informed like you actually are!

Reiki Treatment In Hospital

Hospitals have been more open to including complementary holistic treatments in their patient care now

More than 15% of hospitals nationwide have included Reiki healing in their complementary services, when estimated in 2009. Reiki education is now being offered free of charge to over 800 hospitals in the US in order to create awareness of this natural and effective way of alleviating pain and discomfort in patients.

A number of scientific research studies have shown that Reiki can improve a variety of health conditions. A research study conducted in 2003 revealed that there were significant decreases in heart rate and diastolic blood pressure in the subjects administered with Reiki healing.

"While considering the possibility of a placebo effect, the researchers did find significant decreases in heart rate and diastolic blood pressure on day one, and a greater improvement still on day four."

Reiki Research Review: A Phase II Trial of Reiki for the management of pain in advanced cancer patients. Journal of Pain and Symptom Management. 2003, 26(5), p. 990-997

Olson, K., Hanson, J. & Michaud, M.

Reiki has been around since more than a decade ago, as evidenced by a 1997 study conducted on a patient who had been diagnosed with a very aggressive cancer. His symptoms at the time of diagnosis implied that he only had a limited life expectancy. However, after receiving Reiki healing on a weekly basis for 5 months, the patient had an increased quality of life and continued to live well despite his seemingly doomed diagnosis.

"With the Reiki and his intent, he was able to achieve his goal of long-term stability with freedom from immobilizing pain and swelling. Tom's comfort and quality of life improved dramatically, and he is living well with his cancer."

Reiki: a complementary therapy for life. 1997 Jan-Feb

Bullock, M.

Granted, this was back in 1997 and we don't know for sure if Tom, the subject of the study, is still living the same life now. But if Reiki was already proving to be such a success more than 15 years ago, with the advent of technology and availability of Reiki education materials now, wouldn't Reiki healing be even more effective than before?

Natural, holistic ways of treatment are making their rounds now as the truths about big drug companies are being spread throughout the world. A significant amount of people are avoiding painkillers, steroids, and other types of drugs because of the proven negative side effects being observed over long periods of time.

In 2010, the American Hospital Association conducted a survey of 5,858 hospitals to gather information about their Complementary and Alternative Medicine (CAM) programs.

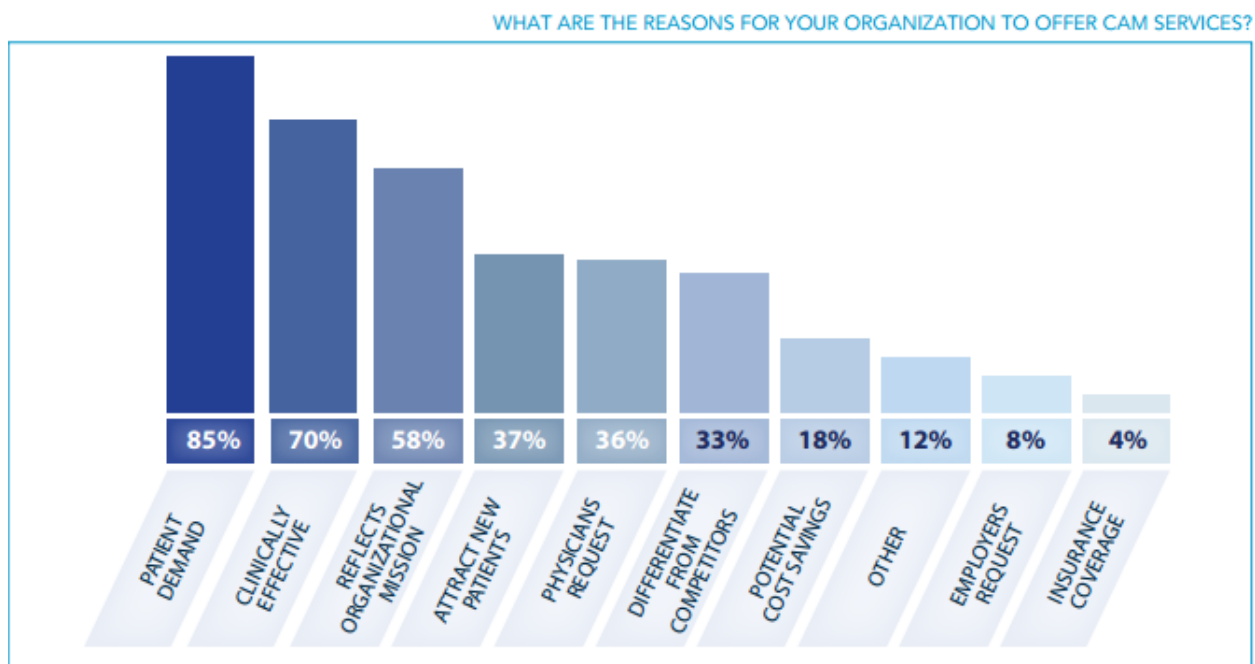


Image source: 2010 Complementary and alternative medicine survey of hospitals, Samueli Institute & American Hospital Association

As you can see from the chart above, the main rationale why hospitals are implementing more of CAM (and Reiki healing) is because of public demand. People are getting anxious to get their Reiki fix! And also, another telling reason (a significant 70%) is the fact that CAM is **clinically effective**. And now you've got the doctor's seal of approval!

Taking The Next Step

When most people first hear about Reiki, they tend to dismiss it as "fluff" or just another form of yoga and such. But if so many people around the world are practicing it - in the US, Europe, Asia - how "fluffy" can it be?

Like I've mentioned earlier, Dr. Oz has not only implemented Reiki into a medical center where everyone can experience its healing, but he has also appeared on The Oprah Winfrey Show to spread awareness of this ancient art. There are just so many celebrities who have been so pleased with Reiki that the list goes on: Angelina Jolie, Sandra Bullock, Nicole Kidman, pro golfer Phil Mickelson, and many more.

And it's not just the celebrity bandwagon I'm inviting you to jump on. Due to the promising results of a pioneering study conducted by the New York Presbyterian Hospital (in association with Columbia University), many doctors are becoming ever more accepting of this alternative treatment. As the previous chapter has shown you, Reiki treatment is spreading exponentially across the world as a simple yet *powerful* tool to enhance not just your health, but your life.



I have now come to the end of Touched By The Universe, but that doesn't mean the end of your learning! In fact, it is only the beginning of a miraculous journey to apply the power of Reiki Healing in your life to restore health and well-being to yourself and others. The bottom line is, every day there is an increasing number of people benefiting from Reiki healing and **even more of those who truly need Reiki in their lives.**

You don't have to spend money on classes, courses, seminars or sham gurus. You don't have to spend any *more* money on doctors, pills, and expensive treatments that only curb your pain for a short while instead of eliminating it entirely.

There's a way to attain these amazing healing powers without much effort, and within a matter of just *days*. In fact, some people have mastered Reiki in just 24 hours! We all have the power inside us - we just need to recognize it, and release it. If you're interested to know all the secrets of Reiki healing, [click here and be introduced to your new life - one that is pain-free, fulfilling, and happy.](#)

This is Owen Coleman, wishing you a happy and healthy life!

Owen Coleman