

REIKI FOR ACCELERATED HEALING

*How Reiki can help and
where it comes from*

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Reiki, a system of healing that was re-discovered in Japan in the late 1800's and stems from the Buddha, can be used to accelerate healing of physical injury and illness as well as inner growth and transformation.

The Reiki, or universal life energy, pours through the hands of the practitioner as they rest gently on the body. The person receiving Reiki is clothed, so the work is non-invasive. The body draws the healing energy to itself, as a magnet draws iron -- with no conscious direction by the client or the practitioner. Reiki can be used to heal oneself or others.

Some years ago, I mistakenly put my finger through the flame of a blow torch. Having Reiki training, I immediately wrapped my other hand around the injured finger and let the healing energy of Reiki pour

through. Since Reiki does not require concentration, I kept my hand on the finger even while I slept, watched TV and talked on the phone. The skin was white and numb for 24 hours and went through an accelerated healing process. In 10 days, the skin that had been burned looked healthier than the skin from a simple blister that had formed by scraping paint on the day of the burn.

Transformation is a key factor in Reiki sessions. One woman received Reiki on four consecutive days to heal herself of fatigue and malaise.

During the sessions it became clear to her that the volunteer work at her Church was too mental, much like her job. She decided to switch her volunteer work to include what she loves -- singing. Reiki precipitated the awareness of her needs, and gave her the courage to make the change. Her energy returned and she sparkled with joy.

Another woman received Reiki for breast cancer and took a class to be able to give it to herself and others. She went through tremendous transformation and has started on a road of introspection that allows her to make better choices -- choices that improve her health, give her greater joy, and which serve the world better. She integrates Reiki with allopathic medicine, psychotherapy, and spirituality. She sees health not as an absence of disease, but as a joyful growing process and uses Reiki to assist her in this gratifying expansion.

Some people come to Reiki not to heal a disease, but to re-energize themselves, reconnect with their inner Source, and re-establish mental clarity. This has been especially obvious with a number of my clients who are professionals with many responsibilities and demands on their time. The owner of a business, one of my clients was delighted after one of his sessions because he was much more productive. He had a proposal to write which he had anticipated would take three days.

After the Reiki session, he had so much energy and mental clarity that he had written most of it in seven hours -- and had plenty of energy to spare. He realizes that his business is very demanding, and so he comes weekly for Reiki sessions to restore himself.

Reiki, while healing muscle and joint injuries, also heals other aspects of one's being. A man had an injury that caused inflammation in his knee for several months before he came to see me. I encouraged him to have Reiki on four consecutive days. After the first session, he reported: "very relaxing feeling of increasing softness and well being in body and mind. Unexplainable ease and feeling of peace throughout rest of day. Also a strange new sensation of pain in knee that seemed to be coming from entirely different place on top of the knee -- possibly unrelated to Reiki but intuition felt that it was somehow a positive pain that was recovery/adjustment." After the second treatment, he began to notice a decrease in the inflammation and softening of the tissue. The healing continued to progress throughout the rest of the treatments.

This man's experience demonstrates the multiple levels on which Reiki works -- physical, mental, emotional and energetic.

I find that people who approach healing from a truly holistic approach do very well with Reiki. These people are willing to get in touch with their intuition. They are open and committed to finding the right path for them, including allopathic medicine, complementary healing methods, spiritual focus, and life style changes. If you are wondering whether Reiki would be helpful to you, an initial series of four treatments is the best way to start. In that time you would know whether this is a good method of healing for you. If you like it and want to deepen your healing, you can schedule regular Reiki treatments. These treatments may make apparent to you healthful lifestyle and attitude changes, and the Reiki would facilitate those changes. Many people take a Reiki class so they can give themselves Reiki. Others prefer to simply come for private sessions. In either case, healing takes place in partnership with the Reiki energy, the practitioner and your own inner wisdom.

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About the Author

Hi! My name is Meg Siddheshwari Sullivan. Since 1966, I have worked with thousands of people and helped them ease their pain (physical and emotional) and heal from many kinds of illness. In 1986, I'd been a Registered Nurse for sixteen years, with a Master's degree in Rehabilitation Nursing, when I received my first Reiki treatment. I took to Reiki like a fish to water.

After my first class a few months later, I practiced Reiki on anyone who would let me, starting with my daughter and my husband. Following five years of study and practice, I was initiated as a Reiki Master in the Usui Shiki Ryoho system of Reiki, allowing me to teach and to pass on to others this wonderful power to heal.

In addition to studying Reiki, my life-long commitment to inner growth — through psychotherapy, spiritual practices and workshops -- helps me be present to my clients as they navigate their own healing journeys.

I love several things about Reiki. The most important is that it heals the whole person -- body, mind, and soul. Second, it's so simple! Just putting my hands on, the energy flows, and it heals whatever the person needs most. Moreover, I get to hang out with people and help them shift their perceptions and attitudes so they accelerate their healing and have a more enjoyable life, and a peaceful death. Topping it off, it feels good to me while I give it to others, so everyone wins.

Although healing through Reiki is my passion in life, other things also provide fulfillment. Recently I have become politically involved, much to my surprise. I feel empowered by taking action for things I believe

in. Meditation and other spiritual practices continue to provide support and joy. In addition, I take pleasure in knitting (watching the patterns unfold), reading (finding inspiration and insights from fictional characters), and walking among the redwoods (letting myself be filled with strength, nurturance, and tranquility).

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