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TOP 10 REIKI CASE STUDIES AND SUCCESS STORIES

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Justine Melton

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Patti Deschaine

Ananya Sen

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*Best of 2014
Reiki Rays*

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Irritability and a Frozen Shoulder

Article by Tammy Hatherill

A fit and healthy 44 year old female came to see me desperate for help and assistance. She had a good life and was enjoying it immensely, apart from the fact she found herself irritable and cranky from lack of sleep, when her frozen shoulder played up. She was at her wits end and sick to death of paying out money to the chiropractor who she claims, wasn't helping her in the least.

For the sake of this article I will name my client 'Sarah'.

Sarah had no preconceived ideas about Reiki, and chose to go with the Crystal Reiki that I offer, for the double dose of healing from both the crystals emitting their beautiful healing properties, as well as the glorious Reiki energy.

The first session was interesting to say the least. I discovered that her root/base chakra was blocked. This chakra is responsible for self-preservation, personal survival and our identification with the physical world. As it turned out Sarah was experiencing great problems with her neighbours and almost felt intimidated and frightened by them. Her fear of them stopped her from going outdoors as much as she would like, so she stayed inside the house.

Although her frozen shoulder issue had been 'present' many more years than the issue with the neighbours, I truly felt it had become worse because Sarah was 'frozen' with how to proceed with the family living next door... manifesting in her shoulder.

Considering I can't direct Reiki to go to any particular area of the body, or to deal with any particular issue, I trusted it would go exactly where it was required, and I truly believed the biggest issues at this point in time, was the blocked root/base chakra and the irritation that Sarah was feeling when it came to her neighbours. Truth be told, it doesn't matter what the Reiki Practitioner thinks is the problem, as the Reiki (coming from divine source and knowledge) will always flow precisely where it needs to.

I also sent Reiki into the future for Sarah, so contact might be more pleasant and amicable on the next few encounters. I also sent Reiki around her property, and concentrated on releasing and clearing her fear. I used the non-traditional symbol of Tamasura – which helps to release fear.



Tamasura Reiki Symbol

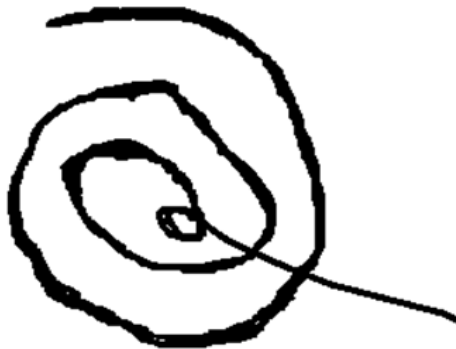
On conclusion of Sarah's very first Reiki treatment she felt rejuvenated and relaxed. She felt much calmer, grounded and in control. She thoroughly enjoyed the experience and for weeks and months afterwards she was still feeling good and in control. The next door neighbours were not affecting her as much as they once did.

"REIKI DOESN'T 'CURE' ANYTHING BUT IT SURE CAN CHANGE YOUR LIFE"

quote Tammy Hatherill

Therefore her 2nd session of Reiki was approximately 16 weeks after the first, and this time I definitely felt a change in energy around her left shoulder. I was now experiencing the heat generating in my palms as I touched her in this area. So as always I did an all over Reiki treatment, however I did concentrate on using my symbols and releasing the energy and tensions in the left shoulder. If the Reiki was meant to help this ailment then it would. If not that it would travel to the area it was meant to.

I used the non-traditional symbol of the Ra-Mu (the releasing symbol) to 'unlock' the frozen shoulder in conjunction with all four traditional Reiki symbols:



Ra-Mu Reiki Symbol

As with the first treatment Sarah felt totally rejuvenated afterwards, and advised that she felt no pain in her shoulder.

It would be five months before Sarah returned for another Crystal Reiki treatment. She bounced into my practice full of wonder and amazement of the power of Reiki.

Since that 2nd treatment she hadn't experienced any further issues with her shoulder. In-fact she stated, her husband was AMAZED that Sarah could sleep on that side of her body. She had never been able to because of the severe and debilitating pain. Sarah tried to explain to her hubby, all about Reiki and fell short because she couldn't find the words to describe it. All she could say is it's the best feeling she has ever had. Her husband was astounded that Sarah had not returned to the chiropractor during the five months either. She truly had no further pain in her shoulder. She was overjoyed, because now she could sleep and was no longer in pain or irritable. It made a huge impact in her life.

This third treatment was one of pure relaxation for Sarah. It was a relaxing and invigorating session, where she was lost in a state of bliss and glory. The Reiki energy went to small areas of life that were out of balance and helped to rectify them in a very gently and non-invasive way. I could see Sarah almost float out of my room.

Now Sarah books in for a treatment whenever she feels the need, or her body indicates that a session is required. She loves it and vows by its healing abilities. She has been referring many people to me as well, which is a lovely indicator of her belief and faith. As a practitioner, to see such results, and to see the profound difference in a person – is rewarding and liberating.

Reiki is a gentle and yet powerful tool to help the body to help itself. I hope you find this case study useful in understanding Reiki just that little bit more.

With love, light and harmony.

Tammy

Case Study: Reiki and Psoriasis Treatment

Article by Gustavo Cristian Fritz

Emotions have a great power inside us that we should be aware of, because they have the power to give us health or, conversely, take it away.

Humans are integral beings composed of physical body, mind, emotions and spirit. When one part is ill, it affects all the others. For example, if we are always concerned about everything, we end up affecting the stomach and spleen-pancreas; or it may happen that, as a result of hepatitis, we are in a bad mood at the slightest disappointment.

This case involves a 17 year-old-boy who suddenly found himself affected by a kind of psoriatic outbreak all over his body. As expected, he began treatment with one dermatologist after another. In the long run, he came to visit me in the conditions amply represented in the first two pictures. After filling out a questionnaire, we decided to start Reiki conventional treatment. This involves 4 consecutive sessions and later 4 more sessions, one every week. Adding to the Reiki treatment and because the initial situation presented (think about the situation on a teen boy with this condition throughout his body including the face), Rescue Remedy was recommended up to a time when the boy would be able to achieve a recommendation tailored to his real emotional condition, which would require at least one, two or more interviews.



Initial Condition

As all the people who practice Reiki know, it involves no diagnosis or prognosis. However, in the first session, there was a point that was clear: he came here because he was willing to be better, he should make the effort and I should simply help him as cane to lead his way.

As we expected, many things occurred during those first 4 sessions. Things were unlocked and those were reflected in the change of his attitude and posture.

After the first 8 sessions and with only a month and a day of treatment, he achieved what is shown in the second pair of pictures. As you can see the lesions disappeared leaving only the difference of pigmentation marks on the skin. The same degree of change was achieved in his attitude and he knew it when he said: "I'm in a better mood and I am not rude anymore. I really feel better."

I acknowledge that I have seen many wonderful things through Reiki, but in this case, the change was in such a short time after a long time of suffering that it surprised me. The strength that he put in his recovery really made the difference.

Condition after one month of treatment



After Reiki Treatment

I wanted to briefly show this case in these lines, since many times before giving routine meetings, we forget the power that we have and that everyone is playing their role in whatever they do.

Let God surprise us about what can be achieved when someone decides to heal and is helped with true love through Reiki, Bach Flowers or the therapy that is appropriate for him or her.

When we try to do something by heart, the universe conspires with us so that it becomes possible. Imagine where you can get when many people are together in a chain of Reiki to distance!

We still ride around this beautiful road and although not all are roses, plants are worth trying.

As the Reiki Master Jorge Barbieri Mejia, who said:

THE POWER IS INSIDE YOU.

You are the one who decides how to live or give you the opportunity to live better. You must give the first step for any change.

Reiki Heals Hearing and Colitis

Article by Ananya Sen

Overall – This is a case study of a 74 year old woman; lets call her Cindy and how Reiki healed her partial deafness and Colitis.

The Case – Cindy had been deaf on both ears for the last 20 years. She doesn't even know how or why the deafness happened. For 20 years she has only seen lip sync to figure out what the person is saying. She has neither answered her doorbell nor watched TV. To top it all, she had colitis for a long time and was constantly on medication.

For those of you who do not know what colitis is I will explain the symptoms below. Can you imagine what a life she led? She was dependent on everyone and she hated it.



Image by [garycycles8](#)

The Symptoms – She was plain deaf on both ears, and wore a hearing aid. All she heard through the aid was a buzzing sound. Colitis is inflammation of the colon or large intestine. Irritable bowel movements, gastric pain and diarrhea are common and constant for those who have this disease.

The Treatment – Her son brought her to me when her colitis problem was at its peak and he desperately wanted his mother to hear again. I gave her 1 month of Reiki distance healing and touch healing of 5 – 6 sessions, an hour long.

The Time Taken – Distance healing of 1 month was done in August 2013 for hearing. And touch healing for Colitis was in Dec 2013.

The Progress – When I started the distance healing, in about a week's time she was hearing ringing sounds in her ear. By the end of 1 month of distance healing, she was able to hear the doorbell and one of her ears had retained their hearing.

The colitis had also improved in just 1 touch healing session. But the real thing happened in about 5 days. Her son told me she had no discomfort, no gas, had eaten well and has not taken her regular medicines for almost a week!!

They even went to the doctor for the regular check up and tests that they do every month. He told her she is glowing and looking healthy. And the doctor was shocked to see her report. "Everything was normal!"

Reiki Yourself and Your Children to Sleep with the Help of the Angels

Article by Justine Melton

I am a Reiki Master and have used Reiki for all sorts of things from healings, to room cleansings to protection, to charging things. I have my own Reiki business and feel it is my calling in life. But even with all of this it was in a moment of desperation, and burnout at the end of my day from being a single parent of two little girls that did not like bedtime that I came up with a way to easily put my children to sleep.

While laying in bed one night completely and utterly exhausted from 2 hours of bargaining, tears and deal making about bedtime with my children I thought to myself that there has got to be a better way to do bedtime. Then it hit me like lightning. Why had I not been using Reiki and all of the other work that I do? I use it in every other area of my life. Why not bedtime with my children? At that moment I formed a new plan. The method that I used uses a symbol that you must be attuned to a Reiki Master level to use. However, I believe that use of the other symbols would have wonderful effects as well and get you to the same peaceful place. I do call in the help of Angels here. If you are a Reiki Practitioner but do not believe in angels you could just use the Reiki and color work alone.



Image by [susivinh](#)

My new routine is as follows:

1. I put my daughters in their bed and Reiki their room.
2. I put the Master Symbol on every wall, window, bed, ceiling, floor and door.
3. I create a ball of white light in my hand that I then visualize going up and expanding throughout the room removing all that is negative out.

4. I then begin a guided meditation where I call in the Angels. I have a special connection with Archangel Raphael so that is the angel I start with but any will work for you. I go through my mediation with each Angel standing around my children's bed throwing a color up into the room that clears the room, goes down through their body (starting at their head then working slowly down to their toes). Then finally the light goes down into the ground taking all of their troubles away and then heals the Earth. I go through the chakra colors here, one color after another.
5. I then end it with the Angles giving thanks for allowing them to bring these loving colors to the children and do one big master healing symbol in the center of the room.

The beauty of this routine is that you can make it as short or long as you like. When I do it the session averages ten min and my kids are fast asleep by the end of the guided meditation. These are children that normally fight bedtime. They look forward to this routine and bedtime is no longer a struggle. I use this routine on myself as well and it puts me in a deeply relaxed state. Allowing Reiki and Angels to assist with bedtime with their divine light has been one of my favorite experiences with using Reiki so far.

Reiki and Pregnancy

Article by Vali Máté

I sometimes get the question whether is it possible to help a woman to get pregnant by giving Reiki treatment. Well, I share my story and you can find out...

I was a beginner, freshly attuned for the Reiki I level and so quite excited about my new amazing skill. I was going to the Academy of Alternative Medicine this time where studied lots of different interesting „secret” stuff. I was amazed and happily starting up anything abundantly what I’ve been taught, wherever I saw an opportunity to do so.

I had been treating a dear young couple, giving body massage to the boy and feet massage, reflexology to the girl. I was treating them on an on call basis. On an occasion we had a long conversation and the girl revealed to me that they desperately would like to have a baby and had been trying and trying for about six months...without any result. I became excited about this great opportunity and offered a Reiki treatment to them to try out if it helps. I myself was very curious too. So I gave them Reiki...

After this treatment they didn’t call me for a long time. It was unusual. As a beginner, inexperienced therapist I thought they weren’t satisfied with my last action and just had become disappointed. Some months have gone... when the girl called me and apologize for not calling me before, but... they have plenty of tasks as she is expecting a baby. She became pregnant in the next period, right after my last visit...



Image by [TheDreamSky](#)

While they were abandoning my service I wasn’t idle of course. I was spending my usual wild camping holiday in the forest at the riverside with my friends and was swimming in a sea of „patients”. There was a couple too with the same desire among my mates and interestingly they couldn’t succeed either. So I offered my service happily, saying ‘who knows’ and gave the boy Reiki for a week on the sandy riverbank. I also massaged his tense shoulder muscles and gave Reiki for the girl once...

I received news from the circle of friends in the fall that she is pregnant and they are happily preparing for their first child... Adam is a big nine years old boy since.

I wasn't sure what to think as I am not sure today either. I have got a third case for consideration anyway right next year. With a kinesiologist friend of mine we mutually shared treatments with each other at a period of time. She was working on my subconscious originated emotions; I gave her massage, reflexology treatments and Reiki. Actually we had fun just to practice our new skills. As she has just a boyfriend they had no such a plan as a child. And yet, the little soul was attracted by something to arrive into this physical world... After some Reiki treatment my friend was expecting her little girl and they have got married with her boyfriend... Zoe already has a little sister since.

Our tiny, rational human mind desperately wants to understand the intentions of the vast Universe... that is obviously impossible...

Case Study: Reiki Heals a Skeptic

Article by Haripriya Suraj

This is an interesting case of healing that I witnessed. I say interesting because the person who was healed was a skeptic from the medical community. I observed that as long as someone wishes to get better, it does not matter whether or not they believe in the healing power of Reiki. Reiki works provided we are willing to heal. In this case, the person did not harbour any unconscious desire to stay with his ailment. And that opened doors for Reiki to heal him, belief or no belief!

Here are some details of the case:

Name: Adi (Name changed)

Age: 38 years

Condition: Adi's condition was labeled Chronic Urticaria (Skin Rashes) by a medically certified dermatologist, the cause for which was stated to be an autoimmune dysfunction. In this case, it was a localised condition that most often manifested on one of his wrists.

History: Adi has a family history of skin troubles. He developed this condition when he was well into his medical practice. This condition would erupt every few months and then go away on its own, only to erupt again in a few months. Once the eruption was severe and caused him significant discomfort. Being of a strictly scientific temperament, he was a strong proponent of evidence-based medicine (Allopathy). However, allopathy did not offer curative treatment for his particular condition. He just had a couple of ointments that helped with the symptoms.

He also refused to believe that anything that was not evidence based could heal ailments. Since I was well acquainted with him, I offered to do a Reiki healing on him. The good thing was that he was at least open to receiving Reiki healing. He was open to it not because he expected it to heal his condition, but because he believed that Reiki healings are nice and peaceful. So, no harm in getting them done!



Image by [Bert Kaufmann](#)

Healing Process

As I scanned his energy field, I sensed that this condition held some stubborn energy patterns, which is the reason it erupted as rashes every few months. For stubborn patterns, I most often use the violet flame along with Reiki as I find that it brings great results.

I did three sessions of violet flame healing on him. In these sessions, I first scooped out the negative energy from his affected wrist. I then followed it up with a full body Reiki treatment, laying particular emphases on the affected area.

Observation

During the very first healing session, I noticed the allergy beginning to clear up. It did not clear completely though. But just seeing it clear up a bit assured me that we were right on track.

After three sessions of healing with the Violet Flame and Reiki, the allergy had cleared up to a significant extent. I intuitively knew that it was only a matter of time before it healed completely and informed him that the healing was complete.

Post Healing

I sensed that the root cause of Adi's ailment was a lack of power. He was convinced that nothing could heal his condition and that the only way for it to heal would be on its own. So, I asked him to write a page of the following affirmation- "I AM powerful."

I did not even explain why he should do this or what impact it would have. I did not want his logical mind to kick in and interfere with the openness he was otherwise displaying. He agreed to write it.

Soon after this treatment, he experienced a healing crisis. He developed a sore throat, cold and high fever. During this period, I performed Reiki healings on him, just to help his energy stay in balance.

He recovered in about five days time. The rash was slowly beginning to fade. Over the next month, it appeared and disappeared in cycles. I did not do any more healing as I intuitively knew that my job was done and now it was all up to him. A month later, it disappeared completely and has not appeared ever again! It has been a year and a half since this healing took place.

Core Learning for Me as a Healer

As long as someone wants to get better, it does not matter whether they believe in Reiki or not.

This is one of my favourite cases of healing because it happened early on in my practice and also taught me some practical lessons on the principles of energy healing 😊

In Search of a More Enlightened World: – How Can We Educate More People on the Benefits of Reiki?

Article by Patti Deschaine

The other day I took my little rescue dog, Roxi, to the vet for her annual wellness check. Now, Roxi, when I first got her, had demodectic mange and 50% of her body had open sores and no fur at all. On the ride home from where I picked her up in NH she bled all over me. The first thirty days I had her, I used only homeopathic healing methods, mainly a diet free of wheat, soy, additives of any kind and of course, Reiki. She made steady progress right away with her daily Reiki treatments. This poor little dog was so sick and broken that during one treatment she literally passed out on her back in my hands and I could see the pain and fear come out in the waves of tremors that shook her small body.

Roxi also suffered from anxiety, BIG anxiety. She was afraid of everything and felt safe only with me. She was so quiet the first few days she shared our home; my husband remarked that she was more like a cat than a six month old puppy. Gradually Roxi became more comfortable but still struggled with fear of people. She was especially fearful of feet, apparently having been kicked, and anything being over her head (like a doorframe, a hand, a table. Yesterday she walked under my legs and this was a big deal because she *never* does that. Progress, one year later. I am pleased to report that Roxi is now a happy, well socialized girl who enjoys life with her sisters and foster brother very much!



Image by [jeroen_bennink](#)

Back to the vet... after I had Roxi 30 days, I brought her for a wellness check and to get her immunizations. Now keep in mind, this is 30 days since she came home with me. Because of the diet and daily Reiki, her fur was filling in on her lower body and all her sores had healed up. Still, the reaction from them was an immediate and remarkably forceful recommendation that she go on medication to treat the mange. Clearly they did not believe me when I said she was making progress. While I prefer a more natural approach, especially since I had seen results, I agreed to *try* the treatment with the caveat that if I saw any adverse reaction, I would stop it. Fortunately Roxi handled the oral treatment like a champ and I have to admit she made much more rapid progress after that. I am happy to report that the mange resolved completely and has not returned. I would not hesitate to recommend this treatment as I do feel that it made a big difference to her overall health to get the

parasites out of her system quickly. The before and after results convinced me that the mange was literally sucking the life out of her.

On our most recent vet visit, I decided to approach a particular veterinarian who I felt I had a good rapport with about Reiki. I handed her a business card and suggested that if she had clients who were open to it, she might want to refer them to me. If the card had burst into flames, she could not have reacted more strongly. She actually took a full step back to avoid it. I have seen technicians look at a diseased stool sample with more kindness. Really? I mean, I live and breathe Reiki, crystals, spirit guides. This is normal in my world, thank God. But what makes an educated, worldly, young doctor react so strongly to a different form of healing? I was shocked and dismayed, though of course I didn't show it. I put the card back in my purse and continued on as if nothing had happened.

It makes me wonder though, about how the rest of the world views universal healing. It's sad that something so natural and beneficial should be feared. I am fortunate to work in the world of massage, where therapists are open to Reiki and now some clients are requesting Reiki as part of their massage. Many of the therapists have taken Reiki I and II with me and are attuned to universal energy. It's a beautiful thing!

Gradually the world is becoming aware of Reiki and the healing arts. Sites such as Reiki Rays.com have helped tremendously by spreading the awesome benefits of Reiki healing. Small businesses sprout up daily offering natural alternative healing. I look forward to the day when people welcome Reiki into their lives both as a primary healing modality and to complement traditional medicine

I believe as practitioners it is important for us to be open to opportunities to educate the public to the benefits of Reiki without scaring the pants off them. It is a delicate balance. I would be interested in hearing how others feel about this and your experiences in dealing with fear and prejudice.

Sometimes You Have to See It to Believe It

Article by Avalaura Gaither Beharry

A woman came to me frazzled, disheveled and truly a mess. She was in agony on every possible level; mentally, physically, spiritually and emotionally. She had gotten to the point where the pain was too much to handle. She needed help. She just couldn't take it anymore. She wanted a Reiki treatment and I happily obliged.

I was delighted she was ready to let go of all the pain she was carrying around. And I was even happier she chose me to help her. She was like one big pain body. The weight of it all was wearing her already thin frame down.

Although she was stressed out and emotionally hurt; the pain began to manifest physically in her shoulders, back and head resulting in sever migraines and upper body pain.



Image by [lednichenkoolga](#)

When I touched her, I couldn't believe she was able to function with the heaviness of it all. It felt like she was carrying the weight of the world on her shoulders literally. The energy was throbbing, thick, and heavy. As soon as I started the Reiki treatment she immediately started to cry. She cried a deep, guttural, ugly cry. Sometimes you just need a safe space to let it all go.

We didn't talk. I let her cry and continued to give her Reiki. With each touch, I took away her pain. With each touch she surrendered and let it all go. With each touch her face relaxed as the pain diminished. Soon the tears transformed into deep sighs and exhales of relief.

The sighs turned to light snores as she peacefully drifted into a deep sleep. It was clear she hadn't had a good night sleep in a while. She was sleeping so peacefully, I didn't want to wake her up when I was done.

After the Reiki treatment, she literally looked and felt like a new woman. I wish I had taken before and after photos to capture the transformation! She came in to my office, frazzled, struggling and in tremendous pain. She left feeling like a new woman; peaceful, radiant and confident.

She loved the Reiki treatment so much; she came back the next day for another treatment. She didn't want the wonderful feeling to disappear! She is now one of my best clients. Reiki helped her heal in ways I couldn't have imagined if I hadn't seen it for myself.

Reiki to Remove Trauma

Article by Tammy Hatherill

Only this month I received a phone call from an extremely distressed woman. She was desperate for me to help her, although she wasn't sure if it was a Tarot reading or a Reiki treatment that was required. I gently asked her what was happening in life. Her story made me extremely angry!! Ultimately it was Reiki that would help. Here is her story.

A few years ago "Sharon" was in a very vulnerable state and required direction, so she went for a tarot reading for guidance, and came away believing she was cursed! This 'Tarot Reader' filled my client with so much fear and terror, that for years she believed a curse was on her because she was told in GREAT detail that her young son would die at a certain age, and exactly how he would die. The Tarot Reader also told Sharon, that she was at risk of being murdered or at least an attempt would be made on her life. To add to this provocation of dread and trepidation, Sharon was told explicitly she was not allowed to tell anyone else about this curse or what was said during the reading. Sharon was also informed the curse could not be lifted and any attempt to do so would only make it stronger and more dangerous.



Image by [Sirsalis Photography](#)

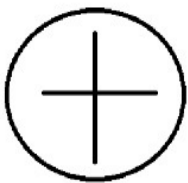
Yes, I understand that most people exposed to threats like this would get up and walk out (and I STRONGLY encourage you to do so IF you are ever exposed to fear in any form), however please remember that 'generally' when someone comes to a tarot reader they have current issues, and unfortunately for Sharon she was extremely vulnerable and extremely susceptible to the fear based on information provided.

Sharon has never told a soul, before me. This has been a daily trauma for her as she wakes up stressing about her child and her life. She goes to bed stressing about it. She has become a hermit and locked within her own home, because of fear of becoming hurt or killed. She is trapped within her life because she can't talk to anyone. It's built to a point that she could no longer function and so out of sheer desperation and nowhere else to turn. She phoned me. I thank 'God' she did.

On a beautiful Friday night, Sharon attended my Reiki Practice, and I could feel and sense her shock. Her energy was heavy and she had very little resistance to the ebbs and flows of life. It really felt like her life-force was completely depleted and I don't know how she was functioning. It was seeping out from the holes, rips and tears in her auric field. All caused from continuous tension. For years she's had no relief. Most of her waking moments are filled with the scenes painted by the supposed Tarot Reader, and even sleep (when it came) didn't ease it because of the dreams. Sharon was in a total state of trauma and distress.

Sharon received a powerful Crystal Reiki treatment. She received the beautiful loving energy of Reiki and of course crystals, which have healing properties of their own. She was given a double dose of love and light. I worked with the Reiki energy and although I can't direct it, I intuitively feel it went to the auric tears and rips and sewed them together with beautiful coloured stitches. I know during the treatment I was surrounded by an ENORMOUS angelic presence and other spiritual guides. Sharon was encased and surrounded by many spiritual helpers. This treatment is one of, if not the most powerful one I have ever been blessed to participate in.

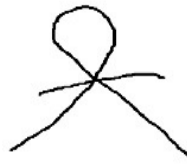
I wrapped her in a blanket of Reiki Energy and used so many of the Reiki Symbols, most importantly the Master symbol, as well as relevant Non-Traditional symbols such as the following:



**Christos
For Protection**



**Tamasura
to help with Fear**



**Ta
An Angel of Light**



**Ka Futu
For Peace**



**Katra San
To bring in the light**

I also did a lot of cord cutting. Cutting the strings and hooks and energy that kept Sharon 'attached' to that horrendous Tarot Reading experience and the information given to her. Plus I also sent Reiki Energy back through time and space to help heal the situation from the moment it occurred.

Considering Reiki can do no harm, I explained to Sharon that this treatment would not cause any ill effects and would only help and assist. It certainly wouldn't make any supposed curse, stronger. I also passed along the fact this 'Tarot' Reader was not genuine and that Sharon was safe to release her fears. Sharon was safe to talk to her husband about the information or talk to anyone about the horrendous reading all those years ago. Sharon had been manipulated into keeping silent which is a tactic many abusers use. This is the information I received whilst conducting the Reiki Treatment: the tarot reader was not a genuine psychic and was intent on making money and controlling people through fear.

After the treatment Sharon felt lighter although admitted she still had concerns and fear, although she felt much calmer, more relaxed and more able to see things clearly. She's embarrassed that this encounter has impacted her so greatly. I am aware that Sharon will need more than one treatment, however with all clients; I don't push more appointments on them. I told Sharon to monitor how she feels and her body would tell her if she needs another treatment. Sharon is aware that she is more than welcome to come back at any time for another session, to help lift another layer of trauma off her shoulders.

I want to encourage anyone and everyone that if you are ever exposed to information such as what Sharon has been, to please get up, walk away and don't pay. Genuine and caring psychics will not provoke fear. If they can see something disturbing, there are ways to say it positively and without creating stress. If you have been

exposed to something like this, then I encourage you to find a reputable Reiki Master to help you to overcome the 'psychic attack'.

Wishing everyone love and light and thank you for reading this article. I hope it has helped your understanding a little more on what Reiki can help and assist with. Reiki is such a beautiful modality.

Love, light and harmony.

Tammy

Reiki Away Your Lower Back Pain

Article by Patti Deschaine

There are many causes of back pain, and lower back pain specifically. Sprains, pulled muscles, over exercising, over doing in general, bad posture, hip and congenital issues, all of these lead to pain and muscle spasm.

Think of your skeleton from the feet up. Every bone is meant to be aligned, from heels to ankles, to knees to hips. The spine with its energy centers holds everything upright, even, balanced symmetrical. Hips should be squared, shoulders even, head held high as if from a single thread. Those of you who do yoga may recognize the components of this alignment. In my own yoga practice, I strive for exactly this balance in my poses.



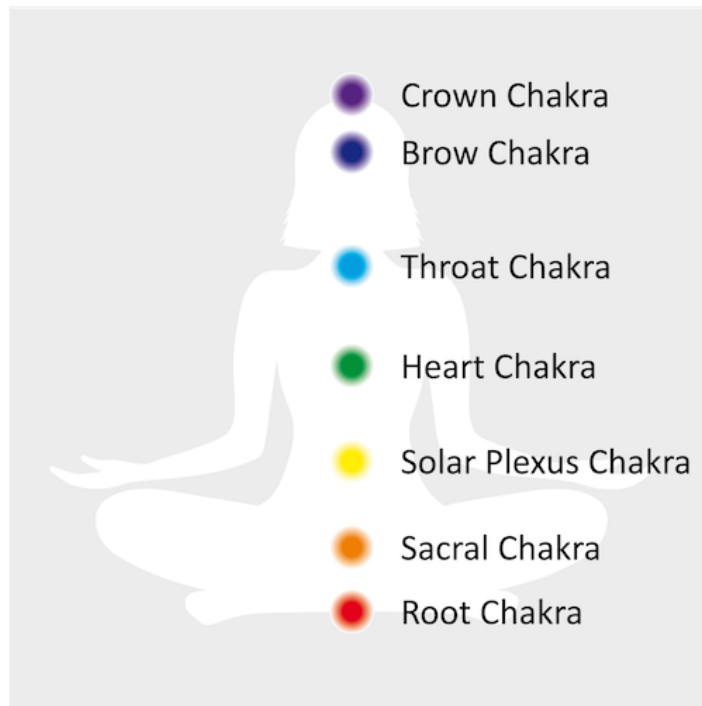
Image by [géry60](#)

Problem is, we are not all perfect and we get out of balance, physically, mentally and spiritually. We pay chiropractors and other medical professionals to fix our aches and pains. We put our hard earned cash on the counter for prescription drugs, but is there a simpler, better way? Certainly powerful pain meds have their place, but chronic use can lead to addiction. And while you should always seek medical attention for serious injuries, Reiki healing can be a wonderful alternative or complement to traditional medicine.

I personally have a lot of experience with lower back pain. A fused vertebrae in my spine makes one side of my back muscles pull harder to make up for the lack of movement on my left side. Because of this, my hips go cock-eyed - the left side pulls forward, the right back, making it absurdly easy for me to strain those muscles. Over the years, I have visited several chiropractors. Sometimes this helped and sometimes it didn't. I had better experience with therapeutic massage, which I love but the expense demands that I be practical about frequency. So recently I have tried practicing more focused Reiki self healing.

Now, I self heal a lot. Daily. Not for long periods of time, but certainly every night before falling asleep, I call in Reiki energy as I meditate and review my day. And I always call in the energy as I start my day connecting to






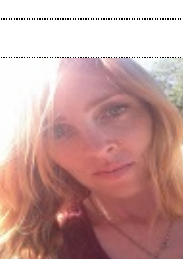
spirit. But I don't necessarily direct the energy anywhere in particular, my hands just land where they may, typically on my belly. Reiki energy always goes to exactly where it is needed anyway, right?



This week, after driving 17 hours from Maine to my new home in North Carolina, I had more than the usual amount of back strain. It got so bad I could hardly move the entire weekend. So I got out some crystals that assist with pain: a clear crystal wand, a healer's gold stone, some blue kyanite, a red jasper to ground. Then I set out to clear my chakras. I did it exactly as I would for someone who comes to me for healing. I used the symbols to call in Reiki energy and the wand to sense the spinning movement of the chakras, starting with the root chakra. Working my way up through all seven chakras to the crown - I cleared the blockages, then sent in balanced Reiki energy.

Naturally, I felt better immediately. Even though I had massage with Reiki last week and have regular sessions via healing circles, I still had some blockages that caused me trouble. With those blockages removed, I noticed more ease of movement and much less pain. In addition, Reiki energy's warmth is very soothing to aches and pains. With some Reiki and a couple of days rest, I was back to feeling well enough to get on my yoga mat again.

About the Authors

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|  | <p>Tammy Hatherill is the owner/operator of Tammy's Tarot and Healing. She is a well-known Tarot and Reiki Master/Teacher with a regular radio segment on 104.1 Territory FM. Tammy is the author of two books: <i>Trapped Behind Bars</i> and <i>The Diary of a Fallen Angel</i>. You can find her website at: www.tammystarotandhealing.com and Facebook: https://www.facebook.com/pages/Tammys-Tarot-and-Healing/127769387352850</p> |
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|  | <p>Haripriya is a Reiki Master and spiritual healer. She was drawn to Reiki right from her childhood and as an adult, Reiki went on to become part of her life's purpose. Reiki is her constant companion and she seeks great comfort and peace in her daily practice of the same. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. Her passion for teaching and healing with Reiki led her to create a holistic space for the fulfilment of her life's purpose. She is the founder of Aananda Holistic Center wherein she teaches Reiki as well as performs healing sessions. Haripriya resides in India (Bangalore). Reach Haripriya at aanandaholistic@gmail.com. and at Aananda Holistic Center on Facebook.</p> |
|  | <p>Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in an alternative way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki to give extra messages during a session for the client's highest good. She has her own business called Divine Light Therapies. Justine lives in the beautiful San Diego Mountains with her children and countless pets. http://www.letthewhitelightshine.com/</p> |



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Vali Máté a Reiki and Alternative Therapy Practitioner was born in Hungary. She has changed her teacher and journalist carrier in order to share her experience and knowledge as a result of recovery from a serious illness. She has recovered following natural methods only. Since then Vali covered walking a 800 km pilgrimage (Camino de Santiago, Spain), lived in North-Africa followed by London and now living in Scotland. Setting up her therapy business and Self-development project in East Ayrshire. Her four-legged friend, Cherry joins her work as a Therapet. Vali is preparing for her book with lots of messages from an adventurous and experience-rich life. She considers her serious disease to be one of the biggest gifts and wake-up call of her life. Find Vali on the web here:

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