



Can the Japanese Technique Known as Reiki Heal Planet Earth?

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Are you in need of a healing of the body or spirit? You might be surprised to know that a complementary healing technique known as Reiki could be your solution.

But more than a personal healing, Reiki can be an avenue for helping heal this planet. And you can participate in that healing.

We know that we are “All One,” but what does that really mean and how can a technique known as Reiki help heal a planet?

Quantum Physics shows us how we are all connected in a field known as the quantum pool. Every thought and every emotion we feel goes into that quantum pool of All Thought and affects souls everywhere. That being said, if the thoughts and emotions that are going into that quantum pool are healing and balancing, imagine the ripple effect to all the other souls who are part of this shared energy.

In her book “Women Who Run With the Wolves,” Clarissa Pinkola Estes tells of a tradition held by many Indian cultures. They believed that there was a “Rio Abaho Rio,” the River beneath the River of All Thought. They taught their children that before they went to bed at night they were to cleanse the river of any bad thoughts they had allowed during the day by putting in many good thoughts. They believed that their thoughts affected all life including the life force of Gaia, Mother Earth, so they trained themselves and their children to be sure they were adding goodness to that River of All That Is.

What they were speaking of was clearly the quantum pool that our scientists have now documented does exist.

That being said, then, Reiki, as a healing energy technique, can be a very powerful gift in these times of chaos and challenge. More than that, when we learn to employ this beautiful ancient healing wisdom to ourselves and others, we can know that we are making a difference here on Planet Earth that is far reaching.

Are you a bit more curious now? Good. Here’s some more information about this Japanese technique known as Reiki and I’ll also provide you some true stories from my own experience about how Reiki helped some of my clients heal from Epilepsy, Bells Palsy, Cancer and severe emotional distress due to a divorce and loss of income.

Reiki, which is a Japanese word that means “Universal Life Force Energy,” was re-discovered by a man named Dr Mikao Usui, a Buddhist monk in the early nineteenth century. Dr Usui found the “key” for healing using only energy and the palms of your hands.

The history of how Dr. Usui discovered the power of Reiki is fascinating and the full story can be read at <http://www.universalhealingcentre.com/reikihistory.php>.

In Japan, Reiki is a general term that describes many forms of spiritual and healing work; an American, Hawayo Takata, introduced it to the Western world in the late 1930s. The Reiki we know in America was developed by Dr. Usui in Japan, based upon his own work, and is called Usui Reiki Ryoho.

The main idea behind Reiki is that there is a universal or source energy that supports the body, and the healing abilities that the body already has. Your body has an inner wisdom that, when activated, can restore balance and health regardless of your current condition.

Reiki is so powerful and effective that it is practiced worldwide in hospitals, medical offices and clinics, healing retreats and spas, and is used by many health care practitioners to support their patients' health and recovery from illness.

The possible uses of Reiki are unlimited. Anything which involves an imbalance of the energies of the body (which will also show up in the emotions), can be addressed by Reiki treatments. Reiki is based on the belief that we have energy that circulates, runs through our bodies and connects us to an all encompassing force. A Reiki healer rebalances your energetic system by applying healing where it is needed in order to resolve the root causes of your problems.

You might say that Reiki is energy medicine. Energy medicine believes that imbalances in the body's "energy field" can result in illness and that through re-balancing and eliminating blockages, health can be restored. The practice of putative energy medicine dates back at least 5,000 years.

Whatever symptoms you are experiencing, know this. Your condition (symptoms) are in fact connected to deeper issues. Everything that happens in the physical body also happens on the emotional, mental and spiritual levels. Proper healing means bringing ALL of these parts of yourself into balance. And Reiki does that.

The uses of Reiki cover a wide landscape. Virtually all physical illnesses and symptoms have been treated with Reiki. Some of the more common include (but are not limited to):

- Allergies
- Asthma
- Bells Palsy
- Panic Attacks
- Multiple Sclerosis
- Common Cold
- Emotional Imbalances
- Diabetes
- Endocrine Problems
- Epilepsy
- Depression
- Heavy Metal Toxicity
- Poisoning
- Heart Disease
- HIV/AIDS
- Dysmenorrhea
(menstrual cramps)
- Chronic Pain
- Digestive Issues Arthritis
- Chronic Fatigue
- Sleep Disorders/Insomnia
- Viruses
- Crohn's Disease
- Scoliosis
- Cancer

Equally important, Reiki can also help heal emotional distress (including depression, despair, apathy, lethargy, feeling spiritually disconnected, etc.) When your energy fields are rebalanced, your life force flows freely and restores you to your natural state of being – which is joy.

Reiki must be taught by an experienced Reiki master, you cannot teach yourself these skills. Reiki has 3 different levels of training, each of which focuses on different aspects of Reiki practice. After one passes the three levels of training, it may still require years of practice to become acknowledged as a true Reiki Master.

The person who performs the Reiki has the Universal Life Force activated within themselves by what is called a Reiki attunement. They are then able to use this energy in concentrated form. It can be applied in two ways: laying on hands method and long distance. Because in the quantum pool there is no time or space, long distance Reiki healings have proven to be as effective as one on one treatments.

Reiki was said to be known by every person in the times of Atlantis but over the centuries the sacred knowledge was forgotten until it was re-discovered by Dr Mikao Usui. Reiki is a form of life force. There are Reiki symbols you use to concentrate this life force so you can get results faster. You learn what these symbols are once you study under a Reiki Master.

The Reiki symbols very empowering. Reiki is used to release energy blockages and clear the chakra system. The beauty of Reiki is it energizes not just your physical body but also your emotional, mental, and spiritual bodies.

The Reiki symbols are revealed to you after you get a Reiki attunement. Reiki symbols are sacred healing symbols which enhance the flow of Life Force Energy. They are like keys that open doors to higher levels of awareness and manifestation.

Reiki symbols are Sanskrit-derived Japanese forms. Sanskrit is the mother-tongue of all other languages. It is the language of the Vedas, the oldest writings known to man. The Vedas say that Sanskrit is the language of the spirit world.

Reiki symbols are shown to the student prior to being attuned, and an imprinting takes place that links the image they are shown to the metaphysical energies the symbol represents. Then the Reiki attunement actually empowers the symbols so that they fulfill their intended purpose. This process has been created by a Divine covenant or sacred agreement between the Creator and those who have been attuned.

The symbols have their own consciousness, and it is possible to meditate on them and receive guidance on how to use them directly from the symbols themselves.

Some believe the symbols should only be passed from master to student; however, the internet now offers these symbols on many sites. Those who are posting the symbols believe they should be available to any interested party, so you can access them and experiment yourself with their power.

Remembering that when you are coming from pure intent, you are helping the “Rio Abaho Rio,” or the quantum pool, you can visualize the healing of others including Planet Earth while meditating on these symbols.

As promised, I now want to share with you just a few of the stories of healing that have occurred when Beatrice Vergano, owner of Sunset Heal Mountain Retreat and Spa gave Reiki treatments to guests at her Spa.

In Beatrice’s own words: “Russ came to my spa for a retreat and renewal. He was going through a divorce, he was emotionally devastated (his words), and he also was experiencing Bells Palsy – a disease that paralyzes part of the facial muscles.

After only three Reiki sessions, his Bells Palsy was significantly reduced and continued to heal quite quickly after he left. Equally important, he felt his hope return, he was renewed in spirit and the deep depression from his divorce had lifted and he knew he could go on with his life.”

Here’s Russ’s experience in his own words: *“I felt a connection with Beatrice and the Source of Energy ... a warm luminous feeling – an understanding and a love that was indescribable. I do not really have words for it. I connected with Beatrice on another plane. It is probably the closest I’ve ever felt to anyone.” Russ Wolgast*

“Another memorable experience was Mr. Cambell, a Public Health Inspector who came to the spa. I noticed that part of his face was paralyzed and he was having difficulty speaking. He, too, had Bells Palsy and the doctors told him it could take up to 2 years or longer for his facial muscles to return to normal. He’d had the condition for six months already. In just one session, his Bells Palsy was healed.”

“My face has been normal ever since. The thing I remember the most is how warm her hands became and the strange connection I felt – something I’d never felt before “
Mr. Campbell

“Yet another positive experience was had by Cornalious McInToch, a young man who had been diagnosed with Epilepsy. He had balance problems, dizziness, no energy and overall apparent neurological issues. Then he had an epileptic attack.”

“I saw Beatrice three times and the epilepsy went away! And it has stayed away since I saw her in 2003 .I am now one of the best athletes in Jamaica in the Shot Put and Discus Throw and recently placed #1 in a countrywide competition!”
C. McInToc.

http://www.sunsethealjamaica.com/Reiki_healings.pdf -- Complete testimonials here

The beauty of these “healings,” is that all three of these people did not know what Reiki was, had no interest in energy medicine or complementary medicine, and they probably only agreed to Reiki treatments because the medical doctors they were seeing were not helping.

So belief is not a factor! What is also amazing is they each commented on the FEELING of the energy, the luminous flow, the amazing connection they felt – not to me, but to something much greater. They were feeling that vital force that is the healer of everything: love.

A force that can heal each of us – and in the process this planet. Imagine knowing that you can learn this fabulous technique and use it on yourself and others. Imagine that you can be a force for good on this planet – right from your chair in your living room or study.

Imagine that you can become a channel for that Unconditional Love that is the true Source of All That Is.

That is why I love knowing and sharing the Reiki technique. It heals me, it heals you, it heals Gaia – our own beloved planet.

And in my world, it doesn’t get much better than that!”