



Wellness Spotlight

Reiki – How it Changed My Life

If you had a choice, would you choose being healthy, or sick? It is an easy question but difficult to answer. Because sometimes we do choose to be sick. You may ask....why would anyone choose to be sick?

I will tell you why – because we make choices that are not healthy. We choose not to exercise or eat healthy foods. We make choices that keep us busy and stressed. The stress is absorbed in our body and often times manifests as physical ailments.

Been there, done that, and now I choose to improve my wellness and peace of mind. I choose to practice Reiki.

In Japan during the early 1920s, the efforts and teachings of Mikao Usui formulated the practice of Reiki. His student, Dr. Chujiro Hayashi, taught Mrs. Hawayo Takata, who brought Reiki to the United States in 1938.

My Personal Story

In 1999 cancer was discovered in my right breast. After the mastectomy surgery and radiation I decided it was time for me to take responsibility for my body. The medical professionals were very helpful but I was tired of being told what had to be done for my body. I felt disempowered.

A friend introduced me to Gena Chmielewski, a Reiki Master Teacher. Gena described the Reiki training and I was intrigued. My husband and I began our training with Gena and in 2000 we earned the designation of Reiki Master Teachers.

It was amazing to me that I could practice Reiki and create the feeling of peace and love. I felt empowered! It wasn't overnight – Reiki requires practice, practice, and more practice.

These past few years Reiki has changed my life. No more drama or chaos - I have discovered peace. No more stress, causing disharmony in my mind, body and spirit. I practice Reiki on myself daily. I give the gift of peace and love, balancing mind, body and spirit to myself and others.

Anyone can learn Reiki. A Reiki Master teaches the student First Degree Reiki (self healing) typically during a one day class. After

the Second Degree Reiki course, students are Reiki Practitioners and may treat others. The practitioner lightly places hands on various head and body positions for short periods of time. A treatment may last for 5 minutes or 90 minutes.

Research

There are many examples of research available today. Below is a small sample.

Addiction: Reiki Center of Indiana provides Reiki treatments once a month for recovery clients at Fairbanks Hospital in Indianapolis, Indiana. Reduction in stress and anxiety are consistent with an increase in relaxation proven through evaluations completed before and after each treatment.

At-risk expectant mothers: Twenty-two patients at Methodist/Clarian Hospital in Indianapolis, Indiana received Reiki treatments given by Reiki practitioners in association with the Reiki Center of Indiana. Statistically 81.8% of the patients relaxed during the treatment and 86.4% would recommend and have another Reiki treatment.

Surgery: Dr. Mehmet Oz, a heart surgeon, worked with Julie Motz, who practiced Reiki on 11 of his patients. The patients had received heart transplants and experienced open-heart surgery. None of the patients had the usual post-operative depression. Bypass patients had no post-operative pain or leg weakness and the transplant patients experienced no organ rejection. *

In conclusion, Reiki is a noninvasive technique with statistically proven results in relieving stress, physical discomfort, and balancing mind, body, and spirit. Reiki may empower you to work in conjunction with the medical professionals for ultimate wellness.

Connie Bunting is Executive Director of Reiki Center of Indiana, a 501(c)3 since 2000. Offering meditation classes and Reiki classes, treatments, clinics, and lectures for health care facilities and individuals. You may contact Connie at info@centerheartandsoul.com 317-259-4599 Web site: www.centerheartandsoul.com.

*Reference

Excerpt from "The New Revised and Expanded Reiki Sourcebook" by Bronwen and Frans Stiene