

Reiki Energy Healing: An Adjunct Treatment for Chronic Illness

By Monica Grey MSW, LCSW, LMT

Reiki Master Teacher

Reiki Energy Healing is a form of hand-on energy healing which can be of great assistance for individuals who struggle with chronic illness. Reiki is simple in its approach, easy to learn, gentle and non-invasive. Reiki can serve as an adjunct to any other treatment and has the unique quality of enhancing the giver's ability to provide care to themselves and others, while not depleting their own energy.

My own introduction to Reiki occurred while I was experiencing a severe illness. One of my providers recommended I receive Reiki treatments to assist me with my anxiety. What I found was so far beyond alleviation of my psychological symptoms. Reiki offered a clear connection for me to a way to connect with myself and to connect with a power greater than myself. My fear and anxiety were decreased and I was able to quiet the internal voice inside that was making it difficult for me to respond to what life was providing me with at that time in my life.

Needless to say, I have recovered from my illness with the help of Reiki. Since that time I have practiced and taught Reiki Energy Healing and the rewards continue to grow. As I practice, I find my sensitivity and ability to work more consciously with my clients has been enhanced. As I continue to attune myself to the internal guidance that I receive from Reiki I find that I am guided and assisted to gain awareness into the potential of the human energy system.

Practicing and receiving Reiki treatments have similar effects. With an increase in relaxation comes greater inner balance. Hence, the body's ability to heal from illness is strengthened. The giver develops their sense of presence as they become more adept at allowing the energy to flow through them. The receiver feels calmer, less fatigued, and more able to release the blockages that may be contributing to their illness.

For individuals with chronic, on-going illness Reiki treatment can help patients to self-manage and can provide an avenue for family members to participate in providing touch that is both loving and caring. Self esteem is increased and a level of self-acceptance, as well as, acceptance of the ramifications of their illness can be achieved.

As massage therapists, we pride ourselves in being able to alleviate physical pain and we pray that our presence and our attention to our clients will bring them the relief they are seeking. Yet, doing massage can sometimes be draining and exhausting. Being attuned to Reiki can provide massage therapists with a means to work with their own energy and to replenish and impact their own energy level. Offering Reiki as a therapy or simply using the practice for self-care learning Reiki can enhance our lives.

Monica Grey MSW, LCSW, LMT can be reached at (352) 222-8126 or at Monica.Grey@cox.net. She offers all levels of Reiki Energy Healing Certification and offers continuing education units.