

REIKI LOVE REIKI

REIKI is a simple, gentle suite of techniques used with a particular type of energy. Some of these techniques allow a Reiki practitioner to provide services to any location or time.

Reiki is spiritually-guided life-force energy. It is both excruciatingly subtle and powerful beyond description. Students of Reiki participate in a tradition of person-to-person initiation that awakens and deepens their relationship with this energy. They learn to set aside ego and expectations—and behold the energy as it flows where needed, guided by an unseen hand.

The spiritual stewards of Reiki are the wellspring of love without limit. They communicate through our intuition to guide compassion and share wisdom. They happily connect with the spirit of human beings.

The most common style of Reiki used at this time is known as Usui. In March 1922, Mikao Usui completed a twenty-one day solitary fast on a Japanese mountain, Kurama Yama. He came to the mountain seeking enlightenment. By day twenty-one, weak and frustrated, he expected death. Instead, a phantasmagoric light show knocked him to the ground. Captivating symbols passed above him as delightful energy upwelled from within his being.

As he ran down Kurama Yama, celebrating his enlightenment, Mikao Usui tripped. A big toenail detached, and blood poured from the wound. As he held his foot in his hand, a powerful heat flowed through his palm. First, it soothed his pain, then wholly healed the wound. He had received the ability to heal himself!

In a dining cabin at the foot of the mountain, Mikao Usui met a woman with an abscessed tooth. He asked if he might touch her face. She agreed. Immediately, the inflammation departed. Usui realized he could heal others, and he fully envisioned the foundation of a Reiki healing system he could forthright practice and easily teach to others.

Reiki sessions usually involve a fully-clothed client laying face-up on a massage table. Soothing classical or meditative music might play. The practitioner rests their hands on or near the client's body, relying on experience and intuition to guide the placement of



hands. The client may notice heat radiating from the practitioner's hands or physical changes on parts of their body. Some fall asleep and that's always a positive affect.

On October 22, 2019, "A Large-Scale Effectiveness Trial of Reiki for Physical and Psychological Health" was published in the peer-reviewed Journal of Alternative and Complementary Medicine. With a sample size exceeding 1400, researchers determined that Reiki significantly relieved pain, anxiety, depression, nausea, and fatigue. They concluded that "a single session of Reiki improves multiple variables related to physical and psychological health."

Reiki has become a widespread complementary therapy for heart disease, cancer, neurological disorders, anxiety, addiction, and trauma. Hundreds of hospitals and clinics utilize Reiki. Treatments often improve tolerance of the side effects of chemotherapy. We've seen Reiki reverse progressive symptoms of Parkinson's Disease, essential tremor, and other neurological conditions. Reiki practitioners have even found their way into surgery rooms, including assisting heart surgery patients of Doctor Mehmet Oz.

Reiki is accessible, quickly learned by anyone willing to find a qualified teacher, and invest a modest amount of time and resources. Reiki is not an intellectual path, and no meditation experience is required. Reiki passes to the student through the teacher.

Reiki can:

- Reduce Stress
- Clear Your Mind
- Calm Your Emotions
- Enhance Your Body's Performance
- Relieve Pain and Inflammation
- With Zero Side Effects

Practitioners with specialized training can provide sessions remotely—over the phone or another form of connectivity, or in some instances with no outside connections at all.

One of the images Mikao Usui beheld on Kurama Yama is known as the Distance Symbol. This symbol and others activate, person-to-person, for the use of each practitioner as they progress on their Reiki path.

The Japanese name for the Distance Symbol means: "The origin of all is pure consciousness." We use this symbol to carry Reiki across a room or to remote places. The Distance Symbol works immediately and travels instantaneously. The Distance Symbol also transmits Reiki through time.

In the world of Reiki, the body is part of a unified interplay of spirit, energy, thought, and emotion. Relaxation and a healthy flow of energy allow the body to maintain and heal itself. Touch may be part of Reiki sessions, but it is not vital for relaxation, stress reduction, and other wonderful effects. Distance Sessions are equally beneficial as sessions conducted in-person.

Reiki is easy to learn, harmless, enjoyable, and always available—here, there, tomorrow, and yesterday.

Peter Huhtala teaches and practices Reiki at Holy Love Reiki in Tigard and throughout space and time. He is a former Clatsop County Commissioner. His memoir, Whispered Echoes includes, among other tales, the story of how he and his wife, Deborah O'Brien, embarked on a life of love and Reiki. You can write to him at peterhuhtala@gmail.com.

I'M DEBORAH O'BRIEN. I grew up in Astoria. Yes, I'm that Debbie O'Brien related to the O'Brien clan on Irving Street. I'm a Holy Fire® III Usui and Karuna Reiki® Master Teacher. For the past four years, I've operated a Reiki teaching and therapy center—Holy Love Reiki—in Tigard, Oregon, with my husband, Peter Huhtala.

Reiki gives my life meaning. It has opened my heart to love and healed deep traumas. Reiki has guided me to provide healing that helps others!



My relationship with Reiki began one day in 1993. I arrived at my real estate office with a tension headache. A fellow Realtor, Halima Carolyn Adams, said she might be able to help me with my pain. She placed her hands over my head for a few moments. I was amazed when I felt a warm and soothing feeling coming from her hands to my head, relieving pain and producing peace. She explained that she was an Usui Reiki Master. I asked her if she could teach me. Over the next few years, I learned the basic skills for three levels of Usui Reiki.

When the recession hit the Oregon coast real estate market, I was confused and disillusioned. It was easy for me to recognize the consistent value that Reiki provides. In 2010 I decided to take another master level training with William Lee Rand of the International Center for Reiki Training. I wanted to become a professional practitioner and teacher of Reiki. I traveled to Glastonbury, UK, for the training, and William provided my attunement to Reiki in the center of Stonehenge. That trip changed my life!

Six months later, I went to Seattle to learn a more advanced form of Reiki from William, known as Karuna Reiki®. When Usui Reiki evolved even further, to a more refined energy known as Holy Fire®, I felt compelled to learn it. Holy Fire Reiki has made a dramatic improvement in my life. It has allowed me to provide more profound healing for others whom I serve in sessions and classes.

Reiki is easy to use for small things in daily life and crises, both personal and for others. Reiki always brings a clear sense of calm and balance. Over the years, I have found that Reiki is all-wise and knowing and that it comes from an unlimited source of unconditional love. Reiki always knows

what is best for the highest good for all, providing grace and balance to any situation without siding with personal agendas.

Reiki helps in so many ways, some entirely unexpected! Here are a few of the marvelous results that I've observed.:

A large tumor shrank to almost nothing before an operation.

An infertility problem was resolved after one Reiki session after doctors gave her less than a 20% chance of conceiving. (She now has three girls!)

A challenging life circumstance improved, as people rallied round to help a young family find a new home.

An autistic young woman began hearing voices and acting out in dangerous ways. Months of traditional therapies, including medications, had no positive effect. After two Reiki sessions, the unwanted voices quelled; behavior returned to her normal state.

A young man heard voices and acted out—flailing and screaming. The voices left and behavior improved after one session.

People with Parkinson's disorder receiving regular sessions have found significant improvement in reducing the need for medications.

Two eighteen-year-old boys with criminal and drug behavior problems reported less anxiety, more confidence, and were able to hold jobs.

A woman with chronic alcohol problems and depression was freed from addictive behaviors. Her mood improved as she found new ways to express her life's purpose.

Chronic pain has been resolved or reduced for many people.

A cat wouldn't eat for five days. After Reiki treatment, she ate a whole bowl of food!

A woman with debilitating anger and depression found deep peace. Her Psychiatric Nurse Practitioner exclaimed: "You look calmer and happier. What's new?" When the woman replied, "Reiki," the PNP said, "Keep that up, and you'll be off all your meds soon!"

Reiki has helped people die peacefully with dignity and less suffering.

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REIKI WORDS: Balance, Healing, Freedom, Enlightenment, Peace, Answers, Calm, Relief, Oneness, Compassion, Transforming, Nurturing, Revitalizing, Centering, Love, Liberating, Life Changing, Connection, Guidance, Confidence, Emotional Release, Meditative

I WAS FIRST introduced to Reiki in my own personal healing process from a chronic illness. While working with traditional medicine I ran across several alternative options and was fascinated by the idea and benefits of energy healing and emotional freedom therapy.

I came to understand that our problems come from the distress of the Spirit, caused by a broken heart and wounded soul.

I was trained by a Reiki Master that had learned the original form in Japan. I have now been a Reiki Master for 13 years.

The greatest thing for me is giving my clients the opportunity to take some time out of their busy, stressful life for some self-care.

Many of my clients have amazing experiences. One client, during his session spiritually connected with his mother who had passed away when he was 2 years old. Another had her spiritual gifts activated and is now using them to help others, and others, in addition to healing their emotional pain and physical dis-eases, have received creative ideas, solutions to problems and freedom from negativity.

Most of all my clients come out of their sessions feeling at peace, empowered, revitalized and even transformed.

I have learned over the years that each person is precious and has their own unique gifts and qualities they share with the world and that they are loved beyond comprehension. It is such a gift to me, to have the opportunity to give them the healing compassion that can change their lives for the better.

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REIKI is an energy that one should experience for themselves because it is a love energy that is more powerful than we could ever explain in words. My own experience was a miracle. After domestic violence, the impact of the harsh treatment left me paralyzed with a tumor on my spine. I was a yoga teacher and was starting my Reiki training when this happened. Imagine laying on a bed in a cancer research room with two Reiki III Masters, it felt like they were doing surgery on me but it was not painful. One taking it out of my spine while the other one disposed of the cancer. The before and after of the MRI was evidence enough for me to become a Reiki III Master.

Reiki takes serious study because there are several layers of energy centers in our body, and many different ways of using it. There are three Reiki classes; Reiki I for self-healing, Reiki II practitioner, Reiki III Master uses advanced training such as long distance healing and Psychic surgery, and Master symbols which use our healing hands as fine attunement to realign with a positive life-force energy. The Reiki Master Teacher is the most advanced level which allows for attuning other Reiki Masters.

My daily use is to purify food and water with prayer (sound energy) and Mudras which are hand postures that allow fine-tuning. I also alleviate others' pain and my own pain by working with chakras, our life-force energy. Paying attention to each one of seven for a few minutes will make you feel good as new. I also use sound and light to fine-tune myself as a musician, some use tuning forks. As we have seen in science that water molecules change depending on our vibrational energy, with the proper love energy and knowledge, our healing touch or even without touch, can make a big difference in our lives. But you experience it to gain true understanding.

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FIRST learned Reiki while living in New Orleans, where I saw a flyer for a Reiki Level One class, and just had this feeling about it. I knew I had to take it! My teacher ended up becoming a very important friend, and a few years later, even my next-door neighbor. She introduced me to an entire community of radical healers and artists that opened up my world. I'm so grateful to Reiki because it truly was one door that opened to so many more for me. Eventually, I completed my Level 2 and 3 training there as well.

These days, I mostly use Reiki on myself if I have a cold coming on or some unusual flare-up in pain, such as a headache. I'll send the healing energy to myself first thing in the morning when I wake up, and it alleviates the pain significantly. I also like to Reiki charge my bath, to send healing energy to the earth, and sometimes even to bless my food before I eat it. In my last Reiki class, one of the students had great feedback for me. After the Reiki attunement (where you receive the Reiki healing energy) she mentioned that the chronic pain in her neck had left. I didn't think much of it until I saw her weeks after the class and she said the pain was still gone. It had been something that was there her whole life, and the healing energy was able to dissipate the energetic block that was causing the pain. That was truly amazing to hear! I still love to teach Reiki classes, because I feel they can be such important initiations toward self-healing. As a practitioner, I mostly utilize other energetic healing modalities that I've been trained in, including the Access Bars and Intuitive Readings.

For me, Reiki was a beautiful way to learn about energy, and begin opening up to recognizing that everything is energy. It taught me that if we tap into the energetic level of things, we can actually begin to create something greater simply through having the intention to do so. It's a basic principle, and trust is key. It becomes very powerful when more and more people acknowledge that they actually can choose to make a change in their life if they truly want it. Often it begins with making the choice to go deeper with your own self-healing, first.

Aislinn Kerchaert offers Access Bars sessions (acupressure points on the head) and Tarot Readings at Designing Health Astoria. She regularly teaches classes on energetic clearing and spiritual awareness. You can learn more about her offerings at www.singswithtrees.com

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