



How Reiki Guided My Life

BY DEBORAH O'BRIEN

THE DAY THAT REIKI CAME TO ME was like any other day other than that I had a headache. I don't often get headaches so it was definitely getting my attention. It was 1994, and I was a new realtor starting over after a divorce, with three young girls to raise. I told a friend at the office about the headache, and she said, "I can help with that. May I touch your head?" I agreed and what happened next was miraculous. In a matter of minutes, I felt a warm, calming sensation moving through her hands and into me, clearing the headache and the tension that had been causing it. I was impressed! I wanted to know about this, and when she told me that it was Reiki, an energy healing art, and that she was a teacher, I knew I had to learn.

Over the next two and a half years, I attained the first, second and then Master levels of Reiki and had begun a practice of Reiki in addition to my realty job. I was definitely feeling guided, as if Reiki were a wise friend giving me insights into recognizing opportunities that supported me in life decisions and helping me to discover my wiser, more loving self.

Occasionally, my two professions would connect. After I noticed that one of my realty clients, who was also a friend, had a tumor on his head, I asked him about it. He told me that he had been poisoned by Agent Orange while serving in the military and that multiple tumors had just shown up spontaneously at different places on his body. I began to give him Reiki at his request. He had a tumor on his large intestine that x-rays showed to be quite large; removal of it was inevitable. He would call me when it was bothering him; you could actually see it bulging out at his side. After a Reiki session, the bulge would disappear, and he would stand up and bend, saying in disbelief, "Wow, I can bend, and I don't feel or see it anymore!" Before surgery, he was concerned that he might need a colostomy bag for the rest of his life. However, after the surgery, his surgeon told him that the tumor had shrunk to a very small size and wasn't actually attached to anything, so it had practically fallen out on its own and that he wouldn't need a colostomy bag.

In 2004, I met a woman who was a housekeeper for a fractional ownership development company that I worked for as a salesperson. She was practicing and teaching a very powerful healing

meditation called Ishayas' Ascension® meditation.¹ I felt that my Reiki guidance brought her and this practice into my life so that I could become a better Reiki practitioner. As I do this meditation, it gracefully and effortlessly clears away stress and limiting thoughts to allow more peace and tranquility. Most importantly, I feel that it has cleared my Reiki channel, making it easier for my mind to "get out of the way" so the energy can be shared more purely and effectively. Perhaps these two practices better prepared me for what was coming next.

Early in 2007, my real estate business on the central Oregon coast just suddenly stopped thriving. I had enjoyed the best years in my business in 2004 and 2005, but home values began dropping in 2006, and buyers were not interested in investing on the coast. I didn't realize what was happening at the time, but this was the beginning of the 2008 recession. I had to pull equity from my home to pay my personal and business expenses. I began waiting tables at McMenemy's Pub. Then Reiki guided me into a relationship with a man who was on a spiritual path. I rented out my house and we moved in together. I tried to start a Reiki business in our home in Salem. My partner was supportive but not fully certain of the value of Reiki so he didn't see it as a viable option for me to support myself in a business. By then, I was working as a certified nurse's aide for the elderly, starting a new career in health care. It was hard work, but it paid very little.

One day, I opened an issue of the *Reiki News Magazine*. I loved reading the magazine and learning more about Reiki within the supportive community of the magazine's writers and readers. There before me was a two-page spread with a magnificent picture of Stonehenge and the word Reiki printed across it! I had always loved Stonehenge and immediately felt drawn to go to the Reiki class there with William Rand. Even though I was already trained and attuned as an Usui Reiki Master, I knew I had to go to learn to become a better teacher. I saved up my money and went to Glastonbury by myself six months later. It was a trip I will always remember. I learned so many new ways to heal with energy and felt the power of the Stonehenge megaliths informing me with ancient wisdom. Later that fall I attended William's Karuna Reiki® class in Seattle.

¹ www.ishaya.com/.

Now began another time of change in my life, once again preceded by a deepening of my Reiki practice. My relationship had been coming to an end around the time of the Karuna class. I had also just joined the NW Reiki Association in Portland so that I could serve as a Reiki volunteer for cancer patients at several different chemotherapy clinics in the Portland area. As a result of these and other factors, I decided to move to Portland even though I was providing overnight care to an elderly couple three nights a week in a private home near Salem. It was going to be a commute, but I trusted Reiki to show me a path.

Soon after my move to the Portland area, a young woman came to me for Reiki from a town far away. She had seen my listing and photograph on the ICRT Reiki membership page.² She had had difficult childhood and teen years and on top of that had been diagnosed with endometriosis that had left her with less than a 20% chance of ever having children. She had never had Reiki before, but she told me that she and her husband had tried everything and were desperate. Intuitively, she felt that Reiki might help her. I gave her her very first Reiki session and it was POWERFUL! We both had visions of Egypt, and at one point in the session, I felt so much light in my head that I had to sit on the floor. Afterwards, we both knew something wonderful had happened. She called me weeks later to report that she was pregnant! She and her husband now have two little girls. I have taught her Reiki for all levels, and she now practices Reiki healing with others.

Another Reiki-led change appeared on my horizon at this time. I began to think about how some of the other Reiki Masters in Glastonbury had suggested that I become a life coach. My first thought was, “Gee, what do I know about life coaching when I lost my career and let a bank take my home because I could no longer pay my mortgage?” But I looked on the web and found The Institute for Integrative Nutrition. Deepak Chopra, Dr. Andrew Weil, David Wolff, Debbie Ford and other very knowledgeable doctors and teachers were all part of its programs. I signed up to take the class and boy, am I glad I did! The institute’s premise is that nutrition is not just about food, although that is very important. It’s about bio-diversity—the understanding that each person is a unique bio-individual, indicating that there’s no one right diet that works for everyone all of the time. This concept has been important to my growth in many ways as I further developed my energy healing practice. Once again, Reiki had guided one of my life decisions.

I began giving talks and even had my own radio show about nutrition. I had clients who had tremendous success with their health through changes in food habits and nutrition and in addition I was giving them Reiki. They all loved it. Some of them wanted to learn, so I taught them Reiki. Then, I met a woman at a meet-up event who was sharing another amazing energy heal-

ing practice called The Way of The Heart,³ which uses numeric codes to clear and reset the programs in the blueprint of the soul. According to this practice, ancestral patterns that limit health, connection with others, success with career and money, and other things can be reprogrammed in the energy field. It is highly spiritual and like Reiki can never do harm. To use the process, I learned the technique of applied kinesiology, aka muscle testing. I became more intuitive, which is an added benefit when giving Reiki sessions.

The next energy healing arts that I was drawn to were The Emotion Code and The Body Code system,⁴ the latter an extension of the former. Developed by Dr. Bradley Nelson in the mid-2000s, these codes identify where trapped emotions are held in the organs and muscle tissues, causing disruption to the operation of the systems and pain in the muscles and joints. The energies can be cleared with a swipe of a magnet along the governing meridian. As I studied these ideas, I began to see how many types of energies could be cleared by this technique. I found that the system was diverse, thorough, specific and highly effective in its application to all aspects of the human anatomy and operations, which includes all four bodies—the emotional, mental, physical and spiritual.

With my knowledge of bio-individuality, I began to see how it could be taken further than food, diet and lifestyle. The concept to me clearly showed how healing the causes of disease in each person is subject to differences based on ancestral patterns, inherited emotional energies from both personal and ancestral history, life traumas, thoughts and beliefs systems and spiritual awareness and limitations from fear-based religious dogma instilled in us as children. This also impacts the way a practitioner will interpret and use his or her own personal perceptions to guide processes for other people, thereby limiting potential benefits.

However, based on my greater understanding of bio-individuality, I saw potential problems in being able to use The Body Code system with consistent reliability. In order to get clear guidance or results, you must know the right questions to ask or how to ask them. While it could never do any harm, because of the aspect of bio-individuality, a practitioner’s use of The Body Code when treating people is subject to the limitations of word interpretations, concepts, thought processes and belief systems.

Then Usui/Holy Fire II Reiki came along. The moment I read William’s story about it I knew that it was for me. Usui Holy Fire II Reiki provides a very direct and personal experience of the power of unconditional love and the healing it provides without the need for us to know anything about what

² <http://www.reikimembership.com>

³ www.thewayoftheheart.com/.

⁴ www.bodycodehealingsystem.com/.

needs healing. It is very intelligent and loving and goes where it's needed just as regular Reiki does. Yet, with this new Reiki method there is no interference that filters the energy through the system or from interpretations of the practitioner. This is a breakthrough for all practitioners who desire to provide optimal healing for those whom we serve.

Just before I took my Holy Fire Training with Colleen Benelli, who lives in my area and is also a member of the NW Reiki Association and a senior licensed teacher and practitioner with ICRT, I had met and was dating a new man. This man, Peter Huhtala, had been diagnosed with Parkinson's disease over a decade before. I had used all of my energy healing techniques with him, and in line with this new direction in his healing, he had made some significant changes to his diet. He received some healing with these practices and changes. When I learned that Colleen was providing Usui/Holy Fire ART/Master Reiki training for all volunteer members of NW Reiki Association at a special rate, I gratefully signed up.

The difference wasn't immediately clear to me. It took some time for the process of Holy Fire to purify my energy field so I could feel more confident with its use. Peter was excited about being trained in Usui/Holy Fire Reiki Levels I & II so I taught him. We could see immediate benefits from the training.⁴ He was embracing Reiki as if he had been doing it all his life! His symptoms were subsiding more and more. Then I took the upgrade to Usui/Holy Fire II Reiki in the spring of the following year. I began to notice increasing feelings of security and inner peace. This was so very welcome as I had been deeply

impacted by my losses during the recession and no matter how I had tried, I seemed never to be able to produce enough income to easily support myself.

I trained Peter as an Usui/Holy Fire II Reiki Master Teacher a few months after my training. He was a natural for it! His condition has been improving daily, and we are both so amazed at how much peace we feel. We used Usui/Holy Fire II Reiki "healing spirit attachments" with great effect in relief of his Parkinson's symptoms. We are now clear that our path and purpose is to teach this amazing healing art together. We married in August 2016. We started a business called Holy Love Reiki and hold Reiki circle shares and classes in the greater Portland area. We both feel extremely blessed to have found one another to serve this higher purpose. Reiki once again led me, this time to find the love of my life and my Reiki business partner. ❁❁



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⁴ See Peter Huhtala, "Parkinson's Disease: An Opportunity for Reiki Healing," *Reiki News Magazine*, Winter 2016.