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The Joy and Wonder of Reiki

BY TARA ANNE CROWLEY

I LOVE THE PRACTICE of Reiki and incorporating it into my daily life, from treating people around the world to treating animals, from dragonflies to pets to giraffes! I love it cannot harm because, according to William Rand, God-consciousness guides Reiki, so it always knows what a person needs and will adjust itself to create the appropriate effect for them.¹ Aspects of my Reiki journey, including recovery from post-concussive syndrome, have proven to me how Reiki energy guides us in adapting to life's circumstances. I have been working with Reiki and energy healing for many years. By sharing parts of my Reiki path, what I learned along the way, and how I keep Reiki in my daily life, you may discover new ways to use Reiki.

My interest in energy healing began around the year 2000. One of my sons had a soccer-related sports injury and all the associated stress and frustration that went along with it. Trying to fit an appointment into a hectic schedule and find the right person was difficult. We saw an orthopedist, yet the stress of missing time on the team was difficult. I asked my massage therapist, who was doing various modes of energy healing, and others about whom they would recommend for some support. I found an energy healer in a nearby town and made an appointment.

During the session, I envisioned a beautiful angel hovering over me. It was life changing. And when the healer

said she could heal from a distance, I was all in. My son went outside to sit at the designated appointment time, and within minutes, he was sound asleep sitting up in his chair—relaxed and de-stressed. This experience was my first with distance energy healing.

It took years, but ultimately, the universe guided me to an excellent Reiki teacher. In 2013, when I was struggling with medical concerns and feeling extremely stressed and anxious, I received the name of a Reiki Master Teacher who completely turned my life around. As always, the universe has a way of leading us to where we need to be, and I integrated Reiki into my life.

This intricate and fundamental force helped me navigate some traumatic health experiences without relying on pain medication. A doctor once remarked, “Well, you can’t be in too much pain because you’re not taking the pain meds.” Here is one story illustrating how Reiki energy guides us in adapting to life’s circumstances.

About six years ago, I was in a car accident while antiquing. On the highway, a distracted driver rear-ended my car. I sustained a concussion and could not work for a year while recovering from post-concussive syndrome (PCS). I discovered during my recovery that even a simplified version of Reiki can be effective.

Because of the trauma I suffered in the accident, I had much difficulty remembering the symbols and uses, and it hurt to think. I had to discontinue or simplify many things I was used to doing. I stopped watching television, listening to music with lyrics, and reading books because I couldn’t track the words or follow the story. I would make copies of the symbols to place in front of me with notes about what to say and when. It was exhausting, so I tended not to use Reiki when I needed it most.

Finally, I felt guided to completely embrace my trust in Reiki and my illumined guides and spirits, and I said: “Okay, everyone, I trust you will ensure all symbols, intentions, and whatever I might forget will be in place any time I use Reiki energy healing and that you have my back if I inadvertently forget to close a session correctly, think or say the name of the symbols incorrectly, or miss anything else and I am so grateful to have you as my guides and spirits.” I just called in Reiki for healing, believing, trusting, and knowing that Reiki would assist me in adapting to life’s circumstances, and I’d place my hands wherever I needed to give Reiki.

In sessions, I called in the Reiki and symbols by name as guided without the worry that I might make a mistake. I set an intention, and I knew Reiki would heal for the highest good no matter what. It helps heal the root causes, and I trusted and believed in the power of Reiki, knowing that it would work despite any mistakes I made. It is just that powerful and just that simple.

Once I let go of the stress and anxiety of remembering everything, Reiki became so much fun. The ocean is a huge part of my life and healing journey. I would walk along the beach and send Reiki blessings, leave Reiki trails, and send Reiki to a seagull limping on the shoreline. I would send Reiki to the clouds, the ocean, Mother Nature, Mother Earth, and the crab digging into the sand. I incorporate the energy of the sea in my life journey and my Reiki practice. I am five minutes from the ocean and love being in the saltwater year-round, even if only for a quick polar dip! The timelessness of the changing tides and currents reverberates in my soul and energy healing.

Animal Reiki added another dimension to my Reiki practice. It enhances and amplifies mental, physical, and spiritual well-being for humans, animals, trees, birds, plants, bugs, and all expressions of the universe. Since completing my Animal Reiki classes, I have had some fantastic experiences at this beach, including seeing a whale that no one had seen in over 40 years, a visit and wave from a rare ocean sunfish, and many other delightful and exciting sights! I channel Reiki to the waters in the world, nature, the elements, and everything and anything, especially negative situations.

Kid Reiki added another facet to my healing: remembering my wonder and innocence as a child and how I used to see the world. As a child, I would spend hours in nature. I once watched a bumblebee in the clover for hours on end; one of many fond memories from my childhood in nature. Nature was my healer and go-to companion when I needed comfort and love when family situations became too much. Kid Reiki healed my inner child.

In one Kid Reiki experience, we released nonbeneficial energies from the past. I originally thought the work I had already done to release old, hurtful memories was complete. I instantly remembered a painful college experience. Carrying a 30-pound first-year weight gain, I was in the hospital to have my wisdom teeth removed. Before falling off to sleep for the surgery, I was mortified

to hear the anesthesiologist remark, “I’ve seen chipmunks before, but this is the first cabbage we are going to see when she wakes up.” I guess I buried this deep within—with good reason.

I did not think of this incident when I entered the Reiki experience. In fact, I went in feeling pretty good, thinking that I had released any harmful or hurtful memories. And yet, this process allowed me to re-experience the words and release the power it had to hurt me ever again. It was so freeing. In the past, I had only mentioned the doctor’s hurtful words to a couple of friends and laughed about it, yet it still had a hold. Now, with the help of Reiki energy, if it comes into my mind and I remember it, I can let it go with the perspective and wisdom gained over the years. The Animal Reiki and Kid Reiki systems targeted areas of my being that needed healing in ways I hadn’t even considered or had forgotten about.

Finally, I want to mention how Reiki facilitated positive changes in how I could help my family. I was a longtime caretaker for many family members and felt helpless when all I could do was hold their hand or visit to keep them company. Now, Reiki makes me feel I can help in a way that adds to their rehabilitation, recovery, and healing or allows them to relax. Many small and large miracles can occur. It is beyond rewarding when Reiki helps the person to relax or when much larger healing occurs. From the smallest healing to the largest, Reiki channels from the universe through my hands to the recipient and directs the energy to where it needs to go. Reiki energy is timeless and wonderful, used alone or besides regular, alternative, and holistic practices and all other modalities.

One of my favorite quotes is from Mother Theresa: “I alone cannot change the world, but I can cast a stone across the waters to create many ripples.” With more people, animals, and children attuning to Reiki, can you imagine the ripples turning into healing vortexes worldwide? Visualize all these ripples meeting and combining to positively change the energy and karma of the universe as we now know it. Amazing.

I appreciate the founders of various Reiki modalities, all those attuned to Reiki, and those who will choose to be attuned. May blessings abundantly flow, with the timeless joy and wonder of Reiki energy healing our universe, ourselves, and loved ones as we continue our journeys.

In the realm of timeless energy, healing resides,
A force that transcends all space and all tides.
It flows through the universe with a gentle grace,
Touching souls with love in its ethereal embrace.

In this realm, there is no limit, no boundary, or end,
Only boundless possibilities to mend and amend.

It whispers to all, with a healing voice,
Restoring balance and harmony, giving them choice.

With every breath, it rejuvenates the spirit,
Mind, body, heart, and soul,
Infusing them with strength and empowerment as
It dances with vibrant feeling
Realigning energies, giving healing.

Timeless energy healing is a mystical art,
Guided by intuition from the depths of the heart.
It knows no limitations, no restrictions, or bounds,
For its power is limitless, its healing profound.

It brings peace and calm to the restless mind,
Allowing one to heal, leaving past hurts behind.

So let us embrace this timeless energy,
Embrace the healing power of Reiki.
Divine love, blessings, and light,
Miracles abound both day and night. ■



Tara is a Reiki Master Teacher of Usui/Holy Fire® III Reiki, Holy Fire® III Karuna Reiki®, and Animal Reiki, and is a Kid Reiki Master practicing in Massachusetts. She incorporates various modalities in her Reiki sessions, including the ocean, which she believes holds a profound energy that can heal and rejuvenate the mind, body, and spirit. You may contact Tara through email at timelessenergyhealing@gmail.com or visit her website at www.timelessenergyhealing.com.

Endnote

¹ Willam Lee Rand, “How Does Reiki Work?” *The International Center for Reiki Training*, reiki.org, April 1, 2015, <https://www.reiki.org/faqs/how-does-reiki-work>.