



# Loving Reiki or Confessions of a Reiki Therapist

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As a Reiki practitioner and teacher for the past ten years, I have had the absolute joy and pleasure of experiencing the remarkable results of my clients healing and recovery from both chronic and acute illnesses. I have been blessed and witnessed many miraculous outcomes. The healing capacity Reiki energy possesses is as infinite as our human minds can create or imagine. The energy comes from the universal source of pure love. I don't know of anything pure love cannot heal, do you? When I practice Reiki I am graced with the delight of being a conduit for this beautiful, immeasurable, light and love passing through me to the person I am laying hands on or sending energy, too!

My own personal healing from Reiki took place ten years ago. I had been in a five-year long divorce battle that threatened to alienate me from my children. I was traumatized, emotionally and spiritually blocked. I was stuck and suffering. I tried many traditional modalities to help me heal to no avail. I then received a few Reiki treatments and attunements. Immediately, I felt relief. My path opened as the Reiki energy flowed through me. The blockage that was preventing me from moving forward in my emotional and spiritual growth was removed. I was able to really love again. The Reiki healing allowed me to open my heart and forgive. It is the tool that assures my peace of mind and stability are here to stay.

Healing is to be shared and I want to share some remarkable healing results Reiki energy has produced. The following are several accounts of my Reiki healing experiences with several clients below who have generously agreed to tell their own Reiki healing story.

## **Client Case #1**

Brenda Generali brought me her newborn son Joshua born with birth Palsy (or Brachial Plexus) due to complications during the birth and as a result Joshua's entire right arm was paralyzed. After three forty-five minute Reiki treatments Joshua regained eighty percent of his range of motion and feeling back in his arm and he continued with a full recovery and complete use of his arm. I taught Brenda Reiki 1 so she could continue to give Reiki treatments to her son, too!

**Brenda Generali's Testimony:** I had heard some years prior to the birth of my son that Reiki could heal tissues through energy so I made an appointment with Therese Johnson. I took Joshua to Therese six times for Reiki treatments until we were told that Joshua would not need surgery and that he would have a full recovery. I think that without Reiki Joshua would have had to have tendon transfer surgery at Shriner's hospital and he would not have normal movement. Brenda Generali 2003-Colfax, CA

## **Client Case #2**

JS came to me for Reiki treatments to relieve the side effects of seizures he was experiencing in his brain due to brain cancer (the same kind of brain cancer Senator Kennedy is currently battling). When I would lay my hands on JS head I could feel the seizures but within ten minutes of administering Reiki energy to his head the seizures would stop completely.

**JS Testimony:** As a five-year brain cancer survivor Therese Johnson's work has been instrumental in my successfully fighting the side effects resulting from past surgery treatment. Johnson has helped me greatly in dealing with the fall-out from surgery, chemo and-particularly-radiation. JS 2009-Auburn, CA

## **Client Case #3**

Joseph M. had been suffering from bi-polar manic depression. He had been self medicating with methamphetamines for twenty years. This behavior had terrible results including time in prison. He was forty years old and wanted to heal, to be released from his dependence on drugs and to experience real health. I gave Joseph a one-hour Reiki treatment and his desire to take methamphetamines completely left him. I have no words to describe what occurred during his treatment. I was in absolute awe of the changes that took place and the healing power of Reiki. The changes in his energy field were immediate as the Reiki energy flowed through. He was ready to heal and he did.

**Joseph M. Testimony:** I have been clean and free from a methamphetamine twenty-year drug addiction for eight years now ever since I received a Reiki treatment from Therese Johnson that helped me remove my desire for methamphetamine's. Joseph M. 2001-Auburn, Ca

## **Client Case #4**

**Jean Harmon Testimony:** Therese Johnson treated my hypertension with Reiki energy. When we started it was 200/89 within twenty minutes it was reduced to 132/79. Amazingly, the severe headache that came with the elevated numbers and high blood pressure also disappeared. Jean Harmon 2009-Auburn, Ca

As a Reiki practitioner and teacher I have treated hospice patients eliminating their pain and need to be on heavy doses of morphine for anywhere from 24-72 hours with one Reiki treatment. This allows for great relief not only for the patient but also for the family so that they can spend quality time with each other with the patient being able to be cognizant of his surroundings and family. Once the patient's pain is controlled there is peace. Everyone relaxes when the patient is comfortable. I then show the family or caregiver how they too can continue to give Reiki energy, allowing them to become active participants in comforting the patient. It is a beautiful process that takes the fear and stress out of ones transition. I teach Reiki classes to individual caregivers and Residential Assisted Living Community Caregivers so they can ease the suffering of seniors. Reiki has proven to be of enormous help in alleviating Alzheimer's dementia behavioral problems. Currently, I am focusing on offering Reiki to our young soldiers returning home from war who are suffering from post-traumatic stress disorder. Reiki is excellent in aiding in the recovery of post-traumatic stress.