

*From Heart to Heart*

## **Reiki offers spiritual gift of hands-on healing, prayer**

**By Elaine Andres**

*For The Register-Guard*

I first experienced Reiki in 1979 when a friend placed her hands on my shoulder and my pain disappeared.

As I began to explore Reiki, my congregation encouraged me to take the first-degree class. Over four days I learned a system of hands-on healing touch. During class people reported feeling sensations of heat, tingling and energy in their hands. I experienced nothing — no warmth, no energy, not even an itch!

When I returned home, I shared my experience with the congregation. They, too, felt energy and physical sensations when I placed my hands on them.

My mind yearned to understand. I wanted to know, to be able to explain what was happening. I practiced. I questioned. I wrestled.

As time passed, I realized Reiki was another dimension of my faith journey. I yielded my need to know. I practiced Reiki daily. I gave myself to this unknown path — walking in faith, trusting God as healer and teacher.

It was a delight months later when I began to experience energy flowing in my hands. I took the second-degree Reiki class and learned to deepen the power of Reiki, send energy into time/space and do mental healing.

Finally, in 1984, I accepted the call of my heart to teach this beautiful gift and Phyllis Furumoto initiated me as a Reiki Master.

Teaching and practicing Reiki became one way for me to share the power of God's Love. Reiki became a spiritual discipline that connects me to the divine mystery of life I call God.

When my heart said "Yes!" I had no idea of the journey I began. To this day, it is a challenge to share the essence of Reiki in words. Reiki speaks to my heart and calls to my soul as I walk a consciously chosen path of personal healing and spiritual transformation.

Each time I place my hands upon my own body, I move into a place of prayer. Each time I share Reiki with another person, plant or animal, I connect to God as divine love and healer.

I have come to know that Reiki is not about information and knowledge. It is about me loving others as deeply as I can, opening myself and watching as God does the healing. In a Reiki class God invites all of us to open our minds, hands and hearts to a deeper knowing of God.

Reiki is a process, a life walk. It takes time and practice to understand this gentle gift of hands-on prayer. It is my honor and privilege to be a conduit of God's healing energy and to participate with those who seek healing for body, mind and soul through classes and/or personal sessions.

The longer I hold Reiki in my hands and practice the discipline daily, the deeper into my own healing God invites me. Through this gentle art of hands-on prayer, God continues to heal and transform my life as I share it with others.

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