



Reiki as a Life Changing Modality in my Life and in the Lives of my Clients

by Deborah A. Detloff, CMT

Many massage centers, spas, and wellness clinics offer an array of bodywork. The term "bodywork" describes any therapeutic, healing, or personal development technique that involves working with the human body including manipulative therapy (e.g., circulatory massage), breath work (e.g., Qigong), or energy medicine (e.g., Reiki). Bodywork may be used for pain and stress management, promote awareness of the "mind-body connection", improve posture, and to manipulate a putative "energy field" surrounding the body and affecting the wellbeing of a person.

Reiki has been an integral part of my massage practice since 2004. As a massage therapist, I became interested in Reiki for self-healing with the intention of also using it with my clients. The term "Reiki" means Universal Life Force, and has been practiced for thousands of years. Although Reiki is believed to have originated in Tibet, it was introduced to the United States by a Japanese doctor and Tibetan Buddhist, Mikao Usui.

Reiki is a very gentle, safe, and non-evasive energy modality. Reiki is passed from a Reiki Master to his or her student in two levels by attuning the student to the Universal Life Force. Students who have been attuned are able to use this energy to heal themselves and others. Shortly after my Reiki attunements, I tore the retina in my eye. With medical treatment and the use of Reiki, I found, and my doctor confirmed, that my eye healed faster than normal.

In Reiki, the practitioner calls upon the Universal Life Force and connects the client to this energy by placing their hands in various places above, around, or on the client. Connecting to this energy has very calming effects on clients and is useful in helping people deal with loss, grief, and trauma. Clients say that Reiki has helped them heal emotionally, physically, and spiritually.

In my massage practice, I have found Reiki to be very helpful for my clients. For example, I have had several clients come to me for help with their insomnia. After treatment they reported their first good night's sleep in a long time, and their sleep continued to improve.

Many clients who come in with complaints of pain have found great relief from Reiki. In my practice, I have seen people have reduced pain in joints, reduced pain from arthritis, and reduced pain in headaches and head injuries.

One of my clients brought her father who was visiting from Germany. After the Reiki treatments, he called his daughter

to enthusiastically report, "I was able to go on a nine-mile hike!" Reiki's healing effects can be felt very deeply into tissue and bone; this client's experience is just one of many clients who report they have less knee pain and more mobility after a treatment.

Several years ago, I volunteered to work with clients at a local senior community center. Several of the clients had arthritis, and after a few treatments they noticed marked improvement in their pain management. One client with Rheumatoid Arthritis experienced a reduction in her pain level by 70% after treatment.

Reiki is particularly helpful with headaches and head injuries because it can increase blood and lymph flow in the brain. For example, one of my clients had a serious fall at age 12, which resulted in a permanent bump on her forehead. She came to me right before her wedding, and after one treatment she and her fiancé reported the bump had all but disappeared.

Aside from being a great modality for pain management, Reiki has benefits for people who are in need of a less invasive touch. It is safe for pregnant women, and can soothe both the mother and baby. It is also safe for people who have high blood pressure and disabilities, such as cerebral palsy. I use Reiki to clear any negative energy that has collected in my clients' energy centers and aura. Releasing the negative energy can bring peace and create trust in life for the client; it helps heal fear and panic; and



can help manifest goals, increase creativity and improve learning ability. It would be my pleasure to introduce you to this modality at the IPSB Massage Therapy Center.

Deborah Detloff is a certified Massage Therapist who completed her education at the International Professional School of Bodywork (IPSB). For more information on the profession or to learn more about IPSB, call (858) 505-1100 or visit www.ipsb.edu. To book an appointment at IPSB Massage Therapy Center, call (858) 490-1154.