

# My Personal Journey With Reiki

Before I found this way of living, I was trapped in the confines of my own body and mind.

Physically, I was disabled from two herniated disks in my neck and from lower back pain that had been with me for over 10 years. I was also always in physical pain from a connective tissue disorder, which caused ongoing and constant joint pain and inflammation.

Mentally and emotionally, I was trapped.

I had come to believe that this was my lot in life; everyone has something. I believed this was the way my life inevitably was going to be. Spiritually, I had become bankrupt because I could not believe that there was any kind of life force that could allow me to suffer the way I had been suffering for many years. I tried physical therapy, injections, nerve blocks, radio frequency ablation (burning of the nerves), and other complementary healing modalities, without successful results. Finally, I was scheduled to have a double vertebral fusion of C5-C7 at the Rothman Institute in Philadelphia, with a six month wait. I was not sure how much longer I could take the amount of pain I was in on a daily basis. Then, I found Reiki. Reiki sounded like a nice idea, but I thought it was going to be just another thing that I would try that would not work. The physical freedom was not the first to come. It was the emotional and mental release that I first experienced that kept me coming back to Reiki. After each session, I felt some peace – something I had not felt in a long time. I began to have a sense of hope again, which I had lost years before. A couple months after I began Reiki, I had a profound physical experience that honestly scared me: I had a moment of being pain free. I thought I had lost my mind. I did not understand how this was even possible. I kept going to back to Reiki.

It became undeniable that I was pain free.

I canceled my surgery. I started the Couch-2-5k program and six months later, I ran a half marathon. I practiced hot power yoga at least three times a week. Me! The same person who could not lift my arms and could barely move off of the couch for several years prior to this was pain free!!! My life baffled me. I was free. Within that time frame, my grandmother became ill. I felt so helpless. It suddenly occurred to me that I needed to become a Reiki Master so I could help people experience the same freedom that I had been able to receive. Over the next year and a half, I studied and became a Master Reiki Practitioner.

I have been a part of beautiful recovery stories, similar to my own. I am grateful to have the ability to help others, as I have been helped, out of darkness and into freedom. Along with this profound physical freedom, I have experienced emotional and mental freedom through Reiki. I have worked through past traumas and now carry a sense of peace and freedom in my thoughts and attitudes toward this world. I have been able to release the depressive thoughts that once ruled my mind and sense of being.