**Using Ancient Healing In Modern Times   
By Mary Amendolari**

Energy is all around us, and most of us are unaware of its presence. Although energy is not visible to the eye, we are aware of its effects. Ancient civilizations knew about this energy and called it by different names. The Chinese call it “chi”, the Indians call it “prana” and to the Japanese it is “ki.”

Energy is the vital life force that keeps us alive and permeates all living forms. Our bodies are made of an energy system that affects the mind, body and spirit. When our energy is balanced, we are in a state of health. When our energy flows freely, the body’s self-healing abilities are activated, enabling internal harmony and healing.

When there are energy imbalances, we do not feel well and can develop a variety of illnesses. Many things in life cause stress, which depletes and affects our energy. Our mind, body and spirit can be affected. Over time, our bodies are weakened and we become susceptible to pain, illness, anxiety and compromised health.

There are many healing modalities that deal with energy, such as acupuncture, qi gong, tai chi, chiropractic and yoga. Some of these modalities have been around for thousands of years. All of them seek to balance energy and release blockages so our bodies can heal and achieve optimal health.

Reiki is an ancient hands-on therapy that also balances and enlivens the energy of the body. It helps to remove blockages in the energy pathways that can manifest as various signs and symptoms of illness. The body has an innate ability to heal itself. It knows how to heal a cut or mend a broken bone. The goal of Reiki is to amplify the body’s energy to expedite healing.

Reiki is a non-invasive technique that requires the practitioner to place his or her hands gently on or above the person. The practitioner uses various hand positions, typically starting at the head and working down to the feet. The recipient is fully clothed and can sit in a chair or lie on a treatment table. Practitioners go through a series of initiations and training so they can facilitate the flow of energy. Generally, the recipient feels very relaxed and a sense of peace and wellbeing. Some may feel tingling, heat or other sensations. Some are so relaxed that they fall asleep. It is in this relaxed state that the body can do its healing and balance the mind, body and spirit. The power and control of healing belongs to the recipient.

Reiki can help with anxiety, stress, pain, immune system functioning, acute and chronic illness, and side effects of chemo and radiation. It is also a good adjunct to counseling, as it helps the client’s emotions come to the surface so they can be dealt with and released.

Many hospitals are now offering Reiki sessions to patients in order to improve patient outcomes:

* In 1990, Pamela Miles started the first Reiki hospital program at Beth Israel Medical Center in New York.
* Dr. Oz was a pioneer in introducing Reiki at Columbia Presbyterian Hospital in the operating room. He found patients that received Reiki pre- and post-operatively had less pain and healed faster.
* In 1997, Portsmouth Regional Hospital in New Hampshire made Reiki services available in their surgical department.
* Dr. Nancy Eos, author of “Reiki and Medicine,” has effectively utilized Reiki while treating patients in the emergency room. She is presently working at Foote Hospital in Jackson, Michigan.

Reiki is currently being offered at over 800 hospitals across the U.S., including Athens Regional Hospital, Portsmouth Regional Hospital, University of Michigan, Cleveland Clinic, Dana Farber Cancer Institute, and Memorial Sloan Kettering Hospital.

Reiki is also being used in hospice to help patients manage pain and the anxiety of dying. Families can be empowered to learn and administer Reiki to their family members. A sense of caring is communicated with this healing touch.

It is not necessary to have a medical condition to receive Reiki. There are many private practitioners that offer this modality to clients. While Reiki can be used alone, it should not replace any existing medical care. Reiki can be used to keep the body, mind and spirit in a balanced state and thus keep the recipient healthy, making it a truly effective addition to any holistic health treatment plan.

*Mary Amendolari, is a Registered Nurse, as well as a Holistic Nurse and Reiki Master. She has maintained a private practice for over 15 years. She now offers Reiki sessions at Pathways to Healing in Greensboro. If you have any questions or want more information on how Reiki can help you, call her at 516-987-7157 or email her at maryamendolari@gmail.com.*