



Reiki Heals a Heart Condition

BY KEN EGBERT

RECENTLY, I WAS CALLED BY A FRIEND of mine and his wife to visit him in the Coronary Care Unit of our local hospital and to give him Reiki. I had known that Bill had arrived in this predicament by a medically circuitous route. After my Reiki visit with him, I asked him for a more detailed account about his experience, and the following is the story that he told me, in his own words.

Bill: “I attend a meditation program every Thursday morning, normally a deeply relaxing and centering experience. One day, things took a different turn. Toward the end of the program, I began to experience a rapidly increasing, sharp pain in my belly and back. The pain quickly became excruciating, I was sweating and could not feel my legs. I rarely have medical problems, and this was frightening.

My wife, an MD, was leading the meditation that morning and recognizing my distress, came to my aid to assess my condition. Her initial conclusion was that I had developed a kidney stone; however some details of my story and symptoms caused her to think that I may have had a ruptured aortic aneurysm, so she called 911. I was given an IV shot for pain and rapidly taken to a local hospital, where a CAT scan revealed a large kidney stone. My aorta was fine. Phew! After several hours, I was sent home with big bottles of narcotics and urine-flow increasers to help flush the stone. I set my alarm clock for every three hours around the clock to take the medications as prescribed.

After three days of no restful sleep, eating little more than heavy-duty drugs, I felt weak and light-headed, and my heart was pounding at a high rate with accompanying deep chest pain. The stone had passed, but I was in bad shape. My wife thought I was probably dehydrated, certainly needed food and under the influence of powerful narcotics. I have no family history of heart disease, so symptoms most likely were not caused by that so I tried to eat something and drink more water. My condition didn't improve—in fact it worsened. I was so weak, it became impossible for me to walk up three steps; I had to crawl.

My wife put her ear to my chest and noted an irregular rhythm. She then called a cardiologist colleague who said that if the present rhythm continued for 72 hours, the risk of stroke

would be significantly increased. It was unknown to us exactly what type of arrhythmia I was experiencing, and if it turned out to be atrial fibrillation, that was a stroke inducer. A trip to my wife's office to run an EKG confirmed atrial fibrillation with a ventricular response, or actual heart rate, of 148 (normal is 60–70). The cardiologist advised an immediate visit to the Emergency Room to start IV medication with the intent of getting my heart rate normalized to prevent a stroke.

The gods smiled on me that day, as there was no wait in the ER. They got an IV started and the doctor performed another EKG, again confirming the atrial fibrillation and the rapid heart rate. They called the cardiologist, who instructed them to administer meds to reduce the heart rate and to increase the dosage as quickly as possible. I was admitted to the Coronary Care Unit. For three whole days, the medication dosage was frequently pushed up. The goal was to try to get me to convert out of the new rhythm, atrial fibrillation, which was causing the dangerously high rate. It was to no avail, however, as my heart rate stayed elevated at 140 to 150, continuing the risk for a stroke. The cardiologist called in a colleague to consult, but there was no change.”

Ken: This was the point at which I arrived in Bill's room to visit him and give him Reiki. He and I spoke for a while, as the nurses were doing what they had to do, and then I waited as a doctor visited with Bill to talk to him about atrial fibrillation and his treatment options.

After the doctor left, I put a hand on Bill's chest to see if I felt anything. There was a small block that came out but it wasn't anything major. With the room now quiet, I turned on some Reiki music through my phone and went about the work of clearing his chakras. I felt a block in his abdomen (sacral chakra), which I felt might be residual trauma from a kidney stone. I felt led to do what I call a Reiki flush.

In a Reiki flush, I hold the patient's ankles and concentrate on pulling energy through the top of the head (crown chakra) all the way through to the feet, through me and down to the ground. I started this action by putting my hands on his ankles with the intention of grounding us both. As I began, I looked up at the heart monitor, which had been fluctuating between 131 and 98

since I had been there. Just before I closed my eyes to concentrate I saw that the monitor read 111. With my eyes closed I started thinking the names of my Usui and Karuna® Reiki symbols. I got through the 15 symbols. I felt a surge come through Bill and down to the ground through me. I opened my eyes and the monitor read 60. A few seconds later the nurse came in and said, “I don’t know what you’re doing but keep it up!” The nurse immediately went over and removed the Cardizem from his I.V. to keep his heart rate from dropping any further.

I took my hands off Bill’s ankles and pointed for him to turn and look at the monitor. He looked and turned back with a stunned look and smiled. We decided there was no need to continue the session but rather to leave well enough alone. We chatted for a little while longer and I left.

Bill was in the hospital for another day for monitoring to make sure his heart remained in a normal rhythm. He left the following day with normal vital signs: pulse 64, blood pressure 118/72, respiratory rate 16 b.p.m.—in a normal sinus rhythm once again.

Bill: “I am very grateful to Ken for not only recognizing and using his gift of healing, but for his study and development of the techniques that helped me.”

Ken: My thanks to Bill P. for being open to and aware of the healing powers of Reiki and to Martha Hackett, M.D. for opening the door to this and many other wonderful opportunities. 🌿



Ken is a Usui/Tibetan Reiki Master and a Karuna Reiki® Master, having studied at the Ursuline Academy. He practices Reiki at the offices of LivAwareMD, a whole-body wellness center that combines the latest advances in western medicine with ancient, time-tested holistic practices to help individuals achieve optimal health from the inside out. Ken may be contacted by email at ken@livawaremd.com, by phone at 216.744.3282 or at the website www.livawaremd.com.