

# Reiki Stories



*Here are a few stories about the miracle working power of Reiki. Many of them are documented by before and after medical tests and the observations of licensed health care providers. Please note that while Reiki can cause miraculous healing, it does not always do so. However most patients receive some level of healing with the minimum benefit being relaxation and stress reduction. If you have a medical or psychological condition, it is recommended that you use Reiki in conjunction with the help of a licensed health care provider.*

## Treating Mal de Débarquement Syndrome (MdDS) with Reiki

I offer Reiki to patients in a local doctor's waiting room. Shortly after starting this work, I noticed Heidi, one of the staff members, moving slowly and bracing herself as she walked. She told me that she had been on a cruise a month before and since then had been dizzy, fatigued, imbalanced, and was having difficulty concentrating. When I asked her to tell me more, she explained that on the third day of the six-day cruise vacation, the ship stopped in Jamaica. "When we got off the ship, I asked my husband if the pier was moving. He said no and looked at me kind of funny. On and off that day, I kept feeling like I was swaying a bit. When we got back on the ship, however, I was fine. Then, after arriving back in Miami, as soon as I got off the ship, I felt a swaying, rocking sensation. I didn't think much of it; it was our first cruise, so I figured it would go away. My husband said he was feeling the same way off and on, and other friends said this was pretty normal. My husband's swaying sensation lasted four days."

Her situation worsened. In two weeks, she couldn't walk without holding onto something to keep her from falling. She felt a rocking, bobbing sensation, and also some brain fog, headaches, ear fullness, heaviness, and the sensation of gravitational pull on her head and bottom. The only way she could get a small amount of relief was to lie or sit down. Scared, Heidi went to her primary care provider, who ran some lab tests, but nothing appeared to be wrong, even though she and the provider knew that something was seriously wrong. She was referred to an eye, nose and throat specialist, who diagnosed her with Mal de Débarquement Syndrome or Disembarkment Syndrome (MdDS). Simply explained, MdDS is a form of motion sickness that can continue long after the motion has ended,

causing many problems as Heidi had learned firsthand. A nurse practitioner at her job suggested Reiki, "so I gave it a shot. At that point, I would have tried anything."

After hearing her story, I offered Heidi a 20 minute Reiki session. My first instinct was to balance her energies. I used the integration technique (wrists and ankles crossed, reversed after 10 minutes, Reiki at the head and feet). She felt some relief after the treatment but two days later she was the same. "After my first session, they asked how I felt and honestly, I didn't feel much relief. I later gave Heidi a 20 minute traditional Reiki session, which again gave temporary relief. The following day, I was working in the office and she had called in sick because her symptoms were getting worse. I spent that night doing research on the Internet, which led to the realization that it was probably a grounding issue, since most of my research pointed to MdM sufferers grounding themselves. My thought was that the higher frequency Life Force Energy that I would normally channel would not be as helpful for grounding. Yet, the way that I had channeled the Reiki in our previous two sessions had not accomplished this for her.

The next time we were both in the office, we did another 20 minute session, at which time I explained to her that I would be making use of a Reiki different technique. This time, I stayed at her feet. My intention was to ground myself as strongly as possible, which I did by visualizing the tree at the corner of the building. I saw and felt myself sinking into the roots and gently pulled her down with me. I repeated the names of the Usui and Karuna Reiki® grounding symbols in my head throughout the entire treatment. Afterward, I gave her written directions on grounding herself.

Heidi reported that after the session, she felt great. The swaying/bobbing sensation went from an 8-10 down to a 3-4. "It was amazing. I was able to go home and function a little more than I

had in weeks. After another session with Ken, I continued to feel better. Now, I'm at about a 2 on the scale."

I saw Heidi a few days later and she looked like a different person. The color was back in her face and she was smiling. After a hug she told me that there were barely any remaining symptoms.

"I'm an average Joe and don't know much about how Reiki works. I've never had any experiences with it before this, but I can tell you that after having the Reiki sessions, I'm a believer. I tell everyone about Reiki. This has been truly an amazing experience for me. Many thanks to Stephanie Gale for suggesting this to me, to Dr. Martha Hackett for opening up her office to this wonderful world of Reiki and last, but not least, to Ken Egbert the Reiki Master for sharing his wonderful gift with me."

—Ken Egbert

## A Reiki Birth Story

Dear William,

I am writing to share with you and your readers the wonderful experiences I had at the birth of my son and how Reiki was such a major part of his gestation and actual birth.

Soon after I discovered I was pregnant, I was lucky enough to have my Master Level re-attunement at Stonehenge, a truly wonderful connection that not only empowered my Reiki but also created a deep bond with my unborn child. All through my pregnancy, I continued to give attunements (and became noticeably larger after each workshop!) and really felt in tune with both Reiki and the baby.

Then the real magic happened the day of his birth. For a variety of reasons I decided to have an elective caesarian this time and wanted to make the experience as spiritual as possible. One of my students and close friends who had previously been a midwife agreed to be my birth partner and gained permission to Reiki the operating theatre beforehand. On the morning, she smudged the entire theatre and theatre staff (who were totally intrigued and very supportive), then used the Power symbol to Reiki the whole theatre and operating table. We then played a CD of women's empowerment songs, which created a lovely and calm atmosphere for my son to be born into.

Since his birth, he really has been the most chilled out baby I have ever known and I am sure this has everything to do with Reiki. I think it is important to remember that healing physical problems with Reiki is only a small part of what it has to offer. The boundaries of opportunity and empowerment are immense, and its integration into everyday life is such a blessing.

—Sharon Carrington

## Reiki Heals Infection

A friend of mine went into the hospital for some reconstructive surgery due to breast cancer. After a couple of weeks, I saw her husband and inquired about her health. He was devastated

and told me that she had developed a severe infection and had been running a fever of 104 degrees for several days and that the doctors did not know where it was coming from. He said they believed her organs could begin to shut down. I asked permission to visit her the next day, which he later called to tell me she had accepted, and I began to send Reiki to her immediately. Upon my arrival the next morning, she looked wonderful! I asked her how she was and she said it was amazing. She woke up that morning and her temperature was completely normal. She felt great! The doctors had no explanation for her healing. She then asked me to explain Reiki to her and before I had finished, she took my hands and placed them on the site of her infection, closed her eyes and said, "Just do it." My friend is now home recuperating with her family. I thank God every day for her health and this beautiful gift of Reiki.

—Kathleen

## Heart Healed

On October 23, 2001, my 60th birthday, I had a heart attack. A few days later, an angiogram showed severe blockages that would require five bypass surgeries and also lots of scarring from previous heart attacks that I didn't know I had had. On the first Thursday of November I returned to where I had learned my Reiki and that night 10 people gave me a joint healing for half an hour, which was repeated the following week. (There wasn't much room for any more hands.) Add on to that the Reiki my friend and I did and I sure copped heaps of Reiki. On December 10, when I was opened up during the bypass surgery, the surgeon noted that my heart had healed itself as the scarring was not there. Afterwards, my girlfriend and I couldn't believe what he had said. But we were very happy. I am convinced that it was Reiki that did the trick. I have since had the scarring re-checked through another angiogram and at the time that I received two stints. Believe me, with what I have been through this news convinced me that Reiki is no scam. I am a true believer, now back to walking 3-4 miles every second day in one hour. I will soon be receiving my Master Level, and I will be out there spreading the power of Reiki to those who wish it.

—John Lincoln

*If you have a Reiki Story, we would love to read it so we can consider publishing it in this column. Please send your Reiki Story by email to: [ReikiStories@reiki.org](mailto:ReikiStories@reiki.org) or by regular mail to Reiki Stories, Vision Publications, 21421 Hilltop, #28, Southfield, MI 48033. Thanks a lot for sharing, William.*