

# “Learning to cope with challenges through Reiki”

by Mamta Nanda

In June this year I discovered a growth in my breast that was quite worrying to begin with. I tried to remind myself of the precept ‘Just for today do not worry’. I have often found that different precepts come up to challenge us from time to time.

I went through various thoughts – how can it happen to me – I self treat daily. If I am not in good health, how can I say to my students/clients that Reiki brings good health? After reflecting on it I realised that the last year had been quite challenging, so it wasn’t surprising that some of what I had been through was manifesting in my physical body.

If a Reiki student asked me for help because they were suffering in some way, my advice to them would be to continue with daily self treatments and to receive Reiki treatments from someone else. I decided to experience it myself and have several Reiki treatments.

I remembered Mrs Takata’s story about how she was healed at Dr. Hayashi’s clinic through daily Reiki treatments.

A few years ago I had read a very inspiring article by Regina O’Mahoney in Reiki Magazine International on 4-day consecutive Reiki treatments. Regina is a very experienced Reiki Master from Ireland. I had learnt about 4 day Reiki treatments from my Reiki Master also. Over the years since I have been practising Reiki, I have received 4-day treatments a few times and have felt a shift each time.

I have been listening to Phyllis Furumoto’s webcasts since she started doing them in July 2007 and have found them to be very inspiring. Thanks to the technology I have been able to learn from lots of different people from all around the world, some of whom I may never meet, all



from the comfort of my own home. Thank you Phyllis for making this happen.

In a webcast in September 2007, Phyllis interviewed Tove Midtgaard, a Reiki Master from Denmark, who has used Kirlian photography to improve her understanding of how Reiki, the energy, was affecting those who came in contact with Reiki through treatments or initiations. This enabled her to assess people’s response to Reiki and helped her to understand more clearly how Reiki lifts our vibration not just for a few minutes but also seemingly for the rest of our lives! When she used Kirlian photography before and after 4 consecutive days Reiki treatments, she found that there was a significant shift after the third treatment. The most interesting thing for me was that she discovered that our energy did not revert back to its previous state/level after the 4-day treatments. It is a lot of time and/or money that we invest when we have 4-day consecutive treatments. It was very helpful to hear that this experience would continue to benefit

us for the rest of our life.

In May 2009, Phyllis interviewed Regina O’Mahoney. Regina had been recommending having consecutive Reiki treatments for about 30 days to some of her clients/students and she felt that she ought to experience it herself when recommending it to others. Regina talks about going through this experience without having any health issues and she overcame her fear of heights from this process. I found this very inspiring.

Remembering all this, I decided to have several Reiki treatments. In the past I would have probably done just 4. I had 4-day consecutive hands on Reiki treatments with the same practitioner. Then I had another 4 treatments over the next week. I also asked my Reiki Master to send me distant treatments. I also asked my children to give me some Reiki even if they held my hand while watching television. I remembered reading Mrs Takata’s words that “some Reiki is better than none at all”.

My Reiki Master suggested combining Reiki and homoeopathy.

So I consulted a homoeopath also and was taking some remedies during this time. I found it very helpful to be able to speak to my Reiki Master through this process and learn from her experience. She helped me realise that as the growth was changing shape it was more likely to be a cyst rather than a lump. This was a huge relief.

I consult my GP whenever I need a diagnosis. So I had been to see the GP when I first discovered the growth and was told that it was probably a cyst. She offered to refer me for an ultrasound examination but I decided to give it a few days to see if it would settle down with the changes of the monthly cycle as the GP had suggested it might. When the growth did not disappear after about 10 days, I asked to be referred for an ultrasound test. The letter arrived from the hospital, got mislaid and I opened it after had missed the appointment. In the meantime I had received lots of Reiki, used homoeopathy and the growth had disappeared.

When I am going through some suffering or challenges, using level II Reiki, I ask Reiki to help me learn the lesson that is meant for me from

that experience so that I can release that pattern and move forward from there. The universe working in its mysterious ways had made me aware of the work of Andreas Moritz around that time. He is a medical intuitive and a practitioner of Ayurveda, iridology, shiatsu and vibrational medicine. I read an article on cancer by him. The title of the article was quite intriguing 'Cancer is not a disease, it's a survival mechanism'. You can find the article on <http://www.cygnus-books.co.uk/moritz-andreas-cancer-is-not-a-disease-a644.html>. Reading the article helped me to release some of my fear of what was happening to me. I felt that I needed to listen to what my body is telling me through this experience. I realised that it was hormonal imbalance that was causing some of my symptoms. According to Moritz a tumour is our body's response to the toxicity in our body. He says that following some simple guidelines like going to bed before 10 pm allows our body to carry out some important biological functions and allows the production of melatonin and serotonin hormones at the right levels so that the other hormones can also be in balance.

I particularly liked what he said about accepting what is happening and trying to see the positive in any negative situation in life, such as the occurrence of a tumour. He says that this inner transformation of perspective helps dispel the fear of the unknown. He talks about expressing gratitude to the cells of our body. Most of what he said resonated with me and worked well with what I have learnt over the years on my Reiki journey. His work has helped me release my fear surrounding this issue and inspired me to take better care of myself.

I do not know what the future holds for me, but at the last check up I was given the "all clear". I am not trying to trivialise the diagnosis of cancer. I am simply sharing my experience in the hope that it may be helpful and beneficial to others.

One of the lessons I have learnt from this experience is that having Reiki in our lives does not mean that we will not fall ill or suffer. It has helped me appreciate that Reiki can help me cope better with any challenge that may come up in life.

