

SEPTEMBER 2011 NEWS: JOURNEY THROUGH THE WORLD OF ENERGY HEALING

Many years ago, as a nurse, I realised that the void that existed between allopathic healing and what most of us naively know as traditional healing (Sangoma), was so immense that in some way it had to be bridged. Of course this was already being done by many a healer and/or spiritual worker.

It was whilst on this quest that I happened to fall into the magical world of Reiki. This I now refer to as my "once upon a time" story ...

I came from an average family where my Mom had probably laid the seeds of looking into alternative healing with Chiropractors and Yoga. This, I must mention, was a good 40 years ago, so you can just imagine how 'way out' this was to most people. Shortly after that, my sister started using a homeopath as her preferred choice of medical practitioner. At this stage, I believed that the allopathic world of healing was safe, measurable and accessible; therefore I leant in that direction. Today I realise how fortunate I was for the exposure I received and that now we are able to access both allopathic and holistic care with such ease.

In 1995 my Kinesiology teacher strongly recommended that I attend a Reiki course. As a nurse with an Intensive Care background, I really struggled to accept that our tissue held natural intelligence and memory. I, like a good student, followed my teacher's advice; found a Reiki teacher and attended the 'course' which was an intense 5 hours. (Today the course that I offer is a 2 day course, for each level, and MetaVarsity will soon be offering an in-depth course into this wonderful modality.) Thereafter, I followed the Reiki teacher's advice and attended the second level course. At this stage, all the information learnt seemed a bit strange but the one thing that I was very aware of was that my hands tingled each time I did Kinesiology or even thought about helping another being, be that a human or an animal.

Now, many years later, as a Reiki Master, I realise how privileged I am to be able to act as a channel for this wonderful healing modality and also to be able to pass this art onto other people.

Most of us know what Reiki is about and many people have at least Level 1 Reiki behind their belt or should I say "hands". For myself, I often wonder why we do not all have this wonderfully, simple healing modality as part of our everyday life. Our Universe would surely benefit from such an elevation in consciousness.

So, for those people who know the name but not much else, Reiki is a hands-on healing modality that enables the "healer" to assist the healing process in another person, animal or plant.

The word "healer" is rather puzzling as the person that actually practices healing is not the true healer but the person, plant or animal that gets well is in fact the true healer.

The practitioner literally acts as a conduit of energy from Universe, God and Creator into another being. Therefore, the practitioner cannot claim to be responsible for another's healing or non-healing. Of course this also ensures that no practitioner ever becomes over confident in his/her ability to effect change in another.

Sessions last between one and two hours, are carried out on fully clothed individuals and most importantly, can do no harm. The practitioner requires no medical background or knowledge of anatomy and physiology, although, I have found that having a nursing background has been hugely beneficial to me.

There is no condition that cannot benefit from a Reiki healing session. Interestingly, people sometimes remark that they originally came to see a practitioner with one issue and have found that not only has that issue been resolved but they are also coping far better with stress, anger, marriage, relationships etc. This is the magic of Reiki. It works on the physical, emotional, mental and spiritual aspects of the being.

Reiki teaching is normally taught in 3 or 4 levels. Level 1 mostly enables one to do self healing and/or healing of one's family, friends, animals and even plants. Reiki Level 2 equips one to work with amplifying symbols and even opens portals to remote healing. Reiki 3 involves a deep understanding of energy and equips the healer to work on a deep spiritual level. For those that want to teach, they can go on to studying Reiki Masters. Reiki training requires a process called an attunement. This is where the Reiki teacher passes the ability from herself/himself to the student. It is a simple but most profound ceremony which literally opens the channels of healing energy.

So, at this stage, some people may say "this all sounds rather woo-woo". Well I suppose it does. What is, however, not "woo-woo" is the feedback of those beings that have benefitted and continue to benefit from this magical therapy.

I work as an energy healer and animal communicator. I teach Reiki, Quantum Touch, Intuition courses and Animal Communication for both adults and children.

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From 2012, MetaVarsity will be offering tuition in Reiki. Please watch this space for further details.

Love, light and laughter
Debbie

(Please email info@zeropointhealing.co.za with suggestions about topics you'd like me to cover in future newsletters.)