



# Reiki and the Helping Professions

## *Caring for yourself first*

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As the popularity of Reiki continues to grow and public demand increases, more and more health care professionals are becoming Reiki practitioners. This is a natural fit as it is obvious that patients in hospitals and clinics can really benefit from Reiki sessions. In addition, a high level of stress can be part of working in health care and therefore, Reiki can provide important benefits for the health care workers themselves. This fact is sometimes overlooked by those providing Reiki treatments in medical settings.

Reiki in ourselves and increasing the capacity to hold and channel Reiki.

Carolyn Myss, a well-known medical intuitive and healer, often talks about how we cannot drink from a well if the well is empty. This speaks to the importance of filling one's own vessel first before inviting another to drink from it.

Those in the helping professions, such as massage therapists, nurses, doctors, physical therapists, veterinarians, and chiropractors, to name but a few, often dishonor themselves in order to honor someone else. Why? Many health care

and belief in service is often intensified, making them even more susceptible to burnout and stress. The new Reiki practitioner, as well as the new helping professional, often wants to save the world. What we need to remember is that the world includes ourselves. The old saying "Physician, heal thyself" is a good reminder.

Health care professionals can begin the healing/rejuvenating process simply by asking for help or guidance. We live in a loving universe that wants us to be happy, healthy, joyful and abundant. We can ask the universe (or God, Creator, Buddha,

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It is important for those practicing Reiki in a hospital, hospice, nursing home, spa, wellness center, business, animal shelter, or any other place, to acknowledge that being in a state of health and well-being allows one to provide greater benefit to those one is caring for.

Mrs. Hawayo Takata, who was responsible for bringing Reiki from Japan to the West, often said, "Reiki you first." She understood the importance of being balanced and caring for oneself, before offering the gift of Reiki to another. She also understood the importance of developing

providers believe that the needs of their clients come first. Or that other people's needs and feelings are more important than theirs. They forget that they themselves have physical needs like rest, relaxation, food and water; as well as time alone to restore and rejuvenate. They often respond to other's feelings and needs much quicker than they do their own. They believe that they are here to serve. And how better to serve than to give of themselves, their energy and their time?

When the health care/helping professional is also a Reiki practitioner, that love

Krishna, Angels, or whatever one believes their higher power to be) for assistance and guidance. There is much spiritual guidance and assistance available and all we have to do is ask.

Asking for help can be as simple as a prayer or a statement such as 'I need help' or 'Help me.' Then release it to the universe or the higher power and be open to what comes in. Some people say, 'Let go and let Reiki.'

Many times an answer may come in a different form than we expect. It can be through meeting a new person; finding

the right book; or finding an answer or guidance about an issue from an unlikely source. The greatest gift we can give ourselves is to be open to whatever or whoever shows up to help reduce our stress level and help us heal.

As Reiki practitioners, we can start our day simply by saying the prayer William Lee Rand uses: *Guide me and heal me so that I can be of greater service to others.* The point of power is that we are starting with caring for ourselves. To be able to constantly give to our clients and patients we need to make sure that we are replenished ourselves; our well is full; and our supplies (energy) are replaced.

### Healing Yourself

There are many ways that health care professionals can begin to heal and balance themselves. The most important and powerful tool is Reiki. Here are some simple ways to use Reiki to take care of yourself:

1. Start your day with Reiki. Set your alarm so you have some extra time before you get up so you can give yourself some Reiki. Even if its just for a few minutes.

2. As you begin your workday, take a few minutes to fill yourself up with Reiki. Imagine that it fills you up from the inside out. As you fill up, it extends out into your aura (energy field). This way you can be a healing presence all day. Anyone who comes into your “space” will feel it. This is especially helpful if you cannot do hands-on Reiki during your workday.

Remember, when you cannot *do* Reiki, *be* Reiki. *Be* peace, calm, love, unconditional acceptance, respect, wisdom and compassion. Others will feel it when they are around you. Your presence alone can then be healing.

3. If you work with a Reiki Grid, make *your* healing the focus of the grid. Send yourself Reiki every day when you charge the grid. Many think that it is selfish to do this, but in reality, if you are not balanced and healthy, how can you be an effective healer?

4. Send Reiki to your workday. Invoke the distant healing symbol. Ask Reiki to come in and go out to your day. Ask it to flow when and where it is needed; to harmonize any situation or relationship; and to bring the best outcome to any situation that may arise. Ask that it goes to all people who you may come into contact with that day. Ask that it flow to you throughout the day. The wisdom of Reiki will know when and where it is needed.

5. Receive Reiki sessions from others as often as you can. Offer to exchange treatments with other Reiki practitioners. Pay another Reiki practitioner to give you Reiki and not only will you receive a session, but you will be honoring his or her abundance. Attend Reiki circles and share with others, always making sure that you receive as well. If you teach a class, make sure your students give you a Reiki session as part of their training.

6. Honor your spirit. Honor your feelings. Do not get caught up in caring for others and neglect yourself. It is okay to say ‘No.’ If it is an issue of money, or time, know that if you honor yourself when you are exhausted or not feeling well, another client will come at some other time or your abundance will be met in another way. Do not worry about the money. Come from that place where it is still joyful. Otherwise you can become resentful of giving, which in turn can lead to burnout.

7. Take time for yourself. You are worth it! Make a space in your life to do what you enjoy, to eat healthfully, and to have fun. If you do not make space in your life to take care of yourself, no one else will do it for you!

Once you have begun these simple steps, the strength of your own Reiki will increase along with your physical stamina, and you will be more of a healing presence in the work place.

### Understanding Energy Healing

Remember, it is important for the new Reiki practitioner to practice, prac-

tice, and practice again. The energy is the teacher and the more you practice the stronger your channel will be and the more you will understand energy healing. Even giving a short ten or fifteen minute session to another, or yourself can be an important part of building your practice time.

Allowing adequate practice time between levels of Reiki training. This will help develop the necessary skill and understanding of Reiki and allow your energy field to become more fully conditioned and ready for the next attunement. Ask your Reiki Master what they recommend for you. (Note: Those who are already experienced with energy or other healing techniques or gain a lot of experience giving Reiki sessions to others, might not need as much time between levels as the novice practitioner.)

Reiki is a subject that continually calls us deeper into its secret. As we evolve and grow, we become more open to the many layers of Reiki and Reiki reveals more of itself to us. It is so much more than a simple hands-on technique: Reiki is an energy source in itself and a personal empowerment tool as well as a spiritual path for many (See my article, “What I believe about Reiki” in the articles section of [www.reiki.org](http://www.reiki.org))

### Incorporating Reiki Into Your Work Day

I often hear my new Reiki practitioners saying that they want to quit their jobs and do Reiki full time. That is a great idea but, instead, I suggest to them that they consider bringing Reiki to their everyday work environment so they can ‘bloom where they are planted.’ Health care and other caring professionals can share Reiki with their co-workers, enhancing and healing their lives by bringing Reiki to every aspect of the everyday working world. Whenever we offer someone Reiki, even for just a few minutes, we offer ourselves, our healing abilities, and the many gifts that we have just by being there, fully engaged in the moment.

For the helping professions, Reiki enhances ordinary touch by fueling it with



universal life force energy. And most importantly for health care professionals, Reiki touch decreases pain and fear. The health care professional can simply touch a person while they are speaking with them: touching their hand, putting their arm around their shoulder, massaging a tense muscle; inserting an acupuncture needle; taking a blood pressure reading; performing a procedure or just allowing the Reiki to flow all the while. No fancy techniques; no special how-tos; just asking the Reiki to come in through their heart, their hands and their being. Just a few minutes of Reiki is often all it takes. Reiki flows by intent and the intention to help begins the process.

Reiki can maximize patient or client contact time because it makes the most of a few minutes of touch. It can help relieve stress, agitation and acute or chronic pain. It can relax someone into sleep or energize them when their energy is low. It can provide overall deep relaxation. Just a few minutes is all it takes.

People in pain, whether it is physical, mental or emotional, are asking for help just by their presence in our office, health care setting, or hospital. By consenting to be seen, they are in their own way, giving us permission to help, to touch with Reiki.

We can be creative in the way we use Reiki. In her book, *Reiki and Medicine*, Nancy Eos, MD, an Emergency Room doctor in Michigan, describes how Reiki helped her with her triage skills. She knew what patients needed to be seen first; who needed to go to a specialized facility; or what needed to be done for the patient. She would hold their chart in her hands, bring in Reiki, and ask for guidance. She felt that the chart where she felt the most energy, or heat, belonged to the person most in crisis or needing immediate attention - very different and creative way to use Reiki!

Wherever you work, or whatever area you come in contact with, Reiki can assist you. By simply asking Reiki to be with you anytime you have contact with a client, it automatically flows and goes to where and what it is needed for. Do what you usually do for your client. And trust that the con-

tact will be different because it will be fueled with life force energy.

Begin your workday with Reiki. Fill your office, treatment room, meeting room, or wherever you work, with Reiki. Place a power symbol in the center of the room, the ceiling, the floor, and all walls. Then add other symbols to the center of the room and ask them to flow all day. People will feel the energy as they come into your space.

After you see a client, use the dry bathing technique (Kenyoku) to clear the energy and emotions after each patient/client. It will also help you to clear any of your "stuff" that may have come up during that time.

Self-Reiki is important for any person in the helping/healing professions. It can assist you in your own healing and help you to be a stronger channel for the energy to flow. Just a few minutes here and there will help you to heal your own issues and to stay strong and centered.

### *Letting Go and Letting Reiki*

Reiki always works in the way that it is healthy for you or the client. Health care professionals are used to determining or aiming for 'outcomes.' Once you have Reiki, you learn to let go of the outcome and be open to whatever comes. Because we are multilayered beings, (physical, mental, emotional and spiritual) we cannot predict what Reiki will do. We limit our beliefs about what Reiki does when we try to predict the outcome. It always brings the best outcome or healing for the highest good. With our limited understanding of our clients and their lives, how can we attempt to know what is right or what healing means for them? Trust in Reiki.

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