

# Some Very Special Reiki Practitioners

BY DODI SARETTE

**M**y article in the winter 2007 issue of *Reiki News Magazine*, "Teaching Reiki to Children with Special Needs," described how I translated the ICRT curriculum into a class designed to benefit three very special Reiki students: Isaac, Benjamin and Lauren. I addressed the importance of teaching Reiki to their parents and of creating Reiki Shares to provide ongoing support for their learning. I shared their individual classroom experiences in hopes of illustrating how each, in their own unique way, was able to fully tap into the energy and feel it flowing through them. I wrote that article in hopes of raising awareness as to the important part these special souls are playing in healing our world. Now, a year later, I want to share their progress and how each of them is using Reiki to lift the vibration of the planet, one heart at a time.

Last summer I was invited to participate in a Developmental Disabilities Recreational Resource Fair. The vendors were all individuals or organizations that offered some kind of therapeutic recreational service to people with developmental disabilities and their families. I was asked to attend and offer information and introductory Reiki sessions. I knew this was a great opportunity for Isaac, Lauren and Ben to share Reiki with others, and for those who attended to gain a new perspective on these capable young adults.

We set up a Reiki table in a private, peaceful area of the function hall and an appointment table in the main area of the fair. Before long our schedule was completely full, and we spent the next eight hours giving Reiki as a team. I knew that their stamina would be challenged during an event requiring a full day of Reiki treatments, so with each client, I had one student take a break and the remaining two and I gave Reiki.

Isaac, Benjamin and Lauren all did an excellent job of making each client feel welcomed and at ease, and they channeled Reiki with a reverence I was humbled to witness. I'm not sure if it was more exciting for me to see Lauren, Ben, and Isaac's reaction to such an act of service, or the reactions of those who came to experience Reiki as they felt the energy channeled through these beautiful souls. In either case, it was a remarkable experience, and I felt honored to have had the opportunity to attune these very special students to the Divine energy we call Reiki. I knew that

any future opportunities to introduce Reiki into the Special Needs community would include them in some way.

I'd like to tell you something more about each of these young adults, to help you get a sense of how far they have come and how Reiki is working in their lives.

## Lauren

Lauren is a 20-year-old young woman who was born with a condition known as Spina Bifida, which required her to undergo numerous surgeries during her first years of life. She was born with deafness, without an abdominal wall and with issues in her hips, legs and spine that led doctors to believe she might never be able to walk. Today, despite her physical challenges, she is able to run track and drive by you on a basketball court like you are standing still. She reads lips and wears hearing aids and is adept at both American Sign Language and the spoken word. Certainly this young woman already knew a lot about letting her own light shine, so finding the path of Reiki was simply another step in her discovery of her own power and light.

When Lauren first saw me using Reiki at basketball practice on her teammates (I coach a Special Olympics Basketball Team), she was eager to know what I was doing. After receiving it herself a couple of times for assorted injuries on the court, she asked if I could teach her to do it for herself. Since that time, Lauren has learned and worked with Reiki Level I and received Reiki level II in July of this year.

I spoke with Lauren's mother, Sherry, about Lauren's progress to date. "She is becoming who she is going to be, and I see how her use of Reiki is helping her find out who that is. She does Reiki every day, and she is very dedicated." Since Lauren began practicing Reiki, Sherry says that Lauren is more relaxed, confident, is able to handle tough situations with more balance, and



exhibits more empathy for others. Physically, Lauren's chronic bladder infections (a complication of having to completely rebuild her urinary tract using her intestine) were non-existent (for the first time in 20 years) at her last check-up. Sherry believes the daily use of Reiki has helped Lauren's body to fight these infections.

As for her own experience, Sherry has Reiki Level I herself and works as a respite caregiver for families with children who have disabilities. She says Reiki helps her to "hold it all together and make it through the afternoon."

## Benjamin

Benjamin is a 21-year-old young man with Down syndrome. He has faced many physical challenges since his birth, from open-heart surgery to, most recently, a series of surgeries to correct his jaw and facial structure. He has also faced many of the developmental challenges associated with Down syndrome. When you talk with Benjamin, the first thing you notice is the light in his eyes and the depth with which he speaks about life. You get the feeling immediately that Ben knows something the rest of us don't. His mother, Colleen, says of Ben, "He clearly has a connection to his higher beings, and now that he understands the energy as he relates it to Reiki, he is able to transfer that understanding to others. He has always been very spiritual, and it seems like there has always been a gap between where he is and where the rest of us are. The Reiki seems to ground him enough to relate to the rest of us and also helps him to verbalize his spiritual thoughts more clearly." Colleen feels that since Ben has been practicing Reiki, he is more peaceful, more relaxed, and more able to cope with the dissonance he feels between his spiritual and emotional strengths and his developmental disabilities. "I see him using Reiki when he is anxious. Right away, he goes into his room and gives himself Reiki, and it really brings him back to himself."

Benjamin learned Reiki I in September of 2007, just before he was scheduled to undergo surgery to prepare him for eventual reconstructive surgery on his jaw. Following surgery, he experienced complications and developed pneumonia, which led to a hospital stay of nearly a month. During this time Colleen, who had learned Reiki Level I, gave Ben Reiki daily. When Isaac and I visited Ben, we gave him Reiki as well, and I put out a request to all of the Reiki healers I know to send Ben distant Reiki for his highest healing good. At one point, when Ben was in intensive care on a respirator, Colleen had a vision of the Virgin Mother and her brother Mike, who had passed on, standing with her as she gave Ben Reiki. The next morning, Ben's condition improved enough for him to come off the respirator, and his health contin-



ued to steadily improve. As Ben relates the experience, he felt the Reiki energy coming to him in a constant stream and felt surrounded by angels and loving beings. Almost a year later, Ben had another health issue which required hospitalization, and this time Ben took control of his own healing and gave himself Reiki several times a day.

Colleen uses her Reiki I to ground and re-energize herself as she moves through her life with Ben and faces Ben's challenges along with him.

## Isaac

Isaac is my son, a 29-year-old young man with Down syndrome. Although Isaac had to have a major surgery at just five weeks old, he has had relatively few health issues since then. Most of his challenges have been developmental in nature. On a daily basis, he deals with his struggle to become independent and accepted in his community. Since Isaac has been tapping into the Reiki energy, (Isaac does self-Reiki daily) I have watched him develop a greater degree of self-confidence and poise. He has always been the "peacemaker" among friends and family, and though he is still this, he has become much more comfortable with expressing his own ideas and desires. He has become more grounded and confident. He loves to offer Reiki to others and freely talks about Reiki with people who are interested. His boss, Scott, says of Isaac, "He is the one person here at work that everyone kind of gravitates to. He makes everyone feel good." I believe that Isaac carries the loving energy of Reiki with him wherever he goes, and people feel it and want to get near it.



## In Their Own Words

I end this piece with an interview with Lauren, Ben and Isaac.

**Dodi:** How has Reiki helped you in your life? How are you using Reiki today?

**Lauren:** I am more relaxed now. I can put myself in a better space, and it helps me focus. It helps me be less stiff and sore after I run or do some other activity. I give myself Reiki every single day. I call Reiki my "new-found super powers." I'm an assistant coach for my high school football team, and I use it on my football team. On away games I draw symbols and bless the bus and everyone on it. You can feel the tension just fly right out the window. I also give Reiki to my teammates.

**Ben:** Sometimes I get angry with my computer, and I say to myself, "Ben, do some Reiki," and it helps me a lot. Sometimes

when I feel really sick in the hospital, after I do Reiki, I feel better inside myself. I dream better dreams. I gave Reiki to my friend Megan when she was angry, and it calmed her down and made her feel happy. She thinks it's cool. Awesome.

**Isaac:** I do Reiki before I go to sleep and it relaxes me. I use it during the day at work. When people get upset at work I give them Reiki and it calms them down. I draw the symbols in the room to make work feel better for everyone. I give lots of people Reiki, but I only explain it to the ones who will understand. I also give my dog Abby Reiki. Abby is 20 years old. I am proud of myself, and I feel great knowing I can give other people healing.

**Dodi:** What does Reiki mean to you? How does it feel inside?

**Lauren:** Now that I have Reiki II, it feels stronger. It radiates more fully through my hands and body, and I feel like I can help others more. It is more than just physical and mental healing, though. It can connect you to others. I can see what is going on with them. I can see what is going on intuitively and see when people are hurting, and I can reach out to them with Reiki.

**Ben:** Reiki feels like God's power. Sometimes I talk to God...I look at God and we talk...it makes me so happy inside. You could do almost anything with the power that is in Reiki. You could move the sea creatures or heal someone. Reiki is love. Love is the soul's recognition.

**Isaac:** It feels good in my soul...in my heart. I feel God everywhere now, even though I always felt God. My house feels calm and relaxed. I love giving people Reiki and I want to learn more symbols.

**Dodi:** How can Reiki help the world?

**Lauren:** It can help us all be more connected. We can join together and make the world a better place. We can send Reiki to everyone that needs it, and we can relieve pain.

**Ben:** Reiki can heal the earth. It can help things grow. If everyone was doing Reiki on themselves it could change the past, because it could erase it and heal it. It could change right now, because it could change the way we look at each other. In the future, a light would move outward getting bigger and recreate our world.


**Isaac:** It could connect everyone to God. That's how I feel. I share the power of God with Reiki. We could all share that together. We could all just love each other.

**Dodi:** If you could just use one word to describe your experience with Reiki, what would it be?

**Lauren:** Journey

**Ben:** Love

**Isaac:** Beauty

Out of the mouths of angels. This is how I view this exchange with Ben, Lauren and Isaac. In teaching Reiki to these young adults and to children with special needs, I have witnessed Divine Love in action. The pure way in which these souls convey Love and healing has helped me to move further away from my logical mind and closer to my heart in all of my healing work. With each class, whether it is one-on-one or a group setting, I stay completely open to moving with the energy, knowing these souls will lead me where we need to go to open them up to the Divine energy we call Reiki. I encourage those who feel called to this very special area of teaching to go forward with an open heart, to be ready for joy to come rushing through, and be ready to become the student; for in connecting these beautiful souls back to their Divine origin through Reiki energy, we ourselves are taught exponentially more about Love. 

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