



# Reiki Helps Fibromyalgia

BY MARIE-EVE SENECHAL

**W**HEN I FIRST MET JULIA over 10 years ago, she had already been living in Saskatchewan for 10 years and was the single mother of three children who had still been young when she had separated from her husband. Because of that, she has had to work hard to make ends meet and to give the best to her kids, only asking her friends to help on rare occasions. She was proud of being capable of taking care of everything on her own and not asking for help. Julia never thought of help as a gift freely offered but as something borrowed that she had to pay back within a short time frame. On top of her already overwhelming number of duties as a single mother, she also had to cope with her daughter's health issues.

During the first years of her daughter's childhood, my friend spent many hours in hospitals here in the province or elsewhere in the country, not knowing what was causing her daughter's

a tremendous fear of not being able to provide for herself or her kids. In 2010, her mother lost her battle with cancer. Devastated, Julia mourned her for years and fell into a severe depression two years after her mother's passing. On top of that she was also suffering from multiple ailments: infections, allergies, stomach and intestinal issues, migraines and excruciating pain in her shoulders and legs. These health issues were just symptoms of a general breakdown of her body systems already suspected by her family doctor years before. Despite the best efforts of the doctors to find the source of her illnesses, they seemed to be powerless to help her. All they did was prescribe a variety of medications in the hope of relieving her numerous symptoms. As competent as the doctors were in their own fields of expertise, they were not communicating with one another. Each was only given pieces of a puzzle that couldn't be completed alone. The most confusing part

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health issues. This added an extra layer of stress onto her shoulders. The word relaxation did not seem to be included in the book of her life. Nevertheless, I never heard her complain about anything. As talkative as she has been since I first met her, she never confided to me the details of her emotional realm. She took pride in organizing her life alone, without help, but she was ready to support those around her if they needed it. More often than not, she thoughtfully placed other's needs before her own and was capable of seeing many solutions to her friends' problems without them even having to ask her to do so. She was and is a very opened-hearted woman. To this day, she is much appreciated by everyone.

For years, she seemed to be managing her life pretty well and making it work. Unfortunately, life started to bring her more difficulties. Despite all her efforts to keep her life together, she just seemed to lose control. In 2007, she lost her job, leaving her without any financial resources for a year. She then suffered from

of her story is that all the medical tests were coming back normal, and the medical intervention wasn't bringing any help to Julia, but instead just draining her energy.

Being a Reiki practitioner for over 20 years, I felt a strong need to help Julia, but I wasn't certain if she would let the Reiki energy help. I meditated for days on my friend's life situation and how Reiki would benefit her. One day, it appeared clearly to me: *Heal the emotions and the body will start its healing journey.* It reminded me of a sentence I read about Usui Sensei's story in the *Reiki: The Healing Touch* manual: "The Reiki cure is [a healing energy] not only to heal diseases but also to correct the mind by virtue of a God-sent spiritual ability, keep the body healthy and enjoy a welfare of life."<sup>1</sup> When I spoke with Julia about accepting Reiki sessions, she didn't agree right away. It is true that she didn't know very much about it, so first I had to explain to her what it is. Being more of a giving person than a receiving one, I knew at that time that she wouldn't accept it easily even if it would be

just to experience a few sessions. Therefore, I proposed to her that she be one of the case studies I needed in order to obtain a membership with the Canadian Reiki Association. She agreed to my proposal, and we started the first set of six sessions in January 2014. At that time, I was aiming to ease her symptoms of the depression for which she was being treated. We both noticed improvements right away: she felt more relaxed, experienced a reduction in heartburn, better sleep and an increase in her energy levels. Unfortunately, she stopped coming after these sessions.

Over the year, her health worsened. She had seen her family doctor regularly, almost weekly, and had been sent to many specialists to treat the ailments. Her medication doubled. She felt discouraged by the doctors' impatience and her inability to improve. In fact, the only doctor who was still encouraging her was her family doctor. Seeing her patient feeling worse with every appointment, she started suspecting another cause of her issues than just the depression. Through her research, the doctor had been guided to a website about fibromyalgia.<sup>2</sup> When Julia went for her next appointment, her doctor asked her to read the information on the website and to compare her symptoms to fibromyalgia. According to my friend, the symptoms matched perfectly.

Nevertheless, her nightmare wasn't over. It took months for the doctor to run additional medical tests and get a confirmation of the new diagnosis. Meanwhile, the money from her insurance was cut off after she was declared cured from depression in the fall of 2014. She even attempted to go back to work on the advice of her psychiatrist. Every day she went to work, she returned home, exhausted, after only a few hours. She tried working for months, without much success. By the end of the winter in 2015, she was in a dire situation. Not only was she not getting any money from her insurance but she was also not making enough income because of her irregular hours at work. Julia went through financial difficulties again. The sudden increase of stress exacerbated her symptoms.

In spring 2015, I encountered Julia returning home after again failing to complete another day of work. She seemed overwhelmed and exhausted. She looked almost as if she was dying. She admitted to me that her pain was so unbearable and widespread that she couldn't point out to me where it started. I again offered her Reiki and told her to trust the wisdom of Reiki. She said okay. This time, she suffered from excruciating pain through the entire session before she got some relief from it the following day. Then something different happened. During the second session, she started seeing images of dark balls being cast away by a golden-white light switching to a green one. I didn't know what it meant, but I was certain it was a good sign of the healing process. I shared my insight with Julia, and she agreed to meet again for more sessions. I noted in her file the details of her life that she had shared with me and her symptoms, and I even noted

the name of all her medications and dosages. This time we agreed to work a series of sessions over a three-week period before doing a reassessment of her general condition.

In the very first week of the second set of Reiki sessions, she experienced the same reduction of pain as in the first set as well as improvement to her sleeping patterns and gastric issues. Some breathing and moving glowing green balls appeared during these sessions but this time, they appeared to cast away black balls from her body. At the end of each session, Julia began to tell me stories about unresolved emotional experiences from her childhood, some of which included members of her family. I noticed greater pain relief following every story, reducing her pain from 8/10 to 2/10. I started writing these observations down in her file along with other information. This time a real miracle happened: after 10 days of daily sessions the pain vanished for 12 consecutive hours. This was something that Julia hadn't experienced for years! Despite the miraculous improvement, she gave up on her sessions again, and I didn't see her for another five months.

The third time we met for another set of Reiki sessions, she took the first step, contacting me and showing a real interest in Reiki. I was more than happy to see her stepping forward, taking control of her own health and healing. This time, I witnessed a shift in the way she approached the sessions and addressed her issues. For the very first time I had a strong feeling that Julia really wanted to be healed. It was a real commitment from her. She didn't miss any appointments nor cancel any sessions. She came three times a week for two weeks and then came twice a week for the two following weeks. This time, I was guided to do distance Reiki every day in addition to the hour Reiki sessions, and set intentions of relief and healing through my crystal grid. This time, every Reiki session seemed to be more painful than the last, especially in the shoulder and hip areas. Her legs were heavier after each session as well. All the others symptoms were back, even worse than before. In fact, the sessions didn't seem to work at all. Then, the green balls changed to glowing golden balls flowing through her body casting away dark balls and I soon realized that Julia was going through a real healing crisis. During the fourth Reiki session, she felt all the colors of the rainbow flowing in and around her body. I believe that she had experienced a chakra cleansing and balancing. In that same session, she had also been gifted with the insight that she had to resolve something in her life before the pain could go away. Only she knew what it meant exactly, but as of that day she started asking Reiki to teach her how to let go of things that she didn't have control over. I had never heard Julia speak that way before. She had truly consented to opening the door of her "Self" and welcoming the winds of change and healing. She had the firm intention this time to keep the door wide open. Reiki was helping my friend discover why she was sick and then give her the tools to recover. It

was as if Reiki was completing the puzzle that nobody seemed capable of completing.

In looking over all the sessions, while Julia hadn't again experienced a complete relief from the pain as she had in that second set of sessions, she had experienced some very good days with significant pain reduction during the third set of Reiki sessions. So, as it turned out, it was clear that an hour Reiki session was far more effective for controlling her pain than any medication she had been taking. The days that she received treatments, she felt grateful and blessed to be doing a little more than usual.

This experience with my friend taught me something really important: I now understood that true healing starts when we accept the winds of change by switching to another behavior or by accepting what is. Reiki gives strength and always helps us at our own pace, operating with a great wisdom and respect of where we are and what we are ready to resolve.

During the time that I was treating Julia, I completed the Master Level, and I started teaching Reiki in the fall of 2015. Coming to my Reiki classes was a logical step forward for Julia. She is even planning to complete the second degree. This journey is far from being over for my friend. But I think she understands what she needs to do to bring healing into her life. I see

this experience with Julia as a very good example of how amazing Reiki can be in helping to resolve issues beyond the understanding of scientific knowledge. Reiki knows how to take care of every aspect of life. I believe Reiki is an excellent complement to regular health care. 🌿



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### Endnotes

- <sup>1</sup> William Lee Rand, *Reiki: The Healing Touch: First & Second Degree Manual* (Southfield, MI : Vision Publications, 1991, 2011), 17.
- <sup>2</sup> Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals. Retrieved from <http://www.mayoclinic.org/diseases-conditions/fibromyalgia/basics/definition/con-20019243>.