

Reiki and Children...continued

- 1- Koyama Sensei from the Usui Reiki Ryoho Gakkai suggest to treat the heads of your children as often as possible. In this way they become good human beings... The philosophy behind this is that the Japanese believe the soul to reside in the center of the brain. This soul is activated by Reiju and Chiryō (treatment). Once activated the soul connects to the cosmic soul and thus finds happiness.
- 2- Gyoshi Ho and Koki Ho. These two techniques are for treating household injuries. First you stare for two or three minutes at the injured body part. Then you blow long slow breaths at it through tightly closed lips. If the skin is not broken, the third part is called "Bushu" which means (tenderly) stroking the body part to increase blood circulation until the pain is gone.
- 3- Hesso Chiryō. This technique is used for lowering a fever, for cancer treatment and fungal infections. You place your middle finger in the child's navel and imagine that Reiki is coming out of your finger, streaming into the belly button. After 3-5 minutes the fever will go down. After an hour or so it might rise again, and then it is time to repeat the treatment. In any case, fever is good and it is not the point to stop it completely. We just want to keep it at a safe level with the Hesso Chiryō.

Learning Reiki

The next obvious step after giving Reiki to your children is to find out whether your child wants to learn so he can treat himself. Since he has been growing up with it this is more than likely. Yet there is no point in pushing him at all. The minimum age for a child to learn Reiki is when he or she is able to sit through a Reiju. There is no need to go through a formal training. The only prerequisite is that one of the children's parents practice Reiki. In this way they can teach their child how to use their natural resources. This also greatly increases the bond between parents and children.

I used to ask my daughter from age three every time we give each other Reiju if she wanted to join in. Either she did not answer me at all, or else she just said "No". Then, one summer when she was four and a half, her eyes lit up and she said "Yes". I will never forget how she sat there, her little hands folded, with a big smile on her face. Already before her first Reiju she began treating herself when in pain. If the pain was little she placed her own hands on her body. When the pain was big she took my hands and pressed them on her body.

Little Alexis, who is now two and a half has a different strategy: just to show the painful body part to my wife usually does the trick. I wonder when he will begin treating himself...

Practicing Reiki

Having grown up with Reiki, Christina is firmly rooted in hands on healing and her hands feel like freshly made pancakes. When one of us is unwell she readily gives us Reiki. The first time she included someone outside of her family was when her friend stayed over- night last winter, when they were both six. Her friend complained of a stomachache and I told her that I was going to come over to the sofa to give her Reiki, which her mother also practices. But I never got that far because Christina told me: “No need daddy, I can take care of that myself”. And this is what it looks like when children grow up with their natural healing ability. (see photo Christina giving Reiki to her friend)...

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