

Reiki Helped....Continued:

I started treating her every other day for an hour. I treated her whole body and spent extra time over the ovaries. She had given me a record of her menstrual cycle, which was sporadic. I wanted to see when she started to ovulate. After the first month of treatments she was considerably changed. She had gained weight and had been sleeping through the night for two weeks. Her emotional basis was stronger; she was eating less chocolate and was more optimistic about life. She said that Honza and she had been doing things in the evenings and had been talking more. She wanted to continue the treatments at the same rate as before.

I treated Honza twice a week for an hour a day with extra time spent over the reproductive area. During our time together he spoke about his fears about his marriage. He was quite open to discuss personal things. He noticed that he was more attentive to Jana over the weeks that followed. He assumed it was because she was more relaxed and laughed more. In hindsight he also saw that he had spent less time on the computer and more time with Jana, that he had experienced a series of small shifts in his behavior.

During the second month I asked the couple if they would be willing to take Level One Reiki in order to treat each other. I thought it would be a natural way to bring them into an active role with Reiki as a basis. I would remain a consultant and see them monthly. They did this and started using Reiki every day on each other. At the end of the month we came together to see how the couple was. Each noticed a big difference in their energy levels and that they were not so intense about having a baby. The pressure seemed off and they were enjoying being with each other.

Jana's mother arranged help with the Grandmother so that Jana was free to be at home with Honza more. They had come to a beautiful relaxed state with each other and seemed to be more present. They had another checkup at the fertility clinic, and Honza's sperm count was up. Jana's inactive ovary showed signs of activity. The doctors determined she was ovulating from that ovary that month. She had noticed she had slight pain in that side and that her cycle was more normal. I asked them if they would be willing to continue another month with a change in their diet. We wanted to see if they could, by eating more neutral food, get away from such extremes in their tastes. Jana stopped eating sugar and Honza stopped eating chips and pickles. They went to more neutral foods together to see if their pH would adjust. The doctor in the clinic as a research project had also checked this. I gave them some homework to do with each other the next month involving touch and communication.

We were now well into the fourth month of treatment when they came in my office and announced that they were expecting a child. It had been confirmed that morning. We talked about a course of action to

support the pregnancy with Reiki. Honza said he wanted to give Reiki to Jana and the baby as part of a welcoming ritual to the baby. Every night he would give Jana a full body treatment, and as he did Reiki over the womb area he would talk to the baby. The doctors at the fertility clinic were also following her. Jana gave herself Reiki every morning and Honza gave her Reiki every night. She had little morning sickness or problems. She seemed to thrive on Reiki and being pregnant. I continued to see her every month. I assured them I would be with them when it was time to have the baby. The doctors had agreed to my giving her Reiki in the labor and delivery room. The doctors said they were impressed with the progression of the pregnancy and how the baby was developing.

At 2 am one morning I was awakened by a telephone call and happily went to meet the couple at the hospital. Jana was in labor and the doctor wanted her to be monitored at the hospital. Honza and I began to give her Reiki with each contraction. I worked under her belly, and Honza worked on her low back. They had taken Lamaze classes at the hospital and choose to have a natural childbirth. We were in the new special birthing wing. They had meditation music playing, and all the nurses and most of the doctors know and use Reiki. The purpose was to aid her in the delivery but also to use this as part of the research on the effects of Reiki in the delivery process. What impressed me so much was the feeling of love and support that was constant in the room. Reiki was everywhere. At 5:45am Honza was holding his new daughter and giving her Reiki while showing her to Jana. The delivery was without complication. Mother, baby and father were all fine. The doctors and the nurses noticed appreciable differences in a woman with Reiki and without Reiki: Jana was more relaxed, the delivery went smoother, and the baby was more alert.

Jana and her daughter stayed in the hospital for three days. The baby slept in a cot next to her mother's bed. Jana gave her daughter Reiki every morning and Honza gave her Reiki every night. Honza said the baby seemed to know that Reiki was. We all agreed that she had been brought up from her first moments with Reiki.

They named the baby Svetlana. That translates as "light," which is a way to have a constant celebration of birth and life every day. The story does not stop there.

In 1997 the first Children's Reiki seminar was taught in Liberec. Jana and Honza were on the team to help with all the children present. Svetlana was also there to take Reiki with her little brother, Peter. She was 6 years old and he was 5. At the end of the seminar I asked the children whom they were going to give Reiki to first. Svetlana said, "To my Daddy!" It was so wonderful to see these two miracles giving Reiki to their parents. Truly I was a witness to a family born with the aid of Reiki and united in Reiki and love.

Here are some questions I am often asked when speaking about using Reiki to conceive or during childbirth:

1) How is Reiki beneficial to women and men who are trying to conceive?

When the pressure is on to conceive a child, the tension builds so that conception becomes even harder. It has been my experience that the more relaxed a couple is and the more in the NOW they are, the easier it will be to conceive. When I was younger and trying to get pregnant we were always thinking about the future and the baby we would hold in our arms nine months later. After three years of trying to get pregnant we gave up and decided to adopt... and I got pregnant. We had stopped living in the future. Babies are conceived in the present. Reiki helps us live in each moment. Also, if there is a problem with the ovaries or a low sperm count then working with each individual helps. There are many factors to consider, for each couple is comprised of two individual people, so each couple is different. There are no hard and fast rules with Reiki treatment. The approach is to let Reiki work at whatever level it is needed.

2) How is Reiki beneficial to women who are pregnant and their partners – self-care during pregnancy and stress management (perhaps) for their partners? How does it benefit their partners, husbands or significant others?

When the partner, significant other or husband is treating the pregnant woman with Reiki, it is an incredible bonding and loving time. They are with each other and the baby. Often during the treatment they will talk to the baby who is in utero. Everyone is relaxed, open and peaceful. There is no stress, just this moment. If the woman who is pregnant is the one treating with the partner present, again it is a bonding experience.

3) Please share some anecdotes or case studies of women's experiences with Reiki – pre-pregnancy, during pregnancy and/or post-pregnancy.

When my daughter, Stacey, was pregnant, I treated her weekly with Reiki. It was our time to connect and be together. She would take my hands and place them over her tummy and say “here is our baby”.

Reiki was a great help in keeping her balanced during her pregnancy, and certainly there was a special bond between us and my grandchild. When she went into labor, I was with her in the labor room the entire time, with my hands on her lower back and across her lower abdomen. It helped her ease through the contractions and she was calm. She said it made a big difference to her, and she wondered why they didn't have Reiki as part of the process with mothers in delivery. (Now they do in some hospitals and birthing clinics.)

4) How is Reiki helpful – to the mother, father and the baby – after the baby is born?

Right after the birth and during the first few months, everyone is making tremendous adjustments, including sleep missed due to feeding the baby, etc. Reiki is a natural stress reliever. It helps everyone get through these new and exciting times with the baby. And Reiki is a natural ingredient to the daily care of not only the child but also the parents. It is a time to be together, giving and receiving Reiki. Connecting perhaps at bedtime to talk about their day and relax. Because Reiki supports the body, mind and soul, it works to keep the individuals stronger and more balanced, thus healthy. In this busy world we live in, it is a great way to de-stress, connect and spend time with each other.

5) What are some of the differences or benefits of babies who've been Reiki'd in utero?

Generally they are more quiet and happier. When I was in Cyprus, I treated a woman just hours before she went into labor. As I was treating her, the baby's foot would come up under my hand and trace my hand on her Mom's tummy. A week after the baby was born I went to visit little Maria and put my hand down by her feet. She immediately started tracing my hand (moving her foot the length and width of my hand). I knew she remembered what the Reiki energy felt like.

6) Are the babies calmer and healthier? Are there statistics for this?

While I personally have no statistics for these, I have been told by many doctors and nurses in the labor and delivery room that mothers and babies are more calm and healthy. Certainly in my clinic that seemed to be the experience. More and more families seem to be turning to Reiki as an important ingredient in their health maintenance.

7) Do the parents feel more connected with their babies? Other feedback?

Yes, I have experienced that the connection between the parents and child is deeper when Reiki has been part of their lives. Perhaps when there is less stress they are more open to each other and will take the time to be with each other.

8) If an expecting couple wishes to receive Reiki attunements, how will the baby benefit?

My immediate answer is by having happier, healthier, more conscious parents!