

## **Reiki as a Complementary Treatment: Respiratory Challenges**

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Reiki is a non-invasive method of energy work. It is a technique which addresses both chronic and acute conditions by reducing stress, while enhancing relaxation, aiding in sleep, and producing a heightened sense of well-being. The interest in Reiki continues to grow as clients seek forms of healthcare which are less invasive, have fewer side affects, and complement their allopathic treatments.

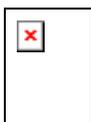
Reiki acts by calming the sympathetic portion of the Autonomic Nervous System (ANS). The ANS primarily controls the involuntary actions of our bodies, such as blood pressure, perspiration, respiration and digestion. When the nervous system is in a sympathetic state also known as “fight or flight”, blood pressure rises, breathing becomes tight and shallow, and an increase in perspiration is likely to occur. When receiving Reiki the nervous system goes into a parasympathetic state also known as “rest and digest,” allowing the body to calm which promotes relaxed breathing, a decrease in blood pressure and returns perspiring to a normal level. With this being said, Reiki is also greatly beneficial in preparation for and recovery from surgical procedures. Pre and post Reiki promotes accelerated healing, a decrease in pain and stress, as well as enhancing relaxation.

I am bringing into focus two cases which demonstrate increased functioning of the respiratory system in children after receiving Reiki treatments.

Case A: 3 year old female, who was undergoing a tonsillectomy. She received a 30 minute Reiki treatment the day before her procedure. The next day she went in for the procedure and while in recovery her oxygen levels dropped and would not rise; she was unable to sit up, unable to sip on liquids and was completely lethargic. The physician was preparing to admit her when the mother called me and asked if I would come in and provide Reiki. I went into recovery and started applying Reiki, within 10 minutes her oxygen levels were within the normal range, within 20 minutes she was sitting up, drinking liquids and her oxygen levels were stable. An hour later she was released from the hospital.

Case B: 6 year old female, diagnosed with Walking Pneumonia. On two occasions she has arrived at my office having little sleep and coughing to the point of having difficulty with talking and breathing. I started a Reiki session with her, with the focus being on the diaphragm, cranium and spinal column. During the first session the coughing stopped within 10 minutes and she was asleep within 20 minutes. During her second visit she was experiencing hyperactivity, as a side effect of the medication she was taking. I began the session and she became very relaxed and calm. Upon follow up to her sessions, her mother reported the child’s ability to breathe freely increased, she was able to sleep all night, and was calmer.

Reiki neither counters nor replaces allopathic medicine. It calms the autonomic nervous system thus allowing the body’s natural abilities to respond in a healthier way. This creates an opportunity for the body to utilize many different healing modalities, expanding treatment options.



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