

Blessed by Healing

BY ANNE SAMSON

I WAS INITIALLY DRAWN to energetic healing because I have a number of older family members dealing with a variety of health issues. I wanted to support and comfort them, as well as promote their self-healing. I soon discovered there are many layers to healing, and Reiki assists at all levels.

My study of energetic healing began when I attended training for the first level of Healing Touch. I practiced on myself regularly, connecting my chakras at the end of a daily meditation practice, and found the exercise soothing and calming. I also practiced Healing Touch on my younger son. There was an instance when he was in extreme pain with a toothache: the energy calmed him, and his pain notably lessened. Another time the healing energy first

slowed, then stopped his nosebleed. But the most remarkable time involved distance healing. One weekend when I was away on retreat, he called me from home, panicked with pain; he had hurt his arm so badly he thought it was broken. I guided him as he laid his hand on the injured area, while I simultaneously laid my own hand on my arm as proxy and sent healing. The next morning he called and happily related that his arm was nearly completely pain-free.

A friend and fellow healer who had accompanied me on the Healing Touch training added Reiki training to her healing modalities; she said it complemented her healing practice. I started looking for an opportunity to learn Reiki as well. When I discovered that a co-worker at my “day job” was a Reiki Master and gifted healer, we developed a friendship, and I became her student.

After being certified at Level I, I conducted an experiment that was enlightening to both my husband and me. He appreciated the deep relaxation he felt during and after a Reiki session, so he willingly became my practice patient. My husband has a scientific background, and I looked for a way to provide him (and



Photo courtesy of Anne Samson

Anne Samson (right) with her mother.

me, I must admit) with measurable results to our healing sessions, in order to “prove” its effectiveness. He had a substantial lump (1” wide, 1” high) on the side of his face, next to his ear. His doctor diagnosed it of no concern, but it continued to grow larger. In addition to providing him with an overall Reiki session using the standard hand placements, I focused healing energy directly on that area several times weekly. We eagerly watched for results.

Within two weeks of alternate day Reiki sessions, the bump started to shrink and drain. Within four weeks, it was barely noticeable, and has remained the same size for two years. We were thrilled with this measurable, definitive result!

Distance healing opportunities increased as I progressed through Level II and Advanced Reiki training, and I learned more symbols. A close friend injured her shoulder during a fall and was in great pain. I offered to send her distance Reiki every evening at the same time. She positioned herself to receive the healing directly before going to sleep each night and experienced a marked decrease in her pain level. And she noticed a significant improvement in her sleep each night. Her recovery from the injury was quick and complete, which was significant considering her age (70 plus) and the absence of any other medical therapy.

The most noteworthy and tender Reiki healing was a recent one. My 80-year-old mother, who has several health issues, developed a mass under her arm that grew rapidly and became increasingly uncomfortable. Her doctor ordered a scan and diagnosed it as most likely non-cancerous, but my mother asked to have it removed. Since my father had a stroke last year and is no longer able to drive, I offered to take her to the doctor for the procedure. But I also wanted to try some Reiki healing as well, hoping that it would shrink the mass and make the surgery unnecessary. My parents live about one hour away from me, so distance Reiki was our choice for daily energy healing sessions.

Like my younger son, my mother has always been very receptive to energetic healing. One example was the pain relief she experienced during a brief Reiki session after cataract surgery a few years ago. She was resting uncomfortably in the recovery area, still connected to the heart and blood pressure monitor. As I gave her Reiki, in addition to her pain lessening, her pulse slowed 20 points and her blood pressure decreased: more tangible evidence!

So I had great hopes that the daily distance Reiki I sent my mother would bear fruit. Every evening before I sent Reiki I called and asked if she was ready, so that she could relax in her bed and receive the healing energy. She also read her Bible and prayed while I sent the Reiki, because she believes it is a form of prayer: she met my Reiki prayer with a prayer of her own.

My mother has significant arthritis and severe headaches from nerve damage in her neck. The pain can be so intense that she describes it “like someone kicking from inside the head” and at times only a narcotic pain reliever provides relief. The pain sometimes interrupts her sleep, and there are times when she is unable to return to sleep after waking in the night. At the time we started the daily sessions, she was waking up with a headache almost daily.

We started the nightly Reiki sessions. I looked forward to speaking with her before each session because she was always happy and receptive when I called. We would have a brief, friendly conversation and arrange a time for the session, usually shortly after the call.

A few days after beginning the sessions, my mother reported that she was sleeping better. After two weeks, she said that she was no longer waking with a headache in the morning. At three weeks, I asked her for an overview of notable changes since we started daily Reiki.

In addition to sleeping soundly through each night, she reported a general reduction in her pain level. She noted a correlation between the onset of headaches and her physical tiredness, significant since she had a longstanding tendency to overexert herself physically and then suffer. The gain in self awareness has led her to resting more when she is tired, which has kept her from having her former severe headaches.

But the sweetest result was a return to her prayer life. My mother’s strong faith has always been inspirational: she was a Charismatic Catholic in the 1970s, prayed in tongues and was quick to offer to pray with me when I met challenges in my own life. But in recent years, she has reduced her prayer time, with a corresponding decrease in her spiritual connection, especially since my father’s stroke last year. When I asked her what changed with the nightly Reiki, she said “I believe you led me back to the Lord. I accept where I am in my life. My faith has returned.”

To which I respond “thank you” to the transformative, life-changing power of Reiki. 

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