

# Why Are Hypnotherapists and Others So Excited About Reiki?©

*by Roxanne Louise, Hypnotherapist, Reiki Master, and Creator of the original HypnoReiki*

Have you ever had a client who fell asleep during hypnosis and didn't heard a word you said? Would you like a quick technique that causes instant trance and gets the suggestions quickly implanted deep into the unconscious mind regardless of sleep or depth of trance so that it works on anyone--infants, children, elderly, people with narcolepsy or a low attention span, under anesthesia or in a coma, and even those who don't speak your language? *And* can even be used for animal communication? Wow!

Would you like a technique that works beautifully with the "unhypnotizable" or difficult client?

Would you like an additional tool that relaxes even the most difficult, stressed person?

Do you want something more to enhance healing, build stamina, and reduce or remove headaches, muscle spasms, cramps, and other pain with your clients?

Want powerful techniques to heal the inner child, past traumas, painful relationships and more, some that are even *content free*?

And would you like an additional business that is compatible with hypnosis, pain management, stress management, past life regression, bodywork, counseling, or animal healing?

Besides all of the above, Reiki can be used to do powerful, emotional release work on yourself and others, replacing negative thinking with positive mental reprogramming. Reiki techniques can release blocks, self-destructive habits, negative beliefs or judgments, and to instill positive new beliefs and habits. Reiki is sometimes preferable and more powerful than straight hypnosis. But together they create powerful synergistic effect on all levels of body, mind and spirit.

Reiki can be done on yourself or others. All life forms benefit. Even *before* adding hypnotic languaging, visualizations or interventions, Reiki significantly speeds up healing, reduces or eliminates pain and all forms of stress, detoxifies the system, increases circulation and stamina, improves digestion and sleep, calms the nerves and mental chatter, and improves overall well-being. Some problems just seem to melt away without discussion or intervention. Colds and flu became nonexistent for me several years following my first Reiki class in 1991. But combining the two modalities make an unbeatable healing tool. Self use of Reiki and hypnosis has saved my life more than once and has severely reduced the negative consequences of accidents, illness and other challenges. It has made a profound difference in my personal growth, emotional healing, and has deepened my spiritual life. Hence, I entitled my books, *Reiki--Path to Transformation*. There are three volumes: *Volume 1: Hands-on-Healing*, *Volume 2: Mental, Emotional and Distant Healing*, *Volume 3: Mind-Body Healing*.

Reiki (pronounced "ray-key"), a Japanese word meaning Universal Life Energy, is the transmission of energy to ourselves and others, either by laying on of hands (therapeutic touch), sending energy to someone in need at a distance, or working on the mental/ emotional level. It heals on all levels--physical, mental, emotional and spiritual. Rediscovered by Dr. Mikao Usui in late 1800's Japan, its roots are thought to go back 2500 years to Tibet, and possibly beyond.

Reiki I is easy to learn, and simple to do. Everyone can take the beginning training, even children, because it does not require any special talent and cannot be done wrong. I have had four-year olds who became skillful, and toddlers joining in to help. Unlike other forms of healing work, hands-on Reiki does not require mental concentration. Therefore, giving Reiki can be done when you are tired, and in fact, will make *you* feel better with more energy! Once undergoing a procedure called

attunements, the practitioner simply touches and the energy starts flowing. Hands on, Reiki on; hands off, Reiki off. It is extremely relaxing to give as well as to receive Reiki. It is gentle and yet powerful.

One can only learn from a Reiki Master, who not only teach, but who open the crown chakra and align particular chakras to the Reiki energy, a process called "attunements". This process must be done individually and in person. It is not something that you can learn from a book, CD, tape, or over the internet, although after being attuned, all of these can be helpful.

In a typical Reiki-by-itself treatment, the Reiki practitioner has someone fully clothed except for shoes lay down on their back on a massage table. (Reiki can be done anywhere--standing, in a chair, or on the floor.) He will then place his hands on the body or slightly off of the body, focusing on the major organs and glands, with specific hand positions at the head, eyes, ears, chin, throat, heart, stomach, hips, knees, ankles and feet. Then the client will roll over, and the practitioner will work on the back of the head, neck, upper, mid and low back. The hands are left in the same position for a few minutes before moving to the next. The practitioner through practice learns to judge from the temperature or energy flow when to move on to the next position. Usually the client experiences the practitioner's hands as warm. A full body treatment, which is anywhere from 45 minutes to an hour and a half goes by quickly.

If I am going to do Reiki bodywork, I will keep up a constant patter of hypnotic suggestions, healing visualizations, and perhaps interventions throughout that are appropriate for the client. But please note, that Reiki bodywork is only *one of several* ways of doing Reiki. All three volumes of my Reiki books instruct you in integrating the two modalities and with the advanced Reiki techniques. An additional separate handout designed just for hypnotherapists and coming videos will demonstrate how to put it all together.

A person can be treated with Reiki anywhere, anytime. Quiet or special equipment are not necessary. When I was a classical singer, some of us gave or received Reiki while waiting in the wings or dressing rooms at the opera house. Some of us even did it onstage if staging allowed because it only entails touching with intention for the energy to flow. Spot treatments on a weak or injured area can be given in minutes. This is what I usually do for my hypnosis clients that come in with a physical complaint. I will briefly explain Reiki and ask if they want it even while I conduct the intake, or later when it is time for formal trance.

If a client cannot come in personally, the practitioner can send healing energy at a distance. Usually this is done for ten or fifteen minutes at a time. It has been a powerful help to remove the side effects of chemotherapy, radiation, and toxic drugs. Reiki distant or mental/emotional healing is a form of energized prayer and telepathic healing. I teach the principles of each, and how to integrate them. I have combined sending mental/emotional healing at a distance with hypnotic suggestions and even interventions, such as Time Line Therapy, to shift clients out of stuck places. Within minutes, they would call me back and report a complete positive shift in attitude!

Unlike hands-on healing, the distant healing and emotional/ mental healing taught in Reiki II takes great concentration and mental development (not for children). Because Reiki induces trance, the Reiki II student needs to learn basic hypnotic principles and formulation of suggestions to insure that he does no harm to his clients. The mental reprogramming technique is so powerful that whatever is the practitioner's mind goes directly into the client's unconscious. Therefore, it is imperative that the Reiki II practitioner understands proper hypnotic languaging, respects the client's wishes, and has a great deal of integrity. Therefore, not everyone can or should learn these advanced techniques.

Besides being a truly practical tool to help yourself and your loved ones, Reiki can become a business--full or part time--or combined with any of the other healing arts. Reiki is being done by many nurses in hospitals, and has even been taken into the operating room.

There are three levels of instruction in Reiki. Level I deals with hands-on healing, Level II teaches mental/emotional healing, and distant healing methods. However, many Reiki schools do not teach the mind to mind communication. And unless you have studied with me or my students, you probably won't know just how effectively you can use even distant healing for profound emotional healing. Level III gives the Master attunements and advanced techniques. Sometimes a Master will break Level III into two portions, one being Advanced Training of whatever that particular Reiki Master knows, and the Reiki Master Apprenticeship Training Program.

Roxanne Louise was the first to teach how to combine Reiki with hypnosis, both at American national hypnosis conventions, and in an All-India Tour during which the term *HypnoReiki* was coined. She has been a presenter at most hypnosis conferences throughout the United States yearly since 1992, and was honored with awards from three of them. She won the 2005 "Harry Arons Award for Total Dedication" from the Association to Advance Ethical Hypnosis, and was their Keynote Speaker in 2006; the 2003 "Outstanding Transpersonal Contribution Award" from the National Association of Transpersonal Hypnotherapists; and the "1996 Woman of the Year Award" by the International Hypnosis Hall of Fame, and nominated twice to their prestigious "Sealah Award". She was featured in a full page article in the New York Times in 1998. Her business, Unlimited Potential, opened in New Jersey in 1989, and she now resides in Nellysford, Virginia. For more information, call (434)361-1969 or see her website: [www.RoxanneLouise.com](http://www.RoxanneLouise.com).

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