

Reiki to Survive

My Journey through Cancer

BY RACHEL HAZELWOOD

HAVING PRACTICED Reiki for over six years and being a pretty healthy person, I was shocked to be diagnosed with malignant brain cancer at the age of 33. *How could this happen to a Reiki Master?* I wondered. I realized I had fallen off somewhat—I did not do daily Reiki sessions, I was eating a lot of fast food and I was very stressed. It took some time for me to process the feelings of guilt and to accept that disease may have a purpose. Luckily, I already had a great healing tool.

Multiple Reiki sessions before the surgery relaxed me and put me into a hopeful frame of mind. My family and I sent out the call, and there

were literally thousands of people praying for me and dozens sending Reiki. I could feel it at night as a warm flush in my head, and a pleasant tingling through my body that helped me sleep.

I felt it during the brain surgery too. When I woke up afterward, there were sensations and noises that I could only describe as angels in my head, working to heal the damage caused by the cancer and by the surgery itself.

I quickly found after surgery that I could not do Reiki anymore. Maybe it was the cut connections or the excess fluid in my brain. When I tried, it felt like the Reiki program had been misplaced. Several days after my surgery, my Reiki Master Sarah and her partner Mina came to visit me for a healing session.

I sat in an armchair, as there was still a good deal of swelling in my head. Sarah started at my crown. Mina held my feet the whole time, as I did not feel grounded. I saw blue light as they quietly worked, and tears streamed down my face. Sarah asked if she should stop, but I told her to please keep going. I felt a wonderful release of pent-up fear and sadness.



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About halfway through this intense session, I felt hands at my crown chakra. I opened my eyes to check, and Sarah was working at my heart chakra, and Mina was still at my feet. I was overcome by the presence of the divine masculine, there at my crown, wanting to help. I sent out the intention, “Come on in,” and I felt hands opening my crown chakra.

With that, I got the distinct impression that I was receiving a Reiki Master attunement, and it felt like Jesus Himself. His hands were gentle but powerful, and my crown opened more fully than it ever has. This divine presence stepped inside and filled my head with light. I asked Mina to hold me in my body. I felt as if I could

lift right out, I was so filled with the power of heaven.

With a few minutes of blissful, direct contact with the divine, my energy was raised and I was attuned again to the Reiki Master level. I was filled with gratitude and new life, and spoke from my heart: thank you, thank you, thank you.

The divine presence gently left, and my crown chakra was shining wide and full. My entire body was filled with light. I asked Sarah to please close my crown some, as the sensation was a little much. I trusted my instincts, and asked Mina to help bring me back down into my body. It felt as if higher energy from the crown poured down, filling the broken places, till I was a complete being of light.

With some tears, laughter, grounding and much gratitude, I shared the experience with my friends. I was able to do Reiki again, and my surgical incision stopped hurting immediately, at less than a week post-op. Healing came on fast enough to surprise my doctors, who have always since commented, “You look great!”


One thing this experience has taught me is that we are never truly alone. Since the surgery, I have always been able to call on

the divine to give me comfort and strength. Though healing was rapid, I was not out of the woods. I was poorly medically managed, as I am very sensitive to medications, and it was very difficult to get my caregivers to understand what was happening.

The first few weeks after surgery, I frequently woke up in a panic due to the medications, unable to move or call out. I found that I could mentally call out to my Reiki friends and other loved ones in the middle of the night to ask them to send healing energy immediately. That would get me out of the panic so that I could go back to sleep. One of my dear friends told me later that she would wake up in a sweat, and immediately know it was me calling for Reiki.

I found not only Reiki practitioners, but also loved ones this way. I would draw the Distant Symbol, find them mentally, and ask them to pray for me or to hold the overwhelming feelings of fear or anger for me. I could not maintain my own emotions. I also could sense if they said no, and then I could look for someone else to help

me. Later I realized that by giving Reiki to my medications before I took them, the side effects were greatly diminished. I also realized that I responded quickly to self-Reiki, which decreased my need for heavy duty pain killers. I weaned off them very quickly.

I am still in recovery and receiving bi-weekly chemotherapy. With regular Reiki and prayer, I have remained cancer-free for over nine months, while the median survival rate for the cancer I was diagnosed with is only six months. I credit Reiki, prayer, gratitude, Western medicine and other healing methods that have kept me positive and grounded. I feel closer to God than I ever have, and also happier than I was before the cancer diagnosis. I renew myself with Reiki every night before going to sleep and with prayer every morning upon awakening. I am grateful for my healing and my healing tools. I do not think I would have survived without them. 

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