

Transformation of a Reiki Practice

Reiki Rays Healing Summit 2021

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Transformation can happen in many ways—we can transform in thoughts, words, and actions. As I reflect on these months of pandemic (2020-21), I realize that my perspectives about Reiki have shifted and deepened. What I have known and believed about Reiki for many years has evolved in different ways. This has been a very personal and transformative process for me. I now realize that over time, I have taken aspects of my Reiki practice for granted. This past year has given me the opportunity to once again experience the awe and wonderment of this beautiful healing energy. In March 2020, I experienced a tremendous sense of loss as much of my practice was suddenly closed down by the pandemic. I had to let go, refocus, and simplify. In doing so, I have since been able to reconnect with Reiki on a more basic and fundamental level.

In this past year, I have focused my Reiki volunteer work in two areas: distant healing sessions for people dealing with cancer, and short in-person Reiki sessions for hospital staff. I have spent time reflecting on these two experiences and this is what I have discovered.

1. Power of Distant Reiki: I now more deeply appreciate the healing power and potential of distant Reiki. For many months, this was my only Reiki practice. I have always worked with distant healing but not at this level, to this extent, so consistently, and over time. The responses from my clients to distant Reiki are often as intense and as meaningful as if they were receiving in-person sessions.
2. Power of Human Connection: We have all been so disconnected from each other during this pandemic. We miss human touch, seeing other people's faces, and being with our loved ones in person. Many people have been isolated and confined to their homes. Offering distant Reiki sessions has given me the opportunity to reach out and

personally connect—both verbally and energetically-- with so many people on a one-to-one basis. It has been gratifying for both giver and receiver.

3. Power of Self-Care: The hours I spend each week sending distant Reiki have become precious time for me. It is quiet and reflective time. I often feel that I am sitting in a bubble of light which is very restorative for me. I receive as much as I offer during these hours. This has been another gentle reminder from Reiki about the importance of self-care.
4. Power of Affirmations: In the past year, I have consistently used a series of affirmations during distant Reiki sessions and often state them out loud. These affirmations have enhanced the vibrational quality of the sessions. I developed an affirmation that I call the *Metta of Loving Kindness*, which is a series of simple, positive statements. I sometimes customize this affirmation for clients and share it afterwards.
5. Power of Short Reiki Sessions: I have always been a proponent of short Reiki sessions in a seated position, which I refer to as “chair Reiki”. The response from recipients to ten-minute Reiki sessions is often remarkable. A few minutes of Reiki can be transforming.
6. Power of intention: When offering short Reiki sessions, I set the following intention: “Ok Reiki, we don’t have much time. We have to work fast here.” This was not necessarily a new practice for me. But once again, I was gently reminded in no uncertain terms of how Reiki works—beautifully, unexpectedly, and often so quickly.
7. Power of One Hand Position: During short, ten-minute Reiki sessions, I use one hand position, e.g., hand hovering over the crown or top of the head. I was amazed at the immediacy and strength of this single hand position, the connection with each recipient as well as their responses to the Reiki.

8. Power of Two: I discovered how easily Reiki can be offered to two people at a time. I arranged two chairs side by side and sat behind them placing one hand over the crown or top of head of each person. This one hand position can be easily and comfortably used for two people at the same time. This arrangement allowed me to offer Reiki to more people.

This past year has been one of personal growth and transformation for me. Once again, I have learned the importance of keeping my Reiki practice very simple. All I need to do is step back and let Reiki do the work. My appreciation and love for Reiki has been reaffirmed and strengthened.

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