

2006 – Reiki 1 - Base Chakra

Reiki is just one method of alternative healing that involves laying the hands on a person in a particular way, in a particular progression. It is one of several methods of 'Energy Healing' that has proven to be beneficial in assisting with the recovery process, or alleviating stress. The practice of Reiki originates in Japan, and is now in widespread use all over the world. The word 'Reiki' comes from Rei (approximates to higher intelligence) and Ki (approximates to life force energy.) We all have seven main chakras (or simply, concentrations of energy) that are situated along the spine. They can be felt, and each Chakra has a correspondence to a particular human emotion or expression. For example, the Base Chakra, situated at the base of the spine between the hips, governs the urges of safety, security, and survival, and is the first Chakra operating when a baby is born. The base Chakra has the colour red.

I was volunteering at one of the fairs that have a Healing Room, where anybody can visit and enjoy an alternative method of healing for a minimal donation. On this day there were several different methods available, from Reiki to massage, to Reflexology. An enormous variety of people turn up at these things, from young, healthy teenagers looking for new experiences, to older, more frail people who have multiple health issues. But most people, it seems, are dealing with some sort of issue or problem in their lives, or are dissatisfied with some facet of their life.

The atmosphere in the Healing Room was quite strong and uplifting. You could almost feel it when you walked inside the room. Outside, people were chattering and eating, looking at some of the stalls. Inside, quiet, like a library. There were five or six massage tables set up, most with people lying on them, the practitioners giving their particular mode of treatment. Soft alternative music played from a CD player sitting on a small table. One stick of incense burned from a brass pot, sitting close by, the odour giving the room an ethereal feel. A woman at the other end was talking to the

person on her table, giving advice. It was all very comfortable and uplifting.

I usually use a basic massage table, with one small travelling type pillow at the head end. I had just finished working with one person and felt good about it. When they smile at the end I know something has happened. I don't need to know what it is. Sometimes it is just something as simple as the answer to a problem. Sometimes it is seeing things from a different angle, sometimes just simply letting go of an issue. I wiped my massage table down, and placed a clean paper cover on the pillow. A drink from a bottle of water. A young woman, I guessed to be in her early thirties, walked over to me with a sense of purpose and placed her bag down on the floor. She handed me her ticket.

"I do Reiki. Is that what you wanted?" I asked.

"Sure. That's fine." She was already taking her shoes off, and climbing onto the massage table.

"Have you had Reiki before?"

"Quite a while ago."

I stood to one side, and looked down at her.

“Well, I’ll do the normal Reiki positions along your body, and at the end I’ll hold your feet for a moment, then I’ll give you some water at the end. OK?”

“Fine. One thing. Should I lie face down or face up?”

“Whatever you feel more comfortable with.”

“I’ll lie face up then.”

“O.K.”

She quickly settled down, and closed her eyes. Her breathing slowed down. I sat down on a chair at the head of the massage table, and placed my hands on either side of her head, the first position. Silently, I asked that she should receive a positive experience, and if she had any problems this experience might help in some way.

Closing my eyes, my hands started to tingle. It is a curious thing, Reiki. You can feel a sensation, a warmth, through the hands, and often after a while a feeling of ‘heaviness’, a sign it is time to move on to the next position. The young woman hardly moved. After maybe fifteen minutes, the Reiki part was completed, and I decided to check her Chakras. Often one or two are ‘weak’, and that is a sign there is an emotional

problem of some sort. But what I was feeling was unusual. On feeling this woman's Chakras, they felt progressively stronger, from the throat down to the end of her spine. But not just strong. Very strong. I checked again, not believing what I could feel. It almost felt like a set of stairs, going up into the air above her. To feel the same intensity of energy, they were definitely progressively higher. I checked again, for the third time. Quite definite. To feel the same 'strength', the energy from the throat Chakra was about 50mm above her body, yet the base Chakra was around 300mm above her body. The chakra at the end of the spine – the base chakra – was the strongest by far. So perplexing. I'd never experienced anything like it.

Then I remembered something that was shown to us at my training college, so long ago. There is a method of 'balancing' the chakras, but I'd never had to use it. Until now. I tried it. Slowly, it seemed to make a difference. But then it just didn't feel right. By now I knew to trust my intuition. I stopped.

I decided all I could do was talk to her about it. I held her feet, 'grounded' her, and then finished the routine. I bent down and quietly told her I was finished.

I helped her sit up on the massage table. She looked a little groggy.

"You O.K.?"

She nodded her head. She looked like she'd just woken up from a deep sleep. I passed her a glass.

"Have some water."

She sipped the water slowly.

Can I talk to you for a minute?"

"Sure." She sipped some more water.

"Your chakras are very strong. But the strange thing is, they get progressively stronger towards the base of your spine.

That is normally when people are worried about safety and security. Basic things. Do you have any problems at the moment?"

"No."

I couldn't make any sense of it.

"Well, you have very strong energy. That is a good thing."

She quietly put her shoes back on, and picked up her bag.

"Thank you."

“No problem.”

She walked to the door, at the far end of the room, then paused.

“I just thought of something.” She called out. “I am four months pregnant. Would that make any difference?”

Ah! I couldn’t help smiling.

“I think so. Thanks for letting me know.”

She walked out the door.

Of course. It now made perfect sense.

I understood completely.

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