



## How Reiki Works: The Energetic Skeleton; Foundation for Healing

By: Catherine Lucia Francisco

We have an energetic skeleton that underlies our musculo-skeletal structure which, when affected by energy work, can provide the vehicle for permanent healing to occur. People always ask me how Reiki will help their muscular aches and pains. I believe that when you work on and change the underlying structure of the body it allows physical changes to take place.

Let's look at a stone terrace which is typically built on a bed of sand or stone dust. If you have a stone that keeps falling out of place, you can reset it as many times as you like and it will still fall out of place until you go in and fix the underlying sand that supports the terrace stones. This is what I have found happens with our bodies. A few years into my practice I began to observe this phenomenon in my clients and it got me thinking about the mechanism behind it.

As an example, a client, who came in for regular Shiatsu sessions to compliment her chiropractic care. After a time she became interested in Reiki and decided she wanted to experience it. We began a treatment protocol of four sessions, which I always do with initial Reiki treatments (but that is another article). My client felt a deep sense of relaxation and self, she said it opened her up to another level of healing. She was also surprised at how her TMJ and SI joint pain was lessened. After her initial four treatments she wanted to continue to receive both Reiki and Shiatsu sessions. Months passed and one day she commented on how since she had been receiving Reiki it seemed that her chiropractic adjustments "held better". She was not the only one.

I knew that working in this way addressed the body; not only in the physical but also the metaphysical level. What mechanism, if you will, allowed this improvement to occur? I took a look at just what I was doing with my work. I went back in my mind to all of the explanations I had given prospective clients, friends, and students about this work. Over and over again I came up with the fact that I was restructuring the body through these vehicles, allowing stressed energy to redistribute or leave the body, making way for healthy qi and flow there of. I also knew this was happening somewhere else than the physical body.

As a Shiatsu therapist and energy worker I can feel the qi in these unseen pathways on the body but to have physical or structural changes take place simply by giving Reiki made me look deeper into my work. I want to be clear here that we know on an intellectual level that these are the benefits of this work but I wanted to know exactly how this occurs. A very Western request from something based in the Eastern way of being. Did I have the right to ask this? Should I not take the road of acceptance and just be grateful my clients felt better? Oh no, being a scientific minded person and very attracted to the mystery of this work I wanted more. It is wonderful to have a job that peaks one's curiosity, as this is my life's work at the moment; I needed to delve deeper.

Then I got it, the terrace and the sand! The musculo-skeletal system of the body is the terrace and the energetic skeleton the sand. By giving Reiki I could "repair the sand" and address the underlying cause of a disharmony, facilitating a more permanent healing by letting the body take it's own natural course.

In my practice, I began to address this finding, regardless of the style of bodywork I am practicing, to get at this underlying structure to facilitate recovery from injuries and trauma, be they emotional or physical in nature. The results have been amazing and ever so interesting.

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