



The Role of Reiki in Healing

REIKI IS A HEALING MODALITY that works with your body's energy centers (chakras) to balance and restore your natural energies. It is used all over the world, including many hospitals, to balance emotions and improve health. Reiki aids in healing by reestablishing harmony in the body and helping people become more balanced physically, emotionally, mentally, and spiritually.

My personal path to energy healing began with a traumatic brain injury (TBI). While leaving work, a three-thousand-pound metal container was ejected from a moving vehicle, hitting me in the head, lifting me off my feet, and slamming my body to the ground. In addition to the TBI, a severe concussion, torn rotator cuff and torn labrum, I have suffered with PTSD.

The brain injury was unbearable and accompanied by severe headaches that were constant and came with dizziness and nausea. I lacked focus and couldn't concentrate on simple household tasks. Communication was difficult because I

couldn't remember common words. Physical and occupational therapy was grueling.

SEARCHING FOR SOLUTIONS

Aside from the being under the care of a neurologist, I spent a lot of time thinking about how to help myself and signed up for my first reiki class two years after the accident, still feeling unmotivated and unable to focus well. The learning was difficult while still dealing with the brain trauma and PTSD. However, being determined, and keeping a focus to learn new things, albeit slowly, was essential to my healing.

I continued studying, and self-healing, encouraged by teacher Billie Topa Tate (Mescalero Apache) who taught me the mystical aspects of reiki. By using reiki to provide deep relaxation in my body, I was able to balance my energies both physically and mentally. Reiki allowed me to let go of fear, relieving stress and tension, and allowing for better sleep.

Reiki gave me hope. Throughout a decade of studies and almost 20 certifications, I have worked

on myself, family, friends, and even beloved pets. I hold the same intention for every client: hope and faith for healing.

ONCOLOGY REIKI

Learning firsthand how reiki supports the well-being of someone dealing with traumatic brain injury—the pain and fear associated with my injuries drew me to Oncology reiki. Reiki is wonderful for those receiving debilitating medical treatments (e.g. chemotherapy, surgery, or radiation).


But reiki is for everyone! It's an excellent complement to existing medical treatments and therapies. Through gentle touch, reiki is safe and non-invasive, and can:

- Boost the body's immune system
- Relieve stress and tension
- Detoxify the body
- Foster tissue and bone healing after injury or surgery
- Promote a deep state of relaxation
- Reduce anxiety and fatigue

Reiki works on the mind, body, and emotions and may help those with:

- Cancer
- Stress-related illness
- Digestive problems
- Chronic pain
- Depression

Having a reiki session prior to a scheduled surgery can help the body prepare, supporting your recovery. If you're in good health, regular reiki sessions can boost your body's ability to handle stress.

No matter your condition, all 60-minute reiki sessions with me are unique to you and may include a short, guided meditation, cleansing of the auric field, medicinal breathing, and chakra clearing/balancing. Call to schedule an appointment and give it a try! 

Janis Dunning is a Reiki Master Teacher and Meditation Teacher, certified in Akashic Reiki, Theta Healing, and Animal Reiki, and specializing in Oncology Reiki. Located in historic downtown Long Grove (146 Old McHenry Road, Suite D, Long Grove, IL 60047), she provides customized energy healing sessions in a safe and sacred space. By Appointment Only. Call 847-707-7533, or email: jsdunning5D@gmail.com.