

Miles P. Ask your question: Reiki and surgery. *Reiki Magazine International*. 2002;4(4):14

When I learned first degree, I was told never to treat a broken bone before it is set. Now I hear stories of people treating directly on a break immediately after the injury. . . and it helps. A similar contradiction appeared in *Reiki Magazine* about using Reiki during surgery. Should we or shouldn't we? With so many conflicting opinions, how can I be confident about when and when not to use Reiki?

This is an important question that cuts to the root of every controversy among Reiki practitioners. The term Reiki refers to both the healing vibration we access and the technique we teach to access it. Neither of these are commodities that can be neatly defined and packaged, so the need for daily practice, contemplation, and steady awareness is imbedded in Reiki practice.

Reiki is not a medical intervention with contraindications and side effects. Unlike conventional medicine, Reiki does not treat symptoms or conditions in isolation. It is perhaps the ultimate holistic therapy, addressing the immediate needs of the entire person being treated. The pulsation of Reiki travels according to its own intelligence, restoring balance at the deepest possible level and abating on its own. Reiki will do what needs to be done, and what can be done.

As an infusion of intelligent life force, Reiki cannot effect inappropriate healing. Immediate Reiki treatment lessens trauma in any emergency, stabilizing the patient, minimizing swelling and pain, clarifying diagnosis, and thereby facilitating any necessary medical interventions, including bone setting. Some physicians anecdotally observe patients take less anesthesia and pain medications when receiving Reiki.

What is the role of the practitioner when working with this self-directed conscious pulsation? To inwardly align with Reiki and follow her inner guidance. We cannot *give* Reiki, we can only offer it as a possibility. Reiki is not directed by the practitioner. Even Reiki were offered in an untimely manner, this conscious, self-limiting pulsation cannot harm. Reiki is never dangerous, therefore the practice needs no rules. Reiki practitioners may need rules of conduct, but that is another matter.

It is not useful for any practitioner to simply follow what another practitioner, even an experienced Reiki Master, says. One of the characteristics I most cherish about Reiki is that each practitioner is invited to create her own relationship with it. Nothing replaces time in developing relationship.

Even as we continually deepen our awareness, it's important to be true to what our understanding is at any given moment, taking whatever precautions we deem necessary.

As a teacher, I neither let my students off the hook by creating a lot of rules, nor do I encourage indiscriminate practice. I prefer to support students in developing their inner relationship with Reiki through regular practice, contemplation, and steady awareness.

Practicing with awareness, we may find ourselves in situations in which intuition stays our Reiki hands, for reasons we may never know. We need to trust our intuition (itself a subtle form of Reiki) and allow Reiki to guide us. As in other areas of life, the sage advice may be: when in doubt, be conservative.

With committed practice over time, dogma and opinion give way to the profound conviction that comes only from direct experience. As we practice with a willingness to relinquish our concepts, we come to appreciate that diversity need not mean confusion or controversy.