

The Autism File

Kim Stagliano on Media Portrayal of Autism →

Our Journey Into Reiki

Lucas' Story

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While pharmaceuticals are sometimes used to treat the symptoms of autism, many parents worry about potentially toxic conventional drugs and instead (or alongside more conventional treatments) turn to natural therapies to ameliorate symptoms of the disorder. This “alternative” medical approach treats the individual rather than the diagnostic label, and addresses underlying imbalances rather than concentrating on symptoms.

Reiki is an option that can help maintain harmony, health, and systemic balance in the brain and nervous system without side effects. It's a healing technique I've used to great effect with my son Lucas, seven, who was diagnosed with autism in 2008. At that time, I utilized various educational therapies, along with the GF/CF diet, and began seeing two holistic/homeopathic doctors with Lucas. But I knew in my heart that although these approaches were helping him, there was still something missing. We found it in reiki, and since I started using it with Lucas he is expressing himself much more, and his behavior and coping skills have improved.

What Is Reiki?

Reiki is a simple, yet powerful technique for stress reduction and relaxation that also promotes healing. The earliest archaeological evidence for the treatment was found in Tibet, dating back approximately ten thousand years, and was rediscovered in Japan, in 1922, by Dr. Mikao Usui. Reiki is administered via the “laying on” of hands, and is based on the idea that an unseen “life force energy,” or aura, flows through us and nourishes us. There are various words for this force in all the different cultures and religions of the world—to the Japanese it's ki, to the Chinese it's chi, Christians call it light, Hindus say prana, Muslims call it baraka, and in our modern language, we use the words bio-energy, or cosmic energy.

Reiki replenishes and rebalances this energy, and amplifies our innate abilities to heal ourselves. In doing so, it balances the mind, body and spirit, thus activating a feeling of wellbeing. I learned this during my own investigations into how exactly reiki worked, and it was an astounding journey that satiated my mind and body with peace and harmony. The stress I had been feeling since Lucas's diagnosis melted away, and most importantly, from feeling lost and unsure of what I could do next to help Lucas, I became determined to find out what this pure form of healing could do for him.

The Chakras and Hand Positions of Reiki

The human body consists of sensory input and integration, respiration, circulation, digestion, reproduction and secretion, and there are seven corresponding chakras for these functions. The brain and the whole being also have a chakra. These chakras are situated at the top of the head, forehead, throat, heart, solar plexus, navel, and at the bottom of the pelvis. A chakra can be overactive,

underactive or in balance—in the case of an underactive or overactive chakra, reiki can promote balance and thus health in the respective organ.

Reiki hand positions also have an effect on various areas of the body. The first four hand positions treat the head and brain and can be helpful for stress reduction, improvement of memory; easing headaches and earaches, improving cold and flu symptoms, relieving fears, and calming the mind. The other hand positions treat the front and back of the body. The front-body positions can be helpful for strengthening the immune system, regulating the heart, blood pressure and digestion, stimulating lymph circulation, promoting relaxation, and helping to increase self-confidence. The back-body positions can help to ease neck, shoulder and back problems, and strengthen the kidneys, adrenal glands and nerves, while also stimulating the immune system, easing worry, and promoting creativity and confidence.

Reiki And Lucas

I can remember the first time I tried reiki on Lucas. He has an enormous amount of energy and is always on the go, but as I used the various hand positions I'd learned, he started to yawn and tell me he was tired. It was clear that Lucas felt the energy, and it was relieving his anxiety. He stayed next to me, calm and relaxed, and after about 30 minutes he thanked me. I asked him how he felt, and he told me his head felt good and that his tummy was better. I was thrilled, since the reiki head positions treat the head and brain, and Lucas has issues with being constipated. I knew at that very moment this was helping my son and would continue to do so.

I ensure that Lucas receives a reiki treatment daily, and since he doesn't always want to sit through a session, I often treat him while he's sleeping. Now when Lucas has a stomachache, or doesn't feel well, he tells me that he needs reiki. He once said it while he was having his therapy, and I gave him a treatment right then as his therapist, Tricia, watched. I could see the amazement in her eyes when Lucas told us he felt better after just a few minutes. Lucas himself knows that reiki is making him feel better, and I see improvements in him daily.

A Life-Changing Experience

Profound personal revelations can manifest during a reiki class, so it's best to experience it for yourself. There are many areas that are considered sacred to reiki practitioners and must be discussed during classes only. It has been a life changing experience for me. I now sleep deeply every night whereas before I'd been waking up and worrying, and though there are still many things that would normally cause me great stress, reiki has helped me to let them go.

I'm in a place of acceptance and of knowing deep in my soul that my son is continuing to recover from autism, and when I think of this I can't help smiling and am very thankful. I could have never imagined doing anything like reiki before, but Lucas led me to this path, and on this journey. Reiki is a beloved topic for me personally, and I love sharing it with people who are open to such an astounding experience. I feel blessed that I've become a reiki practitioner and teacher, as it's a wonderful and rewarding gift.

Reiki And Autism

7 tips to relief the high stress, anxiety, sleepless nights, worry, fear, and doubt you experience daily as a loving person in the life of a child on the autism spectrum

Help special needs children develop self-esteem, self confidence, and the social awareness skills they need...

Reiki is a low cost, effective therapy which can help your child deal with the challenges of sleep troubles, relaxation, anxiety, stress, tight muscles, and in addition, empower your child to be able to self sooth, gain confidence, and self esteem.

Dear parents, grandparents, siblings, aunts and uncles, and care givers of special needs children.

Thanks for coming to my website. I know you are busy, have limited time, are stressed, are looking for a solution, want to give your child the best life you can, want to be the best mother, father, grandparent, brother, sister, aunt, uncle, and caregiver you can be.

I know that your child's anxiety over social interactions, anxiety during changes of the smallest degree are major stressors in your life, as well as his or her difficulty in falling asleep and staying asleep. I know also that for some of you the biggest challenge in being a parent with a child with autism is being alone. In my extensive research and interviewing parents of children on the spectrum in writing my latest book, *Live Autism with Soaring Spirits; Reiki Healing for the Entire Family*, the common cry was, "I feel so alone...like I'm in a different time zone than others."

And I know Reiki can help calm the fear of these overly-anxious little beings. It is not uncommon for autistic children to begin to sleep after the first session. Reiki is safe, natural, and can be done without even touching your child if he or she is extremely touch sensitive, stranger-shy, or hyperactive.

I want to share with you three significant quotes:

(1) "The next big frontier in medicine is energy medicine."

Mehmet Oz, M.D. (one of the most respected surgeons in the U.S. and the Director of the Cardiovascular Institute at the Columbia University College of Physicians & Surgeons, speaking on Oprah)

(2) "In every culture and in every medical tradition before ours, healing was accomplished by moving energy."

Albert Szent-Gydrgy, Nobel Laureate in Medicine

(3) "Reiki is increasingly being incorporated into modern medicine because of one compelling reason. It works..."

Larry Dossey, M.D., author of *The Extraordinary Healing Power of Ordinary Things*, and New York Times Best Seller *Healing Words*

In an article in [Autism/Asperger's Digest Magazine](#) in 2000, Lewis Mehl-Madrona, MD, PH.D., Coordinator for Integrative Psychiatry and System Medicine, Program in Integrative Medicine, University of Arizona, College of Medicine, Tucson, Arizona, said the following:

“We have done a pilot study of reiki massage for autistic children. The preliminary results are encouraging, especially when the parents are taught the reiki along with visualization in between formal appointments with the therapist. The use of reiki by parents and therapist appears to encourage communication; especially non-verbal communication children are calmer and have less self-stimulation.”

Testimonials

Sally K. O'Brien's reiki for individuals afflicted with Asperger's and Autism is nothing short of MIRACULOUS! I have just spent THE MOST heartwarming and hope-inspiring day of my entire 53 years of life as a result of Sally O'Brien's distant reiki being directed, by request, to a young, single mother and her 7 year-old son. This precious child, a friend of the family, has been diagnosed with Asperger's and several concomitant medical conditions: CNS Disorder 349.9 (Unspecified Disorders of the Nervous System); Dysphasia 784.5 (Speech Difficulties / Lisp); Dyspraxia 781.3 (Developmental Coordination Disorder); Hyperesthesia 782.0 (Disturbance of skin sensations); Neurobehavioral Dysfunction 310.9 (Unspecified nonpsychoic mental disorder following organic brain damage); Macrocephaly 756.0 (Congenital anomalies of skull and face bones); & Asthma 493.9 (brief descriptions per 2007 ICD-9-CM Volume 1 Diagnosis Codes at www.ICD9Data.com).

Although profoundly gifted, this precious child's behavioral outbursts and destructively deviant behavior have been quite problematic at home, as well as in the school setting. This afternoon, however, was peaceful and cohesive, with this Asperger's-diagnosed child being quite receptive to discourse on the benefits of reciprocity and mutual respect, and the fact that each individual is responsible for their own behavior.

The child's mother, who has been quite stressed over finances, being called out of work repeatedly to pick up her "uncontrollable" child from school mid-day, was relaxed, and engaged her child in the process of a profoundly deep bonding this afternoon while Sally was sending reiki to the family!

How do I know this? I am privileged and blessed to have known Sally for 20 years. This is not the first MIRACLE I have seen her perform with her reiki! Sally's energy is exceptionally clean; her intention altruistic; and her reiki powerful in potentiating an alignment with positive possibilities to allow for deep healing at the physical, mental, emotional, and energetic levels.

I have personally referred many friends to Sally for reiki -- attunements as well as in-person and distant treatments. Each of these dear friends have concurred with my stating that Sally K. O'Brien's reiki healing is identical to the Biblical passage regarding those who desired healing and "merely touched the hem of Jesus' garment, and it was DONE!"

Sally's background in and commitment to gifted education, diligent, professional, and ethical practice of reiki, and her sincere desire to share her spiritual gifts with those suffering the "disconnect" of Autism and Asperger's Syndrome, as well as their families, makes her the PERFECT CHOICE to work with your loved ones!

Thank you, Sally, for yet ANOTHER MIRACLE and the most hope-inspiring day of my entire life!

Janice M. Frum, B.A
Chicago.

PS - I invite you to take advantage of Sally's FREE introductory reiki sessions by visiting: <http://www.sallykobrien.com/> and clicking on her Reiki Distant Healing tab: <http://sallykobrien.com/reiki/distanthealing.php>. I can personally assure you that you'll be delighted to have been led to Sally's circle of clients!

THANK YOU, SALLY! [**Reiki Circles in Milwaukee**](#)