



Reiki Ken Chronicle

News from around the world of Reiki

REIKI KEN

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- Reiki sessions for **you!**
- Your first **one hour** session with me is **free!**
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Reiki for Military a relief for many

I've previously covered the military's use of Reiki as a treatment for its service men and women. Here is a further article, this time from The Day newspaper in New London, Connecticut, USA.

(To see the full article, [click here.](#))

Cassandra Ridenour has a lot going on in her life. The Jewett City resident currently works as an EMT, and she's training to become a police officer on top of her already busy schedule.

She often has headaches and trouble sleeping because of nightmares. But after her visits with Farrah Kaeser, she sleeps "like a baby" for the next month.

"I'm always so relaxed after this," she said, a soft smile across her face as she lounges comfortably in a lobby chair after her Sunday morning visit.

Kaeser practices Reiki and founded Reiki for Military to provide holistic therapies to active duty service members, first responders and their families. She said she found significant relief from chronic pain through Reiki, acupuncture and other treatments, and



as a former Navy spouse, she recognized that members of the military could also benefit from them.

"It's basically trying to take care of them now instead of trying to fix them later," she said. "There's a huge focus on ... veterans, and as there should be: They're our heroes. But there is almost nothing out there for active duty and their families. I think the theory is that if they're still active, they're obviously fine."

While massage therapy is the physical manipulation of muscles and other soft tissues to help the body heal, Reiki is an energy therapy through gentle touch. Kaeser said it helps to balance the body's energy to calm the client.

"There have been international studies... on the modality, a large percentage of which come back saying, 'We don't know why it works, but by golly it does,'" she said.

As Kaeser started her practice, friends who practiced other techniques, including massage therapy and wellness coaching,

signed on to offer their services and provide a suite of holistic healthcare options.

She said active duty members of the military and civilians get the same physical and emotional benefits from Reiki and other services in the practice.



From Connecticut to India! Reiki is worldwide! Here is an article from the Times of India about how Reiki is being used to help young drug addicts overcome their addiction and cope with stress. For the whole article [click here](#).

THE TIMES OF INDIA

City youngsters opt for Reiki to overcome drug addiction and stress

*By Rishabh Debl
Jan 5, 2017
Nagpur, India*

Yoga? Been there. Meditation. Done that. In the pursuit of health and well-being, [Reiki](#) – a [Japanese](#) healing therapy – is fast gaining popularity among the millennials who are using this technique for variety of reasons. Here's the lowdown on this new trend...

Healing hands for drug addiction

Ignoring the de-addiction and rehabilitation centres, quite a few city youngsters are choosing Reiki to break free from the vicious circle of drugs and alcohol. "50 per cent of the youngsters in the age group of 18-25 who come for Reiki treatment to us are dealing with some sort of drug addiction or substance abuse," says a Reiki teacher, Vijay Shende, who specialises in de-addiction. "At first, skeptical about the treatment, many of these youngsters have bid adieu to their addiction after using Reiki for just 21 days," says Vijay and adds, "While the rate of tobacco addiction is higher among these youngsters, many of them are also addicted to marijuana and morphine; they even consume sanitizers to battle depression. Here, I must add that it is a myth that youngsters from lower middle class families take drugs, the fact is that most of these young addicts are from higher segments of the society with stable families," says Shende

How Reiki works

Reiki teacher [Nirmall Desai](#) who has been practising this Japanese technique for several years informs, "Reiki works with our life force

energies using laying of hands. It heals and cleanses a person's emotional, mental and physical state simultaneously." Elaborating on this technique, she adds, "After experiencing physical pain, people realise they need medical and spiritual intervention. But physical pain in the Reiki chart stands at third level and it believes that the process of pain and suffering begins on the emotional level. Reiki starts healing from step one, and by the end, it roots out all kinds of addiction."

Youngsters speak

Youngsters who successfully overcame drug addiction, low self-esteem, relationship troubles, depression and peer pressure, using



Reiki, share their experiences with us. Vaibhav Gupta (name changed on request), says, "I plunged into a deep depression at the age of 18, even though my

parents have given me everything that I ever wanted. But the only thing I needed was their attention, and they were not available when I needed them the most. This was the reason why I started to smoke marijuana to make myself feel comfortable and it dragged me down to darkness. But after using Reiki for a week, the urge to smoke marijuana has reduced and I have been clean since then." Another youngster Archit Kedar who has been receiving Reiki for the past eight months says, "I dropped out of college last year as I was dealing with self-doubts and low self-esteem, but after taking Reiki, I have become more confident and focused. In fact, I have enrolled myself in college again; using this technique has helped me personally and academically."

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