

HEALTH AND HEALING AT YOUR FINGERTIPS

Throw out the bottles and boxes of drugs in your house. A new theory suggests that medicine could be bad for your health, which should at least come as good news to people who cannot afford to buy expensive medicine. However, it is a blow to the medicine industry, and an even bigger blow to our confidence in the progress of science. **This new theory argues that healing is at our fingertips: we can be healthy by doing Reiki on a regular basis.**

Supporters of medical treatment argue that medicine should be trusted since it is effective and scientifically proven. They say that there is no need for spiritual methods such as Reiki, Yoga, Tai Chi. These waste our time, something which is quite precious in our material world. There is medicine that can kill our pain, x-rays that show us our fractured bones or MRI that scans our brain for tumors. We must admit that these methods are very effective in the examples that they provide. However, there are some “every day complaints” such as back pains, headaches, insomnia, which are treated currently with medicine. When you have a headache, you take an Aspirin, or Vermidon, when you cannot sleep, you take Xanax without thinking of the side effects of these. When you use these pills for a long period, you become addicted to them; you cannot sleep without them. We pay huge amounts of money and become addicted instead of getting better. **How about a safer and more economical way of healing?** When doing Reiki to yourself, you do not need anything except your energy so it is very economical. As for its history, it was discovered in Japan in the early 1900s and its popularity has spread particularly throughout America and Western Europe. In quantum physics, energy is recognized as the fundamental substance of which the universe is composed. Reiki depends on the energy within our bodies. It is a simple and effective way of restoring the energy flow. There are no side effects and it is scientifically explained.

Opponents of alternative healing methods also claim that serious illnesses such as HIV/AIDS and cancer cannot be treated without drugs. They think so because these patients spend the rest of their lives in the hospital taking medicine. How can Reiki make these people healthy again? It is very unfortunate that these patients have to live in the hospital losing their hair because of chemotherapy, losing weight because

of the side effects of the medicine they take. Actually, it is common knowledge that except for when the cancer is diagnosed at an early stage, drugs also cannot treat AIDS or cancer. Most of the medicines these patients use are to ease their pain and their sufferings because of the medical treatment they undergo.

Instead of drugs which are expensive and have many side effects, you can use your energy to overcome the hardships of life, find an emotional balance, leave the stress of everyday life and let go of the everyday worries. Most of the chronic conditions such as eczema or migraine are known to have causes such as poor diet and stress. Deep-rooted anger or other strong emotions can contribute to viral infections as well. Since balancing our emotions and controlling our thoughts are very important for our well-being, we should definitely start learning Reiki and avoid illnesses before it is too late.

Some people may still maintain that in our material world, everything depends on time. It is even “lacking time” that causes much of the stress that leads to the illnesses we mentioned. How would it be possible to find time to do Reiki to ourselves and the people around us when we cannot even find time to go to the theater? This is one good thing about Reiki; it does not require more than 15 minutes of our time. There is no need for changing clothes or special equipment. It is a wonderfully simple healing art, an effective method of relaxation and stress-relief. Most important of all, it is less time consuming than medicine if we think of all the time we spend taking medicine for some complaints and taking some more for the side effects as well.

Having said these, resistance to Reiki would be quite illogical. Reiki is natural and drug-free. What is more, it is easy to learn by anyone, regardless of age and experience. It can be used anywhere, anytime. It also enhances physical, mental, emotional and spiritual well-being and the benefits last a lifetime. It is definitely high time to get away from the drug boxes we store in our drug cabinet!