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BLACK AND BLUE?



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Woman's Day

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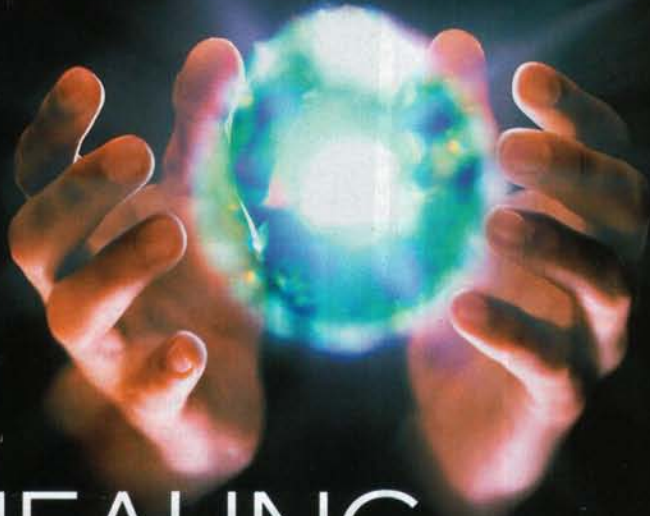
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DESTINY

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HEALING energy

Reiki, the controversial relaxation technique, turned Frans Stiene's life around – and now he's a master!

Six years ago, Frans Stiene could hardly walk. He was stuck in job he hated and felt life was a vicious circle.

"I had bad sciatica," he remembers. "Painkillers and physio were not working for me."

"I also had some emotional stuff – I just wasn't happy with the way I was living my life."

At his wits' end, Frans turned to alternative therapies to relieve the pain. He decided to try reiki.

Reiki, a Japanese relaxation technique that promotes healing, turned Frans's life around. Now a reiki master and author of the internationally best-selling *Reiki Sourcebook*, Frans believes anyone can be helped by it.

Reiki means "universal life-force energy". Practitioners say

energy should flow easily through us, like a river – it's the fuel that drives us. And if stress, anger, fear or disease disturb this flow of energy, we can feel ill. Reiki, they say, can realign this pure flow of natural energy.

Trained reiki masters channel this universal energy to "take you back to your most balanced and perfect state as a human being", says Frans. "This energy is limitless, you can use it for everything – any physical or emotional state," he explains.

Fellow reiki master and teacher Steven Henderson agrees. "If someone comes in with cancer or a heart condition [reiki] will go where it's most needed – we have no choice in it," he says.

"We're not healers, we assist people to heal themselves. We all get our energy from the same supply. No practitioner can give more energy than another, it's all from the same source."

Experiencing this energy is normally quite "peaceful, calming and energising", says Steven. "You can do it anywhere, in any position. A therapist will usually

have you lie down on a table, but it's whatever's comfortable.

"Generally the practitioner will draw some symbols and sweep around the body, feeling the auras and chakras and listening for any intuitive messages."

A good therapist should be able to feel where energy is out of balance and a session should be a way of clearing people's blocked energy, explains Frans.

While scepticism exists about reiki, Steven and Frans both say they've experienced the benefits. "I haven't had sciatica for five years," says Frans.

He uses reiki daily at work, on himself and on his young daughter Bella. But what Frans loves most is seeing the difference reiki can make in people's lives.

"When my clients understand it's the person receiving the treatment who's doing it, that's great," he says.

"We're always looking outside ourselves for help," he adds. "We say, 'You heal me,' but we can all heal ourselves. When we realise this, powerful healing has already happened."

Sydney-based reiki master Frans uses his healing energy on daughter Bella.



HISTORY

Mikao Usui, a Japanese doctor, businessman and mayor of Tokyo, founded the reiki system of healing in 1914 after a revelation while visiting a Buddhist spiritual centre on Mt Kurama. His teachings have been passed down through a chain of trained masters since then.

For more information, call Australian Reiki Connection on (03) 9791 2564, or visit www.australianreikiconnection.com.au

FIVE THINGS YOU CAN REIKI

- Your indoor plants
 - An important job interview
 - Your computer when it's not working properly
 - Your home
 - Your bank account
- *The Reiki Sourcebook by Bronwen and Frans Stiene* (O Books, rrp \$39.95).

PICTURES: GETTY; PAUL GREEN.