

# AUSTRALIAN Parents

Your ultimate guide to parenting

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## Magic milestones

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Julie Hamilton explains how Reiki, a Japanese relaxation technique that promotes healing, is pure energy for kids.

## Go with the flow

**C**hildren have amazing energy, so when they are feeling sick or rundown it makes sense to opt for a therapeutic approach that uses energetic healing to help mend the mind, body and spirit. Reiki is particularly great for children and babies because it is completely non-invasive – and since children are more open energetically they respond very quickly.

### Life force

First used by Mikao Usui at the turn of the 19th century – and passed down by trained masters – Reiki actually means “universal life force energy”. The belief behind it is that this energy can be channelled through a trained master for healing. Frans Steine, author of *The Reiki Sourcebook* and Reiki master for seven years, uses the practice on his 5-year-old daughter, Bella. He believes that this energy can “take you back to your most balanced and perfect state as a human being”. Frans also believes that it is almost limitless in its application. He explains: “Reiki is extremely useful for any physical or emotional state.”

This flexibility makes Reiki a good choice for treating children, because it is equally as effective on colds and flu as it is when he or she is having troubles fitting in at preschool. And because practitioners of Reiki believe that the energy will go where it is most needed, the root of the problem is treated, not just the superficial symptoms.

### Peaceful energy

During the session the child will usually lie on a table, but it can be done anywhere, in any position that is comfortable. Generally the practitioner will first invoke and then draw some symbols, and will then sweep around the body, feeling the auras and chakras (the body's energy centres), and listening for any intuitive messages. Finally, he or she will gently place their hands on different parts of the child's body and start to apply Reiki.

Experiencing the energy source is usually peaceful and calming, as well as energising. Frans describes a session as a way of clearing a child's energy. “A good practitioner should be able to feel where the child's energy is out of balance,” he says. “Their energy should flow easily – like a river. It's this energy that makes us, the fuel that drives us. If worries, fear, anger or illness have disturbed this flow then someone needs to realign you to the pure flow of energy that you naturally should be.”

Frans looks at more than just the child. “Often energy in the family is imbalanced and children pick up on this quickly – so I actually look at the whole family,” he says.

### The power within

Reiki teachers believe all of us, including our children, have an innate ability to heal. No-one actually has the power to heal us – we do it ourselves. Reiki masters don't see themselves as healers, but as assisting people to heal themselves. The energy all comes from the same source and no one person has more access to it than another. For Frans, the joy of treating children also means being able to “empower them with the knowledge that they have this healing ability within... that they are beautiful, bright beings who can go into a quiet space and heal themselves.” **AP**

### Reiki lowdown

Anyone, including children, can learn to use Reiki. For therapists and courses contact Frans at the International House of Reiki on 1800 000 992, visit [www.reiki.net.au](http://www.reiki.net.au) or call The Reiki Association on 1300 130 977 [www.australianreikiconnection.com.au](http://www.australianreikiconnection.com.au)

