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My Reiki Energy Became Stronger During COVID-19

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I HAVE BEEN a licensed psychotherapist and Reiki Master for 25 years, enjoying two practices, one as a therapist, and the other as an intuitive reader and healer, using Reiki, pranic energy healing, and theta healing. Through my training and experience, I work with the mind as a therapist, the body through energy work, and the spirit as an intuitive reader. I want to share how Reiki became the basis of all my other healing work, and how I felt the Reiki consciousness expand within me during the pandemic when my 90-year-old father came down with COVID-19 in April 2020.

It isn't always easy to integrate both paths of therapist and healer. For example, there are professional guidelines for touch; licensed psychotherapists refrain

from physically touching clients. However, with healing work, I have the option of physical contact, hands-on-healing, based on client permission. So, I always tread carefully when incorporating my Reiki practice into psychotherapy.

I have integrated Reiki into my therapy work using distant healing for clients in sessions, sending them the Power symbol telepathically. While working at a psychiatry clinic, I received high marks for patient satisfaction in therapy sessions. I heard many patients say, "I feel better." Much of this instantaneous calm was from the sessions that included Reiki, and I loved Reiki for it is very soothing for clients.

I am very much into asking the Universe to help me find where I can be of help on the planet as a therapist

and healer, and through the years, I have always felt guided. To practice hands-on, I did Reiki sessions for about ten years at my church Agape International Spiritual Center, during its sacred service weekends. Many other healers and I performed healing on the volunteer church members who helped the community build schools, create gardens, or assist the disabled. After their day of volunteering, they would come back to the church for massage and healing sessions. I always let Reiki guide me to the body parts where healing was needed.

At one of these church volunteer events, I bumped into a woman, back-to-back, as we were both doing Reiki. We laughed, and after the session, we talked and found out we were both psychother-

apists! We chatted about Reiki's healing effects and our profession's ethical limitations on providing hands-on healing. This therapist worked at the UCLA Pediatric Pain Program, a Complementary Alternative Medicine (CAM) program comprising therapists, acupuncturists, hypnotherapists, massage therapists, energy healers, and pediatricians helping children with chronic pain.

She convinced me to interview for a healer's position. I was hired and performed Reiki healing on children who had chronic pain. The UCLA Pediatric Pain Program was featured in a CNN segment on energy healing, and in it, I discussed my energy work with clients.¹ I saw many positive results in my work with the children, and the kids loved to talk about the chakra chart I used to bring to them. Many of them had seen auras and were sensitive to energy.

The work at UCLA and exposure through the CNN segment helped my Reiki practice. Most of my work was hands-on, in-person for years. I would do distant healing sporadically since I was swamped as a therapist working full time at a clinic and with my private dual practice. Everything changed when my 90-year-old father came down with COVID-19, April 2020.

Along with a COVID-19 diagnosis, my father had other lung problems, including sarcoidosis, an inflammatory disease that left his lungs damaged, a blood clot, and pneumonia. Combined with chronic cancer, a thyroid problem, and high blood pressure, he wasn't doing well and not eating or sleeping. He was quickly put into rehab and then hospitalized. As I had worked in a medical setting for several years, I consulted with the doctors. They didn't think he would



Reiki healing on my father in the hospital when he had COVID-19.

do well, and at this point in the pandemic, there was no medicine protocol given for COVID-19.

I could not fly home because of the COVID-19 restrictions, and I had a full schedule as a therapist. However, I had an office with a healing room, and I worked on him doing remote healing. So, as my father struggled with COVID-19, I would go to my healing office every night and work remotely to do distance Reiki on him.

I used the Distant symbol and called in the Reiki guides and angels. I called his soul to the table and visualized him lying there. I also surrounded the table with ancestors, including my mother, his wife, a psychic and a scientist, his parents, and my grandmother, a healer who passed, Reiki guides, and the Holy Spirit. The room felt filled, and I would go through all the Reiki hand positions.

Intuitively, I was instructed by the Holy Spirit to speak to the disease and tell it to leave. Also, my Theta-Healing® instructor, Vianna Stibal, taught me that diseases have consciousness. So, in my sessions, I first worked on the pneumonia and told it to move on, then on the blood clots, imagining them shrinking and getting smaller and smaller. I also worked on

activating the medications he was on.

At this point, my father was in the hospital, and my sister was local. I received reports the pneumonia had dissipated, and the blood clots also did! He was, of course, on medication, but none for COVID-19. I knew the Reiki was working because COVID-19 attacked the lungs, and he was very high risk, and with the other ailments being eradicated, I thought there was hope for healing the COVID-19, too.

I continued to tell the pneumonia to decrease in his lungs, and when I spoke to my sister, who was near our dad, she said the pneumonia was slowing, his condition was getting better, and his lungs were getting clearer. Also, he was on six liters of oxygen. So, I kept trying to get it lower and lower, and he went down to five liters, then three, and in rehab, he got down to two liters, and now, he is no longer on oxygen!

Every day I would go to my office and do distant healing, and send Reiki to his soul. When the pneumonia and clots were gone, I worked on the COVID-19. The virus was a stronger, more virulent type of energy. It was stubborn and acted entitled, and it said that it liked "living" in my father. I worked hard to tell the COVID-19 telepathically it was not wanted. Dad lost 30 pounds but never went to the ICU. Slowly he regained his appetite and ate. Every time I worked on the medical issue, the report returned that the ailment was dissipating.

I was just as surprised at how well the distance Reiki worked during this crisis, but it did. There was such fear out there in the media, and it didn't help that my

father was an elderly African American man with high blood pressure and a thyroid condition. The hospital was stunned that he was discharged back to rehab. At the beginning of the admission, I told the admitting doctors, FULL CODE (intercede if a patient's heart stops beating or if the patient stops breathing) instead of DNR (Do Not Resuscitate), and my dad had agreed. I believed Reiki could help. He survived, he came home, he is better.

I was encouraged during this pandemic to offer more distance healing to my clients. One 68-year-old female client had two hip surgeries. She said the pain was excruciating, going up to an 11 out of ten. I worked on her the same way I worked on my dad, calling in her soul to my office healing table. She said her pain went from an 11 down to a two in one session! I was shocked since I had done most of my previous healing work in person. A few days later, she came up the stairs with a cane to my healing practice to thank me and

purchase some books. She could now walk with minimal pain. I worked on a couple more people, and they reported lower anxiety, healing of headaches, and healed back pain.

My clients noticed my healing energy had changed during COVID-19. My gifts seemed to accelerate. Some reported gold energy coming to them and giving them a feeling of peace, well-being, and pain relief. My dad survived COVID-19 at age 90. He still has some health issues, but I worked on his other ailments. We just got the results, and he is doing better.

Now, Reiki seems to be the basis of all the other healing work I do. It has expanded with me and grows as I grow. I also see that Reiki has a consciousness of being loving, helping, healing, and promoting deep soul healing. As I work with the mind as a therapist, the body through energy work, and the spirit as an intuiti-

ve reader, everything seems more integrated. My Reiki energy became stronger during COVID-19 and I find this phenomenal. ■



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Endnote

¹ <https://www.youtube.com/watch?v=84vYLonUuks>