

## The Healing Art of Reiki

“Acupuncture without needles” is how Amy Crull describes the holistic healing modality known as Reiki. Crull is a Reiki master teacher, yoga instructor, and holistic health coach who incorporates Reiki into her therapeutic protocols.

While Reiki addresses physical ailments like plantar fasciitis, back pain, and shoulder pain, Crull says it goes much further than that.

“Basically, I'm dealing with your energy. Reiki is going to balance you. It's going to heal any areas that need healing. It's going to harmonize. It's dealing with all aspects of the body, mind, spirit, emotions, and any kind of physical part of the body. The hormone system, digestive system, everything. And then, it even goes further than that in that it gets into your personal development, spiritual awareness. Reiki gets you back to *you*. It gets you back to your essence, to your soul.”

## The 7 Chakras: Energy Centers of the Body

Per the philosophy of Reiki, the body intrinsically knows what it needs to trigger healing. This is rooted in the seven different energy systems in the human body, also known as chakras. Crull describes them as spinning plates, much like you'd see performed by a circus artist. When they're all spinning perfectly, the body is working. When they start to become a little wobbly, that's when the body can break down in various ways.

“Each chakra corresponds to a different body part, to different things in our life,” she states. The seven chakras include:

- *Root*: Tied to survival and often anxiety. Are your basic needs being met?
- *Sacral*: Relates to creativity and “jumping into life.” However, disruptions in this chakra may also present for anyone who has been through trauma or certain abuses.
- *Solar Plexus*: Basis of one's ego; how you identify yourself, your personality, inner strength. Reiki sparks rejuvenating energy.
- *Heart*: The only chakra that has a horizontal aspect to it. Represents compassion and love, as well as ancestral burdens or familial patterns.
- *Throat*: Speaking one's truth—from the heart and soul. It also encompasses listening.
- *Third Eye*: Can bring relief for those who tend to overthink/overanalyze or get caught up in the hamster wheel of their thoughts.
- *Crown*: Represents spirituality and a higher connection.

Crull reinforces that the crown chakra doesn't necessarily mean “God.” It can be whatever it is that you believe in. For some people, it's being out in nature. “I find so much that people are hungry for spirituality. It's just very inspiring to me to see how open most people's crown chakras are. And that really just helps them with their healing.”

## What Does an Appointment Involve?

When a patient books an appointment with Crull, she sends over an intake form that captures any physical or emotional ailments they may be experiencing. This information is then discussed at the initial session. Much like an acupuncture or chiropractic appointment, patients are fully clothed.

As she moves through each chakra, Crull encourages individuals to express how they're feeling. "Sometimes they'll be like, 'I don't know why this memory is coming back' or 'I don't know what I'm experiencing.' We talk through it. But, for the most part, it's just very relaxing for people," she explains.

After the session is completed, Crull goes over anything that arose as well as certain resources or tools that might be helpful, such as breathing exercises, meditation ideas, or even books to check out. "I used to be a librarian, so I'm always letting people know different resources," she adds.

## From the Physical to the Emotional: Reiki Can Provide Relief

The patients Crull sees are about 50/50 when it comes to physical pain versus emotional/mental struggles. Ultimately, the goal is to provide whole-body relief by addressing any potential underlying causes. Crull is inspired as an increasing number of people are coming to understand Reiki's value.

"I love that people are recognizing this is a tool that can help them. Most people I'm seeing are already seeing a therapist, so I'm really just dealing with the energy part of their anxiety. Giving them tools, releasing a lot of those feelings. The other half of the people I see are for pain; a lot of sciatica, back pain, things like that. But, I'm always going to talk to them about emotional reasons behind that pain so we can really get to the root of it."



*\*\*To listen to an in-depth conversation on this topic with Amy Crull, Reiki master teacher, yoga instructor, and holistic health coach, please follow this link: <https://radiomd.com/stoughton/item/46102>*