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Reiki and Autism

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I AM SHARING my experience using Reiki in my work with autistic children to communicate to families how Reiki sessions are complementarily supportive of other therapies and can improve the quality of the child's life. I do not have a cure for autism, nor am I a medical professional. However, my previous experience as a behavioral therapist is that families who have children with autism must deal with managing the child's emotions, disruptive sleep patterns, food

allergies or picky eating, and set ways of daily routine, to name a few. Reiki helps with these issues. And like any other therapy, it takes time and effort. I have also found Reiki to create positive results in helping family members have the strength and courage to face everyday challenges presented by having a family member who is autistic.

My first introduction to Reiki was about 20 years back when I worked with autistic children as a behavioral therapist. My young client was a

4-year-old child who had aggressive behaviors, practiced repetitive stimulating gestures, and had obstructive sleeping patterns. A Reiki practitioner used to work with him. Surprisingly, the child, who usually had trouble sitting still, enjoyed her company and was exceptionally calm sitting on her lap while she read to him.

I was skeptical of Reiki and what the practitioner did but was intrigued by the child's calm behavior. Even after trying sincerely to comprehend