

how Reiki worked, I didn't understand what "universal energy" was and how somebody channeled it. It did not make any logical sense then, yet it was no coincidence the child was calmer after the Reiki session. Also, if the behavioral therapy session followed the Reiki session, the child was more cooperative and did not indulge in as many disruptive behaviors, making the behavioral session more productive.

I hadn't experienced the Reiki sessions myself at the time and most likely because of this, they didn't make logical sense to me; I couldn't comprehend what had happened. But I could not ignore the child's calmness after each Reiki session and the fact that the child had improved sleeping patterns on the days he received Reiki. These experiences convinced me to learn more about Reiki. I saw Reiki helped children with autism, and as that was what I wanted to do, I signed up for a Reiki Level I class.

I realized that for me, going to Reiki training was the only way to learn about it. At the time, I thought Reiki was only for people facing physical or emotional challenges; more of a supplementary cure than a therapy that would benefit everyone. Little did I know it was the beginning of a long but beautiful and rewarding journey that would bless many lives, including my own.

Reflecting on my experience, I remember my intention and mindset was to learn Reiki to support children with autism and their families. First, I practiced with my clients, and observed the difference in their demeanor. Then, when I earned my Level II certificate and was eligible to practice as a Reiki practitioner, my first goal

was to work with families of individuals with different needs.

Eventually, I stopped working as a behavioral therapist and devoted my whole time to Reiki. I started with a young child, age four, who was diagnosed with attention deficit hyperactivity disorder (ADHD) and mild autism. I had 30-minute sessions with him, and after each session, he appeared calmer or more verbal and expressive of his

*I hope that if you know  
a family with autism,  
you may share the  
benefits of this magical  
and divine energy and  
the wonders it can do!  
It is not a replacement  
for any therapy, but  
complementary and  
supportive of it.*

emotions. His comment, "She took my anger away!" was a testimonial describing how this divine energy worked in this specific way.

Slowly, the universe sent a few more children with autism my way. I found the sessions had to be consistent in order to supply benefit, and the results were slow, but families could clearly see the benefit. I also reached out to my former clients, who were

teens or young adults by this time to see if they were ready to receive this divine energy and benefit from it.

The first step was to answer the list of questions the teens had. They had researched Reiki before sitting with me with their questions and concerns. They had questions like, "Is it a placebo effect?" "If you say we shouldn't cross hands and legs, then why are Buddha and many other sages considered healers always shown with their legs crossed?" My answers were convincing, and I became part of their weekly routine.

Individuals with autism can be set in their ways, and a few clients will always lie down in one position with a couple of blankets. I could not always conduct a session using the usual hand positions, but I placed my hands wherever possible. Working on the feet, I experienced that grounding and focusing on the feet helped with centering them. While I preferred not to restrict the flow of energy that can happen with crossing my hands or legs, that was often not a choice. With some, I even had to sit on the floor and cross my legs while we read together and during these sessions, I felt the divine, intelligent energy was just as healing. My intention and faith in Reiki kept growing as I saw the results.

I noticed the knees drawing in a lot of Reiki energy with most of them. After speaking to the families, I learned the children had many set behaviors, like walking in only through the front door and not any other entrance. These set behaviors were linked to or had their foundations in fear or worry and sometimes related to an incident or event that triggered the fear, anxiety, and panic. As we pro-