

gressed with the sessions, the intensity of the fears reduced, and so were the set behaviors.

Another thing prevalent was that some of them had constipation. With consistent Reiki sessions, the bowel movements became regular, creating better digestion, quality of energy, and lessened anxiety in some. I do not mean the children were always happy, but they showed some calmness and less irritability when the bowel movements and, thus, food patterns were better.

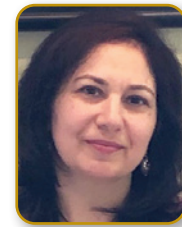
I have also combined sessions of light stretches, postures, and mudras (hand gestures) like the Hakini mudra, which requires touching the tips of both hands, thus connecting the brain's two hemispheres. These sessions have been amazingly beneficial as I include deep breathing and tapping to release energy that does not serve them and activate the heart and central meridian. It may start with just a decrease in the number of panic attacks or aggressive attacks or a reduction in their duration, but that, too, can be a tremendous step towards progress.

My challenge was convincing the families to try these techniques as they focused on whether their child needed Reiki and meditation/mindfulness. If the child became calmer, they would be happier. They were ready to try these techniques themselves once they saw that these combined sessions hugely supported the child. Now, they could practice deep breathing or tapping when the child might be triggered by something in the environment.

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. Special consideration should be given to teens and young adults because while there are many agencies and resources for early intervention and children, there are few for older individuals.

My clients with autism, inspired by these sessions, have joined meditation, yoga, and mindfulness classes as well and stated that it helps them

reduce and deal with anxiety. I had the honor of teaching Reiki to some people with autism. They have consistently been practicing on themselves and their autistic friends and say regular practice makes the day smoother. They no longer feel the stress and nor are they burdened by every chore, or they say that unwanted feelings are less intense. Reiki is not a magic pill, but certainly magical. ■



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