Reiki and Its Applications in the Water

By Betsy Hare, MS

Reiki is an ancient sacred healing art that creates a deeply meditative experience for body mind and spirit. We are all born with Reiki (hands on healing) ability. Through a series of three attunements we are able to reopen channels allowing healing energy to enter us and pass to our clients, family and friends. We do not use our own energy, rather we pass the healing energy received through these channels. Reiki is given fully clothed (both the giver and the receiver) using gentle hand positions that mirror the chakras of the body.

**THE CHAKRAS**

"Chakras (wheel or disc in Sanskrit) are the concentrated energy centers of the body." (The Chakra Basics, 2007). At this point in time, chakras have also been associated with nerve plexus in the body. Reiki works with the seven major chakras (see Diagram 1) as well as several minor chakras in the legs and feet. These energy centers are responsible for the health and wellness of the body. Each chakra has a physical, emotional, mental and spiritual component. When these areas are all in balance the body is in optimal health. When these chakras show too much energy concentration or too little, the body may show signs of being unbalanced. These signs may manifest as disease in one form or another. Reiki allows energy to move more freely in the body. It helps to unblock congested areas and adds energy to areas that are depleted in order to bring the body into equilibrium.

Reiki energy helps the receiver's body to relax and connect with its own inherent healing processes.

**HOW REIKI IS Taught**

Reiki is a very simple technique taught in three or four levels. It is knowledge passed from teacher to student in the form of an attunement. Attunements are special ceremonies that connect the healer to his or her spiritual teachers. These teachers will be present to guide the healer in all future Reiki endeavors. Beginning with the initial attunement, Reiki I, the student's own abilities are awakened. The basic hand positions are taught at this level to use on one's self or others. The history of Reiki is also discussed.

The Reiki II attunement or second degree Reiki provides the student with the tools to do distance healing. Energy flows with greater strength as the channel is opened further. This second level uses sacred symbols and sounds in addition to the hand positions learned in level I.

Reiki III is often taught in one or two parts depending on the teacher. Additional symbols are incorporated into this level. These symbols are added to the symbols taught in level II and the hand positions in level I. This level is taught for further self-mastery and the ability to attune others. With each level of Reiki attained, the student becomes a cleaner, more open channel to the universal life force flowing through all living things.

**HOW IS REIKI USED IN THE WATER**

In the water Reiki can be used in a variety of ways. In its most clear form it can be used as a relaxation tool with a personal training client. Ideally a Reiki session is done in a warm therapy pool or hot tub. Unfortunately many of us do not have access to this type of pool. My pool temperature is about 84° F (29° C). My clients wear a DK Douglas Wet Wrap (www.wetwrap.com) to keep them comfortable at this temperature; other options for similar apparel can be found at H20 Wear (www.h2owear.com).
Clients can be floated or in a seated position against the wall. The position used is determined by personal preference of both parties.

Theoretically the ideal location for a meditative relaxation treatment would be a single use pool. In most cases this opportunity does not exist due to time constraints and pool budgets. In my current situation I am in a six-lane pool with children, classes, open swim or even lap swimmers in the pool with me during a session. We square out our territory and have the client close their eyes and focus on their breathing. Often with the other activities going on around us the pool is very loud. Special pool earplugs could be used to address the noise situation or a waterproof mp3 player. Waterproof ear pieces and mp3 covers can be purchased at [www.h2oaudio.com](http://www.h2oaudio.com). They also list store locations where their product can be purchased.

Once the noise level has been addressed it is time to proceed to the Reiki experience. I begin each session with a private prayer for the client and myself. As Reiki is not affiliated with any particular religion it is not necessary to say any specific words but only what is comfortable for the client and for the Reiki practitioner. We continue in a typical manner similar to most Reiki treatments. Whether on land or in the water I place my hands on or hover over various body parts. I work from head to toes or toes to head depending on how I am prompted to work intuitively. Traditional Reiki requires specific hand placements starting at the top of the head, ears, throat, heart, etc... moving down the body. I listen for what my client may need that day. Working the entire body I focus on areas that may need extra attention. This experience may last anywhere from 5 minutes to 60 minutes depending upon what the practitioner and client decide prior to entering the water.

Reiki may release emotional issues buried in the body tissues. Your client may experience tears, anger, laughter, fear or any number of reactions as they are released from the body. This occurrence is a perfectly normal part of the Reiki experience. There is no need to be fearful if this experience takes place. Just be present to support your client as they release the necessary emotions. The area three to four inches above the client is cleared down the entire length of the client's body three times. At this point the client is gently asked to wiggle their hands and feet and, when ready, to open their eyes. Once the client has fully come into their physical body they are gently reminded to drink lots of water throughout the remainder of the day. The Reiki session is complete but the pleasant after effects may continue for quite some time. Several sessions may be required to achieve the intended outcome as determined by client and practitioner.

There is no such thing as receiving too much or too little Reiki. "The energy has its own innate wisdom to guide itself." (What is Reiki? 2007). Each Reiki session is different and is just what is needed for the moment.

**Other Ways to Use Reiki In The Pool**

Reiki can be incorporated in group settings, rather than one on one. In addition, Reiki can be used in the pool setting itself; the symbols can be used to clear a room energetically, energize the water, or set an intention for a particular class. "Set your attention to set your intention." (Seth Snider-Copley). To set your intention is to clarify your personal goal for your class that day. Water is an amazing conductor of energy and electricity. It also holds emotions as Dr. Masaru Emoto discovered in his many scientific studies on water crystals. Why not use this knowledge to create a wonderful healing environment for your class. Why not put positive intentions into the water and room for healing, motivation and success. The sky, or should I say the water, is the limit.
References

3. Emoto, Masaru. The True Power of Water, Beyond Words, 2005

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ii Betsy Hare, MS. ATRIC, is a group fitness instructor and personal trainer who specializes in both traditional exercise in the pool and mind body programs. As an Instructor for over 15 years her extensive background includes numerous water and land certifications. Betsy is a graduate of the Northeast Academy of Healing and Psychic Development and a Reiki Master Teacher. Betsy can be reached at betsyhare44@gmail.com