

Magic Hands

He has magic hands! That is how the residents describe Tzach Elnekave, a Reiki Master who comes to the Algonquin Nursing Home in Mattawa, Ontario, once a week to give therapy sessions.

Reiki is a form of spiritual healing that uses the energy in the environment to re-balance the body. The practitioner directs the Reiki energy that flows through the giver's hands to the person receiving treatment. It stimulates the body's own healing process, giving the recipient a lasting sense of peace and relaxation.

"I am playing the role of a conduit," says Tzach. "The recipient of the therapy is like an appliance and I channel the energy to physically re-charge their bodies."

The body is more than just a collection of functioning parts, explains Tzach. Since everything generates a frequency, the body and its organs have their own energy field, which is continually changing. All conditions of disease are rooted in this energy system. If our 'life force' is low or blocked, we are more likely to get sick. If it is high and flowing freely, we can maintain our health and well being.

Reiki Healing Energy provides the means to balance the human energy fields (auras) and energy centres (chakras) to create the conditions needed for the body's healing system to function.

The Reiki practitioner helps clients to heal themselves — spiritually, mentally, emotionally and physically — by a simple laying-on of hands. By the use of ancient healing symbols, the practitioner channels the Universal Life Force energy, allowing it to flow where it is needed to bring the energy centres into alignment.



Mrs. Isabelle Rainville is one of three residents who enjoys the therapeutic benefits of her Reiki sessions.

The Reiki practitioner must be a clear vessel through which the healing energy flows. The Reiki Master plays an instrumental part in the healing process, but ultimately it is up to the recipient to manifest harmony and balance in their own life.

The three residents who receive Reiki therapy at Algonquin — Isabelle Rainville, Isabel Stewart and Evelyn Turcotte-Belanger — find it difficult to describe their therapy sessions.

"There are no words to describe what you go through," says Angie Douglass, Resident and Family Service Coordinator. "People need to experience it themselves."

"It's just magic," said Isabelle.

When a practitioner performs Reiki, the client usually sits or lies comfortably, fully clothed. The practitioner places his hands on or slightly above the client's body, using 12 to 15 different hand positions with the intention of transmitting 'ki.' The hands are positioned with the palms down, fingers and thumbs extended. Each hand position is held until the practitioner feels that the flow of energy has slowed or stopped, typically about two to five minutes.

The Algonquin ladies were skeptical at first, but now they are true believers — and they can't help but rave about Reiki's beneficial effects.

"You can't help but believe," says Evelyn. "I'm astounded! It makes me feel better and I am being told by the people around here how much better I look. I'm improving!"

Evelyn finds that her therapy sessions have helped relieve the pain in her hand.

And the ladies have discovered other benefits from their therapy sessions. They sleep better, find relief from their headaches and experience a feeling of well being.

"The feeling of well being is very individual and how long the effect lasts depends on the person and seriousness of what is being worked on," Angie says.

Tzach also claims that the therapy increases vitality and postpones the aging process.

"I have taken Reiki where it was meant to be," he says. "It's a blessing to give relief and a new spark to these residents." **LTC**

**by Gerry
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