

Reiki Techniques for Reducing Stress

by Robin Fuerst

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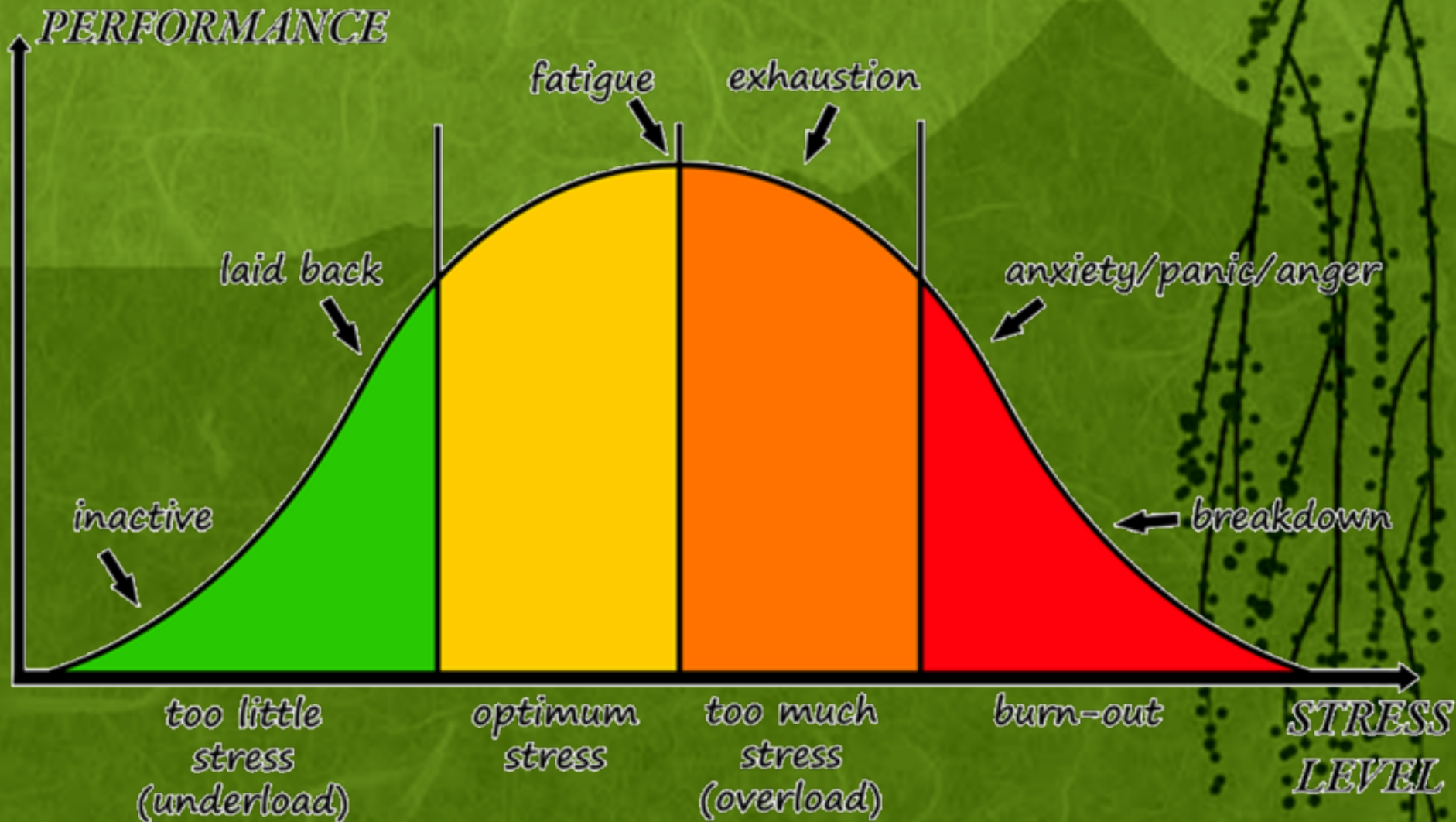
STRESS

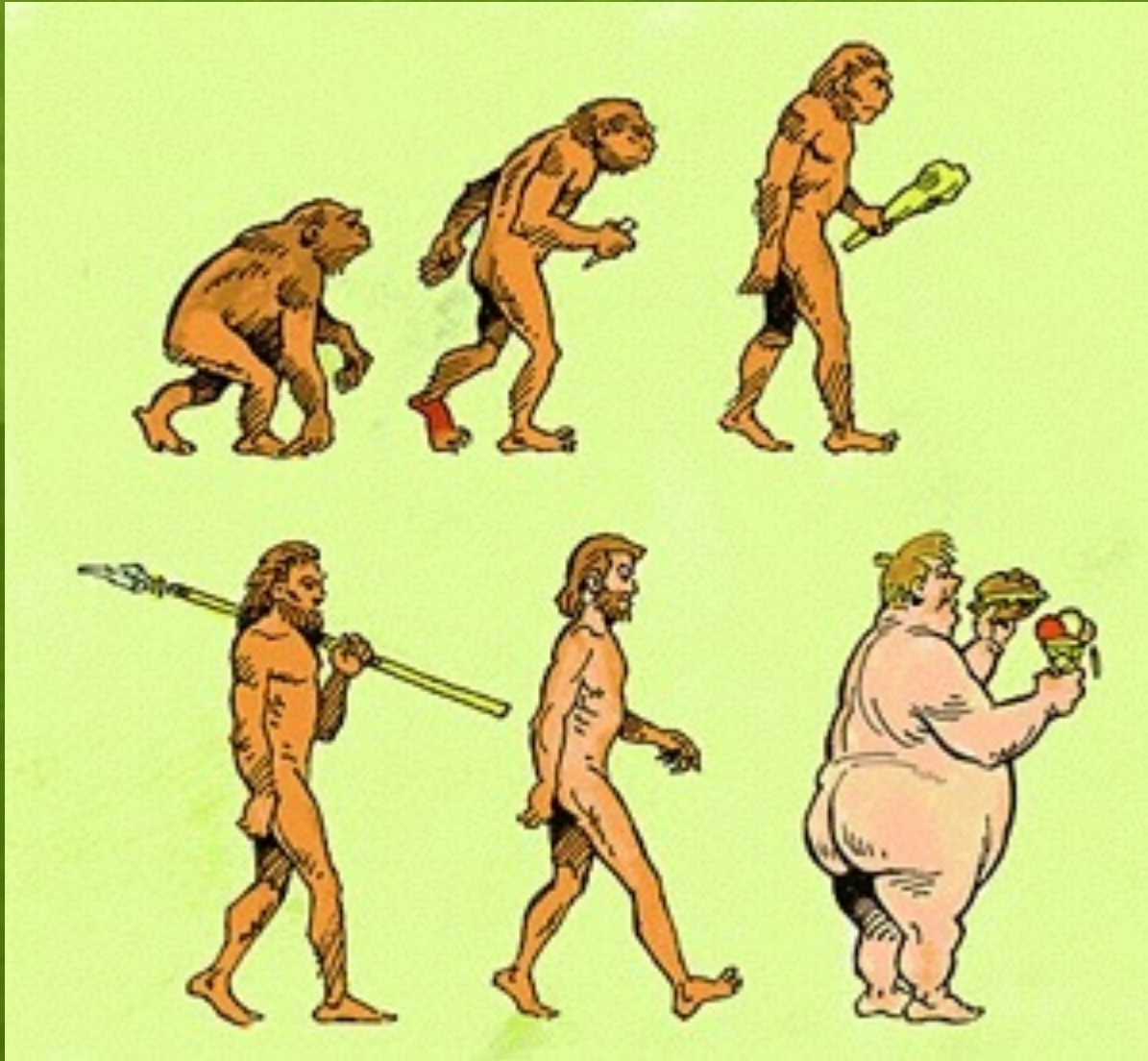
Definition:

**the non-specific response of the
body to any demand for change**

Hans Selye, 1936

STRESS CURVE





What has changed?

Shift in the TYPE of stress

- **FROM:**
acute, specific, infrequent
- **TO:**
chronic, unseen, repetitive

Why is this so important?

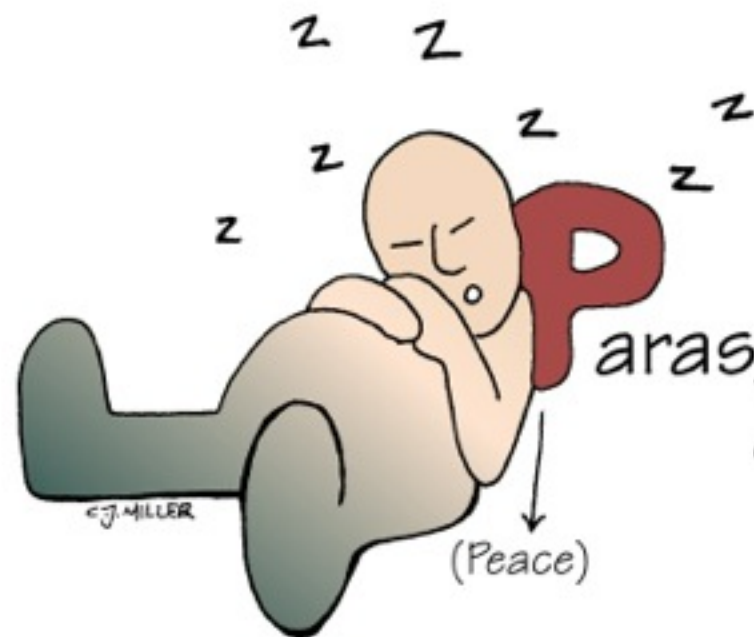
Autonomic Nervous System

- Sympathetic
- Parasympathetic

Limbic System

"AUTONOMIC NERVOUS SYSTEM RESPONSE"

Sympathetic Response
"Fight or Flight"
(Stress)



Parasympathetic Response
"Rest & Digest"
(Peace)

Fight or Flight Hormones

Adrenaline & Cortisol

**from the adrenal glands that
sit on top of our kidneys**

Fight or Flight Response

(Stress or Sympathetic activation)

Increased:

- **focus & alertness**
- **mental activity & awareness**
- **heart rate & blood pressure**
- **muscle contraction**
- **blood sugar (for strength & endurance)**
- **blood cholesterol & free fatty acids (fuel)**
- **blood clotting (minimize loss if injured)**
- **pupil dilation (wide open to see)**

Fight or Flight Response

(Stress or Sympathetic activation)

Decreased:

- immune system activity (save energy)
- blood flow to internal organs (more to muscles)
- feeling of pain (helps in fight &/or flight)
- blood flow to frontal cortex – no time to think, just react on survival instincts



Physical Effects of Chronic Stress


- heart disease
- diabetes
- stroke
- cancer
- pituitary disorder
- adrenal exhaustion
- sleep disturbances
- chronic constipation
- stress ulcer
- weight gain (belly fat)

Emotional Effects of Chronic Stress

- anxiety & depression
- aggression & uncontrolled anger
- a closing off of the heart
- disengaged rational mind
- decreased creativity & concentration
- focus on fear (false evidence appearing real), rather than on love
- disconnection from our intuition
- overwhelm to the point of loss of joy
- choices made for survival, not long term prosperity

TCM – Overactive Triple Warmer

- anxious, irritable, startle easily
- living more from “old” brain
- busy all the time
- existing
- body temperature fluctuations
- I’ll get to it tomorrow
- retain weight
- downsize potential to match energy
- breathe shallowly

The image features a close-up of a person's hand reaching upwards, palm facing forward. The hand is positioned on the left side of the frame. The background is a dark, textured surface, possibly a window or a wall, covered in numerous small, white water droplets, giving it a misty or rainy appearance. On the right side of the image, there is a vertical green bar. Within this bar, there are dark, thin, vertical lines that resemble branches or reeds, also covered in small droplets. The overall mood is serene and calming.

Reiki relieves
stress and
creates a
relaxed,
balanced
state from
which
natural
healing can
take place.

~Robin Fuerst

www.HealingJourneyOptions.com

Turning down the fight or flight response:

1. Connect to the sympathetic system with the distance symbol.
2. Use Zonar to prepare the area for deep healing. Ask for the current “setting.” (&/or use SHK)
3. Use Halu to decrease the setting to a more healthy level (&/or use CKR, UDKM, Holy Fire)
4. Use Harth to stabilize the new setting with the essence of universal compassion (&/or SHK)
5. Use Rama to ground, integrate and balance this new setting, re-energize & harmonize chakras



Rest & Digest Response

(peaceful parasympathetic system)

Decreased:

- **blood pressure**
- **respiratory rate**
- **heart rate & force of contraction**

Increased:

- **stomach & intestinal action (digest & eliminate)**
- **efficiency of oxygen use**
- **alpha brain waves (deep relaxation)**
- **sense of mental & spiritual well-being**

TCM – Kidney Meridian

- self confidence
- increased capacity for joy
- rational thought
- allowed to be peaceful
- I can do it now
- weight normalizes
- nerves relax
- easily do daily tasks
- breathe deeply

Parasympathetic System

- pre-dates sympathetic (fight/flight)
- 500 million years old – twice as old as fight/flight system
- generates the FREEZE response

Nurturing the Rest & Digest System

1. Connect with the parasympathetic system with the distance symbol
2. Use Zonar to prepare the area for deep healing. Ask for the current “setting.” Use whatever symbol comes intuitively to fill the system.
3. This may be a combination of Holy Fire, Usui & Karuna symbols. Be patient – scores less than 20 take some time to fill the system.
4. Once your client is at 100%, Harth & Rama are great concluding symbols.

Autonomic Nervous System (ANS)

Sympathetic Nervous System	Parasympathetic Nervous System
Fight or flight	Rest and digest
Gas pedal	Brakes
Responsible for changes to the steady-state so that the organism can quickly respond to a threat or opportunity	Responsible for ongoing, steady-state activity
	Produces a feeling of relaxation often with a sense of contentment
	The cooling, steadying influence helps you think clearly and avoid hot-headed actions.
	Quiets the mind and fosters tranquillity which supports contemplative insight.

Limbic System

- many interconnections:

1. memories (formation, recall)
2. emotions
3. survival instincts
4. sensory perceptions
5. smell
6. regulation of movement, HR, BP
7. affect hormonal release
8. fight/flight & freeze

- result -> thinking brain goes “off-line”

Frontal Lobe
(Intellectual Brain)



Thalamus

Central relay
station

Caudate Nucleus

Automatic
thought
transmission

Amygdala

Strong emotion/
fear/panic

Anterior
Cingulate Gyrus

Mood

Hippocampus

Memory and emotion

Limbic Survival Memory Bias

- “one bad berry”
- magnifies impact of negative life trauma
- calls in past memories, sights, sounds, smells
- can be challenging to separate past memories from present experience

Post Traumatic Stress Disorder (PTSD)

- challenging to separate past memories from present experience
- actually re-live experience
- this is a normal limbic system response to an abnormal situation (trauma, shock, violence)
- when this response becomes persistent and is amplified it produces extreme anxiety, panic, PTSD

Result of Limbic Overdrive

- rational thought short –circuited
- part of the person gets “locked” into this abnormal situation/trauma and is unaware that they are not in danger
- they are stuck in unresolved, continual experience of the extreme stress

**Balance – a deep sense that
everything is really OK...**



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Shifting Limbic Overdrive

There are a number of techniques that may be useful in shifting limbic overdrive. Please use your intuition for where to start and how to proceed. Each situation is unique.

1. **Clear emotional & mental auras** of stagnant energy that is ready to be released, beliefs or thoughts that are no longer serving the person, &/or anything that needs to leave now.
2. Connect to these with the distance symbol & release with Holy Fire, Karuna, or Usui symbols.

Shifting Limbic Overdrive

1. **Ask HSZSN to connect to the part trapped in the past or to find the root cause(s) of the situation.**
2. Use Zonar to prepare for deep healing. Listen for your intuitive guidance – may also need SHK, Shanti or another symbol to calm or ground.
3. For deep seated anxiety/fear/panic a healing attunement &/or aura clearing may be needed to release the part or root causes.
4. **An energy gathering meditation** may be helpful to connect to scattered energy, heal & harmonize it, bring it to the same frequency as the person's chakras/body for re-integration.

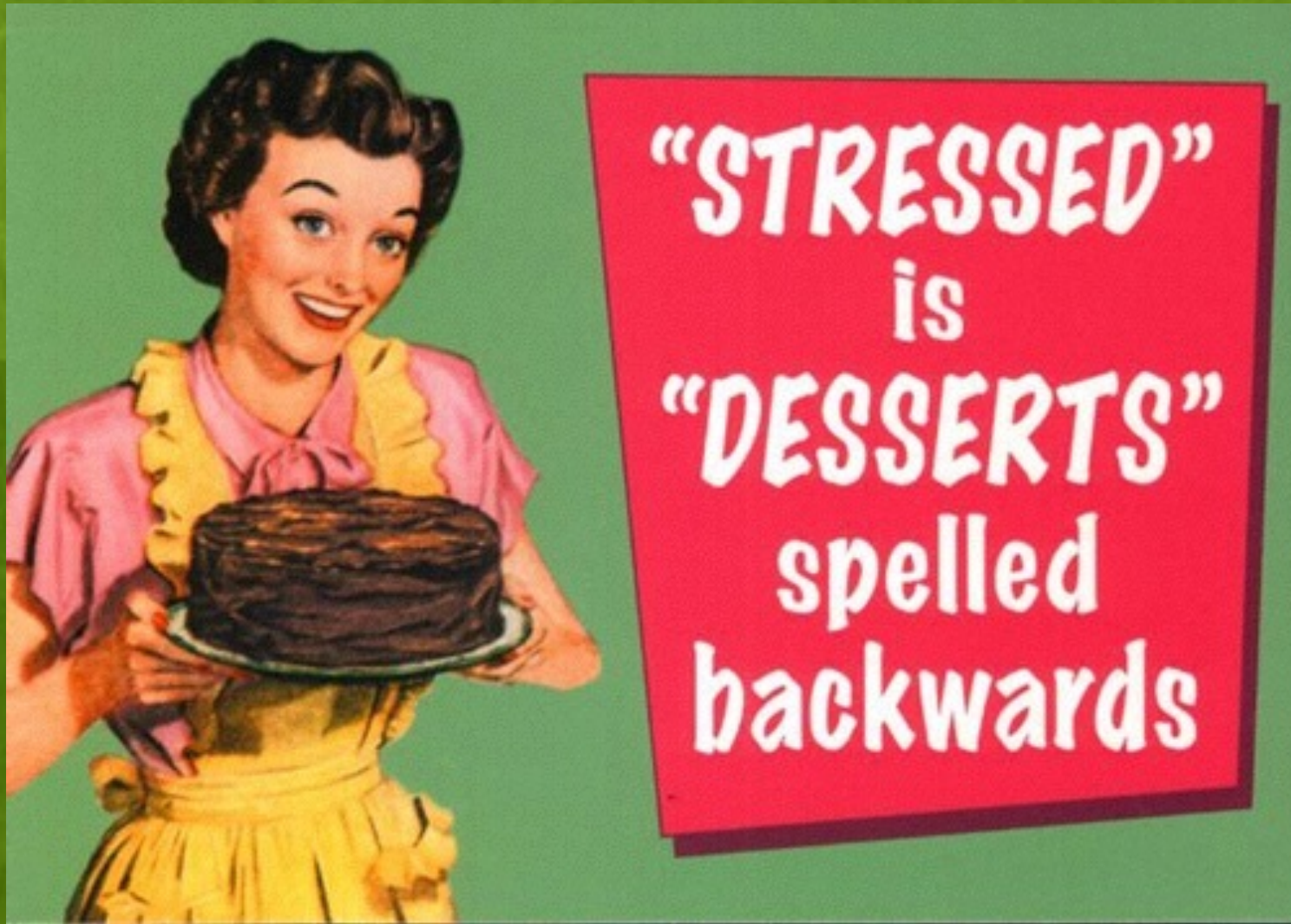
Other Stress Relievers...

- deep breathing, mindfulness
- gratitude – shift focus to positive events
- essential oils (lavender, rose, patchouli, jasmine, bergamot, clary sage, sandalwood, rose geranium, lemon, vetiver...)









**Reiki helps us reconnect
with our heart...**



**through our heart we
realign with our Spirit...**

