

## **Reiki for Chronic Pain**

TO WHOM IT MAY CONCERN:

As a registered nurse with more than 40 years of experience working in an acute care teaching hospital, I have cared for children, young adults, and the elderly, and have worked in critical care areas, medical surgical areas, oncology, trauma and pediatrics units. For a number of years, I was involved in Utilization Management and the hospital's Quality Assurance Program.

Chronic pain makes the road to recovery and well-being difficult and time-consuming. It can cause depression, loss of interest in previously enjoyed activities, sleep disturbances and eating abnormalities, and may exacerbate other medical conditions, i.e., diabetes, hypertension and angina.

I have suffered with severe degenerative disc disease of the lumbosacral and thoracic spine with spinal stenosis for more than 6 years, and live with chronic pain. I have difficulty walking and doing routine activities of daily living. Coming from an allopathic background in my professional life, I tried many types of therapy with only minimal and at best short-lived relief. Intrathecal steroid injections gave no relief at all. Local joint injections of steroids to the spine gave only mild to moderate relief and only short-lived results. I have also tried various medications, including several non-steroidal anti-inflammatory drugs and pain relievers, physical therapy, and aqua therapy with only mild pain relief for a very short time.

About 4½ years ago, I was introduced to Reiki therapy by the Rev. Dan Pure, a Presbyterian pastor residing in South Jersey. No one was more surprised than I was with the positive results. My pain is much less, and at times completely gone. I feel energized and motivated. I sleep well and am able to enjoy activities I was not able to do secondary to the pain. Reiki is also a great stress reliever. I continue to receive Reiki every two weeks, and it continues to afford me much relief.

On another note, I am a Type II Diabetic on insulin. Since receiving Reiki, my blood sugar control has been excellent. In fact, my insulin requirement has been cut by more than 50%.

I completed the Reiki Level I and Level II training classes under Rev. Pure's guidance and learned how to give Reiki to others and to myself. Rev. Pure conducted these classes in the most professional manner. His classes and especially his teaching style have been very rewarding, educational, and inspiring. I would recommend Rev. Pure's classes to any medical professional.

I believe that a combined program of traditional allopathic and Reiki therapies account for my decreased level of pain and increase in energy, and would recommend this to anyone who experiences chronic pain.

Judith C. Eiseman, RN BS HCA  
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