



Photo by Rebecca Willson

Reiki and Concussions

BY PAM ALLEN-LEBLANC

RECENTLY HERE AT HIDDEN BROOK FARM, we had an opportunity to experience the results of using Reiki for people who had been diagnosed with a concussion. While we were certainly not initially grateful for this opportunity, the results of our use of Reiki were astounding. I realized that I would be able to share the results with others so that more people could receive help through Reiki for this complicated and somewhat mysterious issue. What I didn't realize was how important or far-reaching this might be—or how it would eventually affect my own family!

In the fall of 2015, two of our riders had significant falls from their horses at high speeds and another student hit her head on her patio at home. All three students subsequently experienced concussions. The two riders went to the hospital immediately where they were told definitively that they had concussions and were given a course of action that included not doing any activity that required concentration—computers, TV, reading etc.—

practitioner conducts a healing attunement to release the energy block. This is really effective as identifying the shape gives us, the client and the Reiki energy a focus and helps us understand whether or not the energy has left when we check on it afterward. If the energy is not completely gone, it can be followed by auric cleansing or psychic surgery, techniques also taught in the class, followed by a traditional Reiki session. I used all three of these techniques for my three clients, knowing from past experience that they are very powerful when put together, but my students and I were still amazed that the headaches, confusion, memory loss, brain fog, pain, pressure and swelling were completely gone for all three after just one Reiki session and that they never experienced any symptoms from their concussions afterward! So we were ready the next time a concussion came through the door.

Just before Easter, a 16-year-old boy who was close to our family committed suicide. This affected me tremendously and I felt there was something I was supposed to do about it but was

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for about a week to rest the brain. However, after one to two weeks of following this advice and not noticing much improvement, the students accepted my invitation to receive a Reiki session. Both were still experiencing headaches, confusion and memory loss, difficulty sleeping and balance issues and were finding it difficult to use their brain. One was a teacher and the other a high school student so this was very limiting!

The third student saw us just a few days after she hit her head and had heard about the others. She had a Reiki session and went to the hospital for a check afterward where she was given the same advice—to rest and do very little with her vision or brain.

In all three sessions, I had the students identify the energy that was causing the problems with their concussions. This is a regular part of the practice in the healing attunement taught by the ICRT in the Usui/Tibetan Reiki Master class. The client identifies where the energy is in the body as well as the shape, size, color, surface texture, weight and temperature and then the

unsure what. As I was standing in line at the funeral home with an old friend who is an emergency room nurse, she asked if the young boy had suffered from concussions, explaining that she raised the question because there were indications in the room that he had been a hockey player. She then proceeded to explain that her daughter's boyfriend had also been a hockey player who had experienced concussions in his hockey career and had also committed suicide a few years previously. She felt that there was a link between concussions (especially repeated concussions) and mental health. She had observed this phenomenon often in her 25-year career and believed that the resulting depression and suicides that also sometimes resulted were linked to this brain injury. She got me thinking.

Perhaps what I was to do in memory of my friends' son was to bring the phenomenal results I had seen with Reiki sessions into the world. Perhaps this connection that my friend had seen between repeated concussions and deteriorating mental health, a

connection that has far-reaching and potentially tragic circumstances for people, could be avoided if people only knew there was Reiki and some specific techniques that can help resolve the problems that follow this injury.

Further research has proved that my friend is not the first person to have made the link between mental health and concussions. This very real link is the centerpiece of the contemporary film, “Concussion,” which portrays the story of the real-life American/Nigerian forensic pathologist Dr. Bennet Omalu, who linked concussions to memory loss, dementia and eventual mental illness and death after performing autopsies and examining the brains of the late Hall of Fame NFL player, Mike Webster and then other NFL players. His studies showed that the repeated concussions that these players suffered, which were detected with brain scans while they were alive, had led to a condition called chronic traumatic encephalopathy (CTE), a condition that unfortunately cannot be detected until after a patient’s death.¹ CTE can progress to a stage where there is an increase in suicidal behaviors.² Dr. Omalu single-handedly took on the NFL to force them to recognize the importance of the link between concussions, particularly repeated concussions, and the mental illness that can result from them.³ I believe his efforts have made professional sports teams more cognizant and respectful about concussions and head traumas in their athletes as a result. But it’s not only elite or professional athletes who suffer from concussions. In fact, it’s most often everyday people doing average, everyday things who experience concussions.

Journalist Jordana Cepelewicz, in an article in *Scientific American*, reported that “new research published in the *Canadian Medical Association Journal* shows that even mild concussions sustained in ordinary community settings might be more detrimental than anyone anticipated; the long-term risk of suicide increases threefold in adults if they have experienced even one concussion. That risk increases by a third if the concussion is sustained on a weekend instead of a weekday—suggesting recreational concussions are riskier long-term than those sustained on the job.”⁴ And to this end, she also cites Donald

Redelmeier, a senior scientist at the University of Toronto and one of the study’s lead authors, as he indicates that most injuries are not sustained by professional athletes. In fact, the typical patients he sees are middle-aged adults who have fallen doing routine activities or who sustained injuries in a car accident.⁵ So concussions can affect anyone. While the evidence is not yet conclusive, there does appear to be a link between concussions and long-term mental health problems that is becoming more and more difficult to ignore.

With the information about concussions and mental health in hand, I approached one of my clients, Jonathan Harty, who is a professional hockey player in the European hockey leagues. Harty is an extremely intelligent, talented and determined player, so I figured that he might have some knowledge about and experience with concussions. He surprised me when he said he does not have any issues with concussions. How is this possible, I wondered? Harty explained, “I have experienced many degrees of head traumas from major concussions to being ‘dazed,’ but after every incident, when the session is over, I take some time to meditate and do some Reiki to limit the recovery time and the degree of the injury.”⁶ Jonathan is a Level II Reiki practitioner and uses his Reiki to ensure that he has no lasting effects. He says it is surprising sometimes which hits lead to concussion symptoms. He says sometimes he gets a pretty big hit but is okay while other times a small jostle will set off alarm signals that tell him he needs to tend to his brain to prevent injury. Jonathan finds that looking after himself like this right away allows him to return much faster to physical activity in better condition both physically and mentally, and as a result, he has had very few setbacks in his career due to his health. In fact, he believes this strategy will prolong his career. Jonathan also follows up with cranial-sacral therapy and finds this helpful as well, but he credits immediate Reiki and meditation with most of his success in avoiding serious injury.

I have to admit that I did not know much about concussions before I began working with them. In fact, it took a friend to help me link my own daughter’s symptoms to the fact that she had sustained a few concussions. You see, I thought you had to be “knocked out” to get a concussion. That’s not the case. Any head trauma can lead to the swelling of the brain, which we call “concussion.” How do you know if you have sustained one? Most of us have bumped our heads pretty hard at some point in our lives. Symptoms of a concussion typically include some combination of the following:

⁵ Ibid.

⁶ Personal conversation with Jonathan Harty.

¹ www.washingtonpost.com/news/to-your-health/wp/2016/02/22/the-terrifying-link-between-concussions-and-suicide/?utm_term=.baf8c4e50bde.

² en.wikipedia.org/wiki/Chronic_traumatic_encephalopathy.

³ www.washingtonpost.com/news/to-your-health/wp/2016/02/22/the-terrifying-link-between-concussions-and-suicide/?utm_term=.baf8c4e50bde.

⁴ Jordana Cepelewicz, “A Single Concussion May Triple the Long-Term Risk of Suicide,” *Scientific American* (February 8, 2016), www.scientificamerican.com/article/a-single-concussion-may-triple-the-long-term-risk-of-suicide/.

- headache
- decreased cognitive function (loss of memory, difficulty concentrating, lack of focus)
- lack of coordination (dizziness, vertigo, difficulty with balance)
- pupil dilation
- nausea
- blurred vision or light sensitivity
- bruising
- mood swings or emotional outbursts (including depression, anxiety and agitation)
- slurred speech
- disrupted sleep patterns.⁷

However, just as no two brains are identical, no two concussions are identical and they all respond differently to traditional treatment.

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Recently, my friend mentioned that her daughter, Sophia, one of the riders I had treated previously for a concussion, was having headaches and other concussion symptoms again. When I investigated further, I realized they had begun in March when she re-injured herself in another fall. As my friend described Sophia's symptoms, a light went on for me. For some reason, I had never been able to figure out why my daughter had had frequent headaches for the previous two or three years. We had her eyes checked and had her checked medically, but there appeared to be no reason for these headaches. Still mother's intuition told me I was missing something. This conversation finally helped me put the pieces together and understand that while my daughter had never "passed out" or exhibited the typical signs of a concussion, she had fallen from different horses over the years, even damaging her helmets. So her headaches could be a result of concussions. Upon further questioning, we realized that this was not the only symptom she was experiencing. She had many additional concussion symptoms as well. How did I miss this? No matter—I could do something about it now that I understood what was going on.

Both my daughter, Caroline, and my friend's daughter, Sophia, agreed to help me with a "study" on concussions, and

in May I began tracking their symptoms as I embarked on a series of Reiki sessions. I had studied Holy Fire II Reiki with William Rand earlier that spring, first in a webinar and then in person, so this time the sessions were different in that I was doing the "healing experiences" of Holy Fire II Reiki instead of the healing attunements of the Usui/Tibetan Reiki. I had already done several healing experiences with clients and noticed that even more healing happened for them without the need for auric cleansing and psychic surgery. Therefore, I followed the newer protocols with the two girls, but other than that difference, the sessions with these two were the same as the earlier ones with my students.

I asked the girls to relate their symptoms and then rate them from 0 to 10 based on the severity and intensity, and we began working on the most severe ones. Further questioning revealed that Caroline probably had sustained concussions three times in the previous three years while Sophia had two in the previous eight months. We met once a week to work on the symptoms.

Initially, the girls rated their headaches 9 and 8 out of 10 respectively. They also had fairly high numbers for forgetfulness with 8 and 6. Although they had other symptoms, I focused on these two at first, treating them with a Holy Fire Healing Experience. Both girls noticed the blocks either getting smaller or disappearing during the meditation—and both ended their first session with a headache!

By the following session, their headaches had decreased to 7 and 6 respectively, while their forgetfulness had gone down to 6 and 2. Sophia noted she had not had a headache in four days, which was really unusual for her, and Caroline also reported fewer headaches in the previous week. Both girls noticed that their ear ringing and pressure (which had been a low number in the first session) had increased as their headaches decreased. I thought that was unusual, but I went with it. Sophia noticed dizziness that she had not noticed before, making me believe that sometimes as more serious symptoms leave, secondary ones become more prominent. Again, I simply did the healing experience meditation after they identified the blocks and again, the blocks either disappeared or got smaller. I could have followed up with a regular Reiki session here but opted not to for the purposes of the experiment.

By the third session, headaches rated 7 and 4 respectively. Ear ringing was up for Caroline but completely gone for Sophia. I then addressed Sophia's brain fog, forgetfulness and confusion in addition to her headaches while I continued with headaches and ear ringing for Caroline. Again, the blocks either left or got much smaller.

In the fourth session, headaches were down to 3 and 3 for the girls. Ear ringing and forgetfulness were just a 1 for Sophia and all other symptoms were gone. Two weeks later, Sophia,

⁷ www.mayoclinic.org/diseases-conditions/concussion/symptoms-causes/dxc-20273155.

whose concussions were more recent, reported that she was completely clear. She told me that she had gotten “shivers” during the final healing experience and had noticed her muscles twitching. She followed up her experience with these sessions by taking a Reiki class. For Caroline, ear ringing was down to a 5 and forgetfulness was down from a 6 to a 4. So the Reiki and I tackled these issues in the healing experience. Although they mostly left, I decided to have a fifth session just for Caroline. In her fifth and final session, she felt a BIG improvement in most of her symptoms. Based on this, I decided to continue with additional sessions if anything new came up but concluded that we were pretty much done.

I should note that it was a particularly stressful time for the girls while we were doing this work as they were both studying for and writing exams and papers, working their brains very hard, so they were both thankful that their headaches and symptoms were diminishing. If I were to do this work again, one thing that I would change is that I would only work on one symptom at a time in each healing experience. I have noticed the healing experiences in general work best that way, but when I was fairly new to using Holy Fire, I didn’t realize this.

In conclusion, I believe that with immediate meditation, Reiki and rest, concussions have a much better chance of healing

and people can get back to their normal lives more efficiently and effectively. My work with the two girls showed that even when time has passed, the use of Reiki sessions can reduce and eliminate some of the longer-term effects of concussions and may be a boon to people’s mental health after experiencing a concussion. At Hidden Brook Farm, we are now even more thankful for the gift of Reiki and hope that our findings will help others recover from this difficult and often debilitating condition.

Namaste. 🌸



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