37 - THE INTRODUCTION OF REIKE IN THE AQUATIC ENVIRONMENT AND ITS EFFECTS ON PHYSICAL, ENERGYC, EMOTIONAL, AND MENTAL DEVELOPMENT.

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INTRODUCTION

The various social problems have caused a significant increase of various diseases resulting from stress that is causing psychological and physical symptoms that are worsening with the passage of time.

It is observed that the stress and depression are public health problems and do not affect only the holders of any pre-determined condition, but also the population in general, and only with early detection we can work in the prevention of its physical manifestation, reduction or permanent relief.

Patients with high levels of pain, stress and depression have a great number of trigger points in interrupting the energetic body flow that compromises the quality of life and daily routine.

This study's principal objective is one's awareness that everything that happens in his body is rooted from his own mental and emotional patterns.[13,8]

A number of individuals were subjected to "Water Reiki" (Aquatic Reiki) by a physiotherapist with extensive experience in aquatic therapies and a holistic therapist with extensive experience in Reiki. This study is being conducted at Aquafisio in the city of Cabo Frio, Rio de Janeiro in order to develop a new technique for the relief of pain, as well as, deep relaxation and physical, emotional and energetic balance, accelerating the therapeutic results and facilitating the physical manipulation employed in all other forms of existing aquatic therapies.

This study analyzes the effectiveness of the technique for relief of pain and stress, promoting well-being, relaxation and greater satisfaction of the individual. Thus, there may be emotional releases retained in the corporal memory[14], thereby increasing the benefits from the technique. However, it is a technique that presents the disadvantage of requiring special features such as heated swimming pool, which is normally not available in public health facilities, and transportation of the patient to the site of therapy.

It is known that the heated water used in water treatment itself brings great physical benefit to the patient, due to the temperature around 34ºC. The absence of body weight, the body's full support and the concomitant heating of all joints throughout the body result in physical relaxation, elevation of the body core temperature and greater muscular metabolism.[11] The heated water by itself is a great catalyst of physical, emotional and mental reactions, for which the greatest benefit is a perception of life and of oneself.

The Reiki is a Japanese therapy of natural healing with the imposition of hands, is a technique of transmission and energetic balance, capable of restoring physical, emotional and mental states through the unblocking of body energy, making it possible for the individual to become aware of his mental, emotional, and energetic patterns that are developers of the various disorders that affect him. [12]

In view of the present study, we hope to contribute to the relief of pain and stress through the Water-Reiki as aid to other existing techniques for the physical, energetic, emotional and mental development.

THE AQUATIC THERAPY

Water is the element most known and used by humans. After all 70% (seventy percent) of the human body consists of water.

Its physiological and therapeutic effects are surprisingly large. According to the statement in E. Becker's book Aquatic Rehabilitation. "This circumstance is the result of a remarkable number of effects related to physical forces acting on the organism in the water, in combination with some powerful effects, although little understood, of the immersion of the human psyche."

The benefits of therapeutic application on water depend on the difference between water temperature and the body of the patient and duration of application. The water heated to a temperature of 34 C causes great relaxation of muscle fibers through the conducting process between the water temperature and skin which, in turn, will transmit heat to the most internal structures, thereby reducing the muscle tension by the relaxation of muscle fibers. [7]

In the water, the senses of touch, vision and the capacity of recognizing positions within a space are stimulated, because the water pressure exert a force on the mechanoreceptors of the skin (Meissner and Merkel) that will, in ways superficial and profound, stimulate the corpuscle. The corpuscles of Krause and Ruffini, also located in the skin, respond to the stimulus of cold and heat, respectively, controlled by the anterior and posterior hypothalamus. [7]

The heat causes an abnormal reduction in muscle tone and spasticity, the circulation increases with water above 34ºC. During immersion the redistribution of blood causes an increase in skin temperature, favoring the peripheral blood flow.1 The response of relaxation depends on how the patient is comfortable in the water. The heated water helps ease the pain and get more comfortable. The cycle of pain is interrupted because of a bombardment of sensory stimuli, which travels through fibers that are wider and faster and have a higher conductivity than the fibers of pain. The spastic muscles are relaxed, due to the neutral heating that the heated water provides. [4]

The supine position of the body is to rest, receptivity, relaxation of muscles and balanced circulation, a position which we are free to embark on a journey inside. When the patient feels the touch for the first time and experiences your support and the sensitivity which you follow your breath, your credibility is established, opening avenues for a better relaxation.

The water has unique physical properties that transform it into a very efficient and therapeutic venue to secure the achievement of the session.

The association of aquatic therapy to Reiki, an energetic therapy, will intensify the results of both therapies. The water, this wonderful element facilitator and catalyst, is an excellent vehicle in the process of transmitting the Reiki energy, exponentially expanding and accelerating their results. [1]

REIKI

Reiki is a natural, harmonic, and essential energy to the entire creature. "Rei" means "Universal Energy"; "Ki" means “vital energy”, so Reiki is the vital energy, directed and maintained by the wisdom of the Universal Energy. [12]

Reiki is a natural therapy of the imposition of hands, of Japanese origin and which aims to convey the Reiki energy to the individual, rebalancing the whole flow of vital energy [2] thus improving of various physical, emotional and mental disorders.[12]

HISTORY

The origins are lost in time, much of the knowledge and the route traveled by Reiki was passed orally from master to disciple, and with them those were gone.

In the late nineteenth century, Mika Usui (1865-1926), a Japanese monk and scholar of religions, sought answers about the method of healing that Jesus and Buddha used in their time. He traveled to Japan, Tibet, China and India in this search, was in Japan itself, in a Buddhist monastery, which he found the answer in scrolls written in Sanskrit by a monk. [12] Mikao Usui after many years of study, spent twenty days fasting and meditating on top of Mount Koryama in Japan, where, on the twenty-first day, managed to activate the energy Reiki. And started to treat and teach the technique to thousands of people in Japan.

EFFECTIVENESS IN DEALING WITH REIKI

The technique of Reiki is a holistic approach to therapy, which means its sees the man as a complete and unique being, with regard to interdependence with the environment and individuals with whom it relates.

For having a holistic vision[1,3] that is, of the total being, the treatment is individual and unique in each session. The rules of the technique are followed, but each session is unique. As the treatment progresses, the sessions deepen, reaching mental and emotional patterns that supported the disease. With the understanding of the causes, the symptoms are relieved and suppressed from the psycobiophysical system.[13,8]

Knowing that the health of the individual depends, in most cases, of this emotional and mental state, it can understand the scope of Reiki therapy in various disorders and their aspects.

Upon receiving Reiki, the patient suffering from acute pain, for example, relaxes allowing the energy flow, responsible for the body functionality, to circulate freely causing the symptom of pain to be relieved immediately. As the treatment is received, it will work the psycho-mental causes will that motivated the symptom in question, the result is the elimination of the symptom, as well as increasing the overall harmony of the patient that results in their well-being and quality of life.[1,9]

THE TECHNIQUE OF REIKI

The technique of Reiki consists in imposing one's hands on specific points of the body that are related to the chakras responsible for the flow of vital energy on the meridians of the body[8], so they are released and vital energy circulates freely.

By imposing his hands on the patient's body, the therapist, who has the function of an energy plumber, transmits Reiki energy to the patient, starting thus the therapeutic treatment in question.

WATER-REIKI

The therapeutic use of water was lost in the beginning of time, being used in all its forms since then. The results are widely known as they evolved over time until the arrival in spas and currently in clinics with treatments in heated pools.

There are currently several therapeutic techniques that were perfectly adapted to the water, speeding up the good results already developed outside of it. With Reiki is no different, the Water-Reiki is a therapeutic technique applied in heated pools, which aims to combine the benefits of treatment with Reiki to the already known benefits of the water with temperature of 34ºC.

The technique of Reiki therapy has been fully adapted to the aquatic environment, with the consideration that certain positions of the technique of Reiki are not functional in this venue. It is worked in each patient indispensability the head, trunk and limbs, but depending on the psychological or physical problem in question, the treatment may be individually intensified in a determined point for the application and transfer energy. This technique makes the Water-Reiki totally unique and individualized for each patient.

What determines what point will be more intensified during treatment is the perception of the therapist. With the practice of the art of Reiki the perception of the therapist is vastly increased, which facilitates a lot during treatment.

The patient, during treatment, feels from relief of the pain, more intense heat in places, a feeling of absence in view of the body being treated, and deep relaxation leading to sleep to even releases of memories housed in the body, promoting emotions that result in what is called therapeutic catharsis.

In the research that is being developed in Aquafisio, we observed that all patients, without exception, reported a deep relaxation, felt touched by a strong emotion and that had the sensation of large movement in the pool, which in fact did not occur because all the therapy was performed in inertia, the body floats being supported only by floats.

The results achieved in patients from the third session were: total relief of pain, emotional balance, changing patterns of mentally, ease of manipulation of the body with other techniques in the water after-care Water-Reiki, considerable improvement of physical problems and improvements in the quality of life of patients with intense pain leading to a general welfare.

METHODS

This study was a clinical trial, aiming to evaluate and compare the effectiveness of the Water Reiki in pain and stress among those who did not display the Water Reiki before other methods of hydrotherapy.

The interest of the new aquatic therapy Water Reiki arose due to benefits of Reiki. Adding adjustments of the technique on aquatic life, has been an effort to promote unlock energy for the release of harmful energies that cause the various physical, emotional and mental disturbances, thus facilitating and accelerating the whole therapeutic process.

The selection was conducted through interviews in the Aquafisio Clinic in the city of Cabo Frio. There were chosen patients with various diseases that were already doing some kind of aquatic therapy. The criteria used were the age and capacity of adaptability in the water. We excluded those who were already doing any physical treatment.

We collected the age, weight and data such as pain, experience in swimming pools, time that the problem started, habits of daily living, medication and emotional state.

Subjects were interviewed after each initial and final meeting of Water Reiki, presented in the form of a questionnaire for classification of improvement of symptoms in each patient, and the collection of reports of various sensations that came to arise during the session.

We selected ten patients of different diseases. The patients were divided into two groups: those who practiced the Water Reiki before being handled by another technique of aquatic therapy, and those who did not receive aid from Water Reiki. Patients were followed for eight weeks. All studies were performed in the same clinic, Aquafisio in Cabo Frio - RJ.

The observed group received medical advice to minimize the intensity of pain. The recommendations reported by 90% of patients were: 10% rest and medication, 20% overall postural reeducation and 60% of hydrotherapy.

To carry out the Water Reiki sessions, it is necessary be in a heated swimming pool where the therapist must maintain a

broad base for better stability, hip docked for a successful development of the technique. The patient should comfortable in the supine position with appropriate floats, where the therapist can through touch, make an energetic transfer in order to unlock the energetic body flow.

The technique of Reiki therapy has been fully adapted to the aquatic environment, with the consideration that certain positions of the technique of Reiki are not functional in this venue. It is worked in each patient indispensability the head, trunk and limbs, but depending on the psychological or physical problem in question, the treatment may be individually intensified in a determined point for the application and transfer energy. This technique makes the Water Reiki totally unique and individualized for each patient.

The technique of Water Reiki consists in imposing one's hands on the specific points of the body that are related to the chakras and also with the energy meridians, to unlock and release the flow of body energy.

The sessions had the duration of thirty to forty minutes, and progress was gradual in accordance with the unlocking of energy. With the ending of the harmful energies that caused various physical, emotional and mental disorders, the relief of the majority of symptoms reported previously happened.

RESULTS

The sample was made up of ten patients with various pain, with six in the group that participated in the Water Reiki and four others who participated in aquatic therapy.

The patients who underwent the Water Reiki reported feeling from relief from pain, more intense heat in place, a feeling of absence, view of the body being treated, and deep relaxation leading to sleep to the release of memories housed in the body and presentation of emotions that result in what is called a therapeutic catharsis.

Through open question at the end of eight weeks, the group that received the Water Reiki, reported that the pain has decreased or stopped. They also stressed that the Water Reiki promoted relaxation, emotional balance, facilitation in body manipulation, avoidance of the consumption of analgesics and provided greater security to perform activities of daily routine.

CONCLUSION

The analysis of this study led to the observation that patients with pain, had benefits from performing Water Reiki, properly directed, and those who were with stress felt great relaxation during the session, which was extended in their daily lives.

The report of decline or disappearance of pain was noted in most cases after receiving the therapy session with Water Reiki.

A comparison with the control group was possible and it remained appropriate, which allowed the formation of two groups.

From observing the evolution of pain in the group who underwent the Water Reiki and others that participated solely in aquatic therapies, it was found that the results of this study suggest that the Water Reiki helps to relieve or decrease in the average intensity of symptoms.

The results achieved in patients from the third session were: pain relief when handling the body with other techniques in the water after-care with Water Reiki, emotional rebalancing, change in mental patterns, facilitation, and considerable improvement of quality of life of patients with pain, leading to a general well-being of the patient.

It was also observed that all patients, without exception, who underwent the therapy Water Reiki, reported a deep relaxation, felt a strong emotion, had a feeling of large movements in the pool, which in reality did not happen because all the therapy was held on inertia, the body floats being supported only by floats, and that the feeling of well-being has spread into their daily routines.

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THE INTRODUCTION OF REIKE IN THE AQUATIC ENVIRONMENT AND ITS EFFECTS ON PHYSICAL, ENERGYC, EMOTIONAL, AND MENTAL DEVELOPMENT.

ABSTRACT

The aim of the research is to develop the Reiki in the aquatic environment with the aim of defining its use and determine its purpose in the process of energy, emotional and mental. From evaluating the effectiveness of the new method of Aquatic Therapy Water Reiki in various pathologies, it was observed that the union of aquatic therapy and Reiki energy therapy demonstrated, over the period of utilization during this research, effective, thus the unlocking of the points of energy that prevented the circulation of vital energy, provided great relief in pain, stress, depression, promoting greater satisfaction and well-being of individuals in their daily routine. In the study, there were selected ten patients of various pathologies to participate in clinical trials. The patients were divided into two groups. Those who submitted the Water Reiki before being handled by another technique for

aquatic therapy, and those who have not had the help of the Water Reiki. Patients were followed for eight weeks with two sessions in each week. Following the practice of Water Reiki, there was a decrease in pain and a considerable improvement, in up to 80%, to the other forms of aquatic therapy as a complement to the treatment. The new technique in question promoted a relief of pain, tension, stress, physical annoyances in body handling during water treatments, and which resulted in well-being, relaxation and greater satisfaction of the patient and also promoted emotional release retained in body memory.

Key words: Water Reiki, Hydrotherapy, Reiki

RÉSUMÉ

L'objectif de cette recherche est de développer le Reiki dans le milieu aquatique dans le but de définir l'usage et de déterminer leur utilité dans le processus de l'énergie, émotionnel et mental. Évaluation de l'efficacité de la nouvelle méthode de thérapie aquatique de l'eau-de Reiki dans diverses pathologies, il a été observé que l'union de thérapie aquatique et de thérapie énergétique Reiki a été démontré plus de leur emploi dans la recherche, à compter de la libération de l'énergie qui empêchent points le flux d'énergie vitale, à condition grand soulagement de la douleur, le stress, la dépression, la promotion d'une plus grand satisfaction et le bien-être des personnes dans leur routine quotidienne. Dans l'étude de dix patients ont été sélectionnés pour participer à l'essai diverses pathologies. Les patients ont été répartis en deux groupes. Ceux qui ont présenté le Reiki l'eau avant d'être traitées par une autre technique pour la thérapie aquatique, et ceux qui n'ont pas eu l'aide de l'eau-de Reiki. Les patients ont été suivis pendant huit semaines, avec deux sessions de chacun. A la suite de la pratique du Reiki-eau il ya eu une diminution de la douleur et une amélioration considérable de près de 80% pour les autres formes de thérapie aquatique en plus de tout traitement. La nouvelle technique en question a encouragé un soulagement de la douleur, de tension, de stress, ennuis physiques dans le traitement de l'eau des traitements, et qui a le bien-être, la relaxation et une plus grande satisfaction du patient et libère également des corps émotionnel conservé dans sa mémoire.

Mot-clé: Water-Reiki, Hidrothérapie, Reiki

RESUMEN

El objetivo general de la encuesta es desarrollar el Reiki en el medio acuático con el intento de definir su utilización, bien como determinar su finalidad en el proceso terapéutico energético, emocional y mental. Evaluando la efectividad del nuevo método de Terapia Acuática Water-Reiki en diversas patologías se ha observado que la unión de la terapia acuática y la terapia energética Reiki se ha demostrado, a lo largo de su utilización en esta encuesta, eficaz, pues los desbloqueos de puntos energéticos que impedían la circulación de la energía vital, han proporcionado gran alivio en los dolores, stress, depresiones, promoviendo una satisfacción más grande y bienestar al individuo en su rutina diaria. En el estudio han sido seleccionados diez pacientes de patologías distintas para participar del ensayo clínico. Los pacientes han sido divididos en dos grupos: Aquellos submetidos al Water-Reiki antes de ser manipulados por otra técnica de terapia acuática, y los que no han tenido el auxilio del Water-Reiki. Los pacientes fueron acompañados por ocho semanas con dos sesiones en cada una. Tras la práctica del Water-Reiki hubo una disminución del cuadro de dolor y una mejora considerable en hasta el 80%, para otras técnicas de terapias acuáticas como complemento de todo tratamiento. La nueva técnica en pauta ha promovido un alivio de los dolores, tensiones, stress, incómodos a las manipulaciones corporales de los tratamientos acuáticos, y que ha proporcionado bienestar, relajación y una satisfacción más grande del paciente, promoviendo aún liberaciones emocionales retenidas en su memoria corporal.

Los palabras llave: Water-Reiki, Hidroterapia , Reiki.

A INTRODUÇÃO DO REIKI NO MEIO AQUÁTICO E SEUS EFEITOS NO DESENVOLVIMENTO FÍSICO, ENERGÉTICO, EMOCIONAL E MENTAL

RESUMO

O objetivo geral da pesquisa é desenvolver o Reiki no meio aquático com o intuito de definir a sua utilização, bem como determinar a sua finalidade no processo terapêutico energético, emocional e mental. Avaliando a efetividade do novo método de Terapia Aquática Water-Reiki em diversas patologias, observou-se que a união da terapia aquática e a terapia energética Reiki se demonstrou, ao longo de sua utilização nesta pesquisa, eficaz, pois os desbloqueios de pontos energéticos que impediam a circulação da energia vital, proporcionaram grande alívio nas algias, stress, depressões, promovendo uma maior satisfação e bem-estar ao indivíduo em sua rotina diária. No estudo foram selecionados dez pacientes de patologias diferentes para participar do ensaio clínico. Os pacientes foram divididos em dois grupos. Os que submeteram ao Water-Reiki antes de serem manipulados por outra técnica de terapia aquática, e os que não tiveram o auxílio do Water-Reiki. Os pacientes foram acompanhados por oito semanas com duas sessões em cada. Após a prática do Water-Reiki houve uma diminuição do quadro álgico e uma melhora considerável, em até 80%, para outras técnicas de terapias aquáticas como complemento de todo tratamento. A nova técnica em questão promoveu um alívio das algias, tensões, stress, incômodos nas manipulações corporais dos tratamentos aquáticos, e que proporcionou bem-estar, relaxamento e maior satisfação do paciente, promovendo ainda liberações emocionais retidas em sua memória corporal.

Palavras-chaves:Water-Reiki,hidroterapia,Reiki.