

# Reiki and the Endocrine System

BY CHELLIE KAMMERMEYER



**I** LOVE HOW REIKI HELPS us keep learning and changing, growing, and developing our skills. I love doing Reiki. I've also noticed over the years that even though Reiki energy is responsible for how the healing goes if you aren't paying attention to what's going on and zone out, you could miss something important.

In my practice, I do Reiki on someone by starting at their head and moving in a circle around them. I use a rolling stool so I can stay in any spot if I want to without the worry that my body will tire of being in one position

too long. I use a bolster to support my arms, and I tend to focus on doing Reiki for the client's joints—neck, shoulders, elbows, wrists, hips, knees, and ankles. I also spend some time on their abdomen and their aura above their heart. I rarely have someone roll over onto their stomach unless they came in with back issues. I've been doing this for several years with beautiful results. I had gotten comfortable managing the time in each area, give or take a few minutes, so I complete my treatment in the appropriate time. Clients have loved it. I have a wonderfully full prac-

tice and many repeat clients. Then one day, something happened that would shake up my usual treatment style.

I believe everyone has a predominant "clair," whether clairvoyant (clear sight), clairaudient (clear hearing), clairsentient (clear feeling) or claircognizant (clear knowing). I know we all can develop our extra senses. I tend to be clairsentient or claircognizant. I feel or know the information. I'm happy with these skills, and I'm comfortable with the information I receive. You can't imagine my surprise when one day while doing Reiki on someone I "heard" the words, *endocrine system* as if someone were yelling this inside my head. Here's the thing—these are not words I have EVER used in my life. I thought, what even is the endocrine system? Why did I hear this? So, after the session, I did an internet search.

"The endocrine system is a chemical messenger system consisting of hormones, the group of glands of an organism that secrete those hormones directly into the circulatory system to regulate the function of distant target organs, and the feedback loops which modulate hormone release so that homeostasis is maintained."<sup>1</sup>

Then, I was irked. Why didn't Spirit say something more in a complete sentence? Why did I hear two words with no explanation? I thought, "Well, that's weird," and then I tried to ignore the whole experience. A few days later, I heard it again. Seriously? Why

am I hearing those two words and not understanding what they even are?

I researched it again, this time looking at a diagram showing the location of these glands in our body. As I looked at the picture, I realized all these glands are almost the same location of each chakra. Wasn't that interesting, I thought? There must be a correlation between the two; maybe I should concentrate my Reiki on the areas of these glands.

One day while I had a client on my table, my thoughts started to drift to, "Holy Fire® III is showing the spirit of unification, and it's revealing our Authentic Self." Then I began to think about Laurelle Gaia's comment, "Reiki is the same, it's we who are changing to meet the energy. It's revealing itself to us as we develop." Hmmm, perhaps it's always been revealing itself to Reiki students. Suddenly again, I heard the words *endocrine system*! As I worked on my client, I began placing my hands at the locations of the various glands in her endocrine system and realized I was using Mrs. Takata's hand placement system! I wondered if it is possible that Mrs. Takata created the different hand positions based on the guidance *she* received about a connection to the endocrine system?

In my first Reiki class, they taught me that Sensei Usui was a Christian educator and a professor at the University of Chicago. Later, I learned Mrs. Takata created this story because, after the Japanese attack on Pearl Harbor, many in the West would not be open to anything from Japan. So, to me, the hand placements were the easy way out. Neither using intuition (Usui style) nor using exact organs (Hayashi style) she covered the major organs, and then any other issues were theoretically covered. However, it occurred to me, what if she was using the endocrine system? What if Reiki guided her to use the en-

docrine system and she was developing another form of advanced Reiki? I have always considered her contributions as a necessary part of bringing Reiki to the West, but never once thought she was helping us develop and change Reiki to prepare for future changes.

Considering that she revised techniques and it was still an amazing form of healing, could others also continue to improve, imagine, and upgrade Reiki too? Was she preparing us for further upgrades and changes, perhaps not even aware of where the idea came from or why she used this method of hand placements?

I hated (I know it's a strong word, but I did) science in school. I didn't care about any of it, and biology was the worst. However, this is pulling me in. I'm fascinated. Here is a brief rundown about this body system for non-science people, courtesy of the internet.

The endocrine system is a chemical messenger system comprising feedback loops of hormones released by internal glands of an organism directly into the circulatory system, regulating distant target organs.<sup>2</sup> Many glands make up the endocrine system. If one of those glands detects that something is out of balance, it produces hormones to put into the bloodstream to regulate the functions of other organs in the body. To me, that means if Reiki goes to one of these glands, then it has a better chance of detecting something being out-of-balance sooner or more effectively. That means Reiki can help a person's body stay in a state of balance or health. Scientists call it homeostasis.

Each of the nine glands has a different function. Below is a brief description of each gland with the correlating hand positions described in *Reiki, The Healing Touch First, and Second Degree Manual*.<sup>3</sup> It is interesting to see the connection between the glands and hand positions.

According to *The Reiki Touch*, by William Rand, the first four positions treat the head and brain including the hypothalamus, pituitary gland, pineal gland, and the thalamus.<sup>4</sup>

The hypothalamus, pituitary, and pineal glands are within your brain.

The hypothalamus connects the endocrine system with your nervous system. It regulates specific metabolic processes and other activities of the nervous system and tells the pituitary gland whether to produce hormones. *Hand Position #1*, over the eyes; *#2A*, on each side of the head; and *#2B*, on the crown of the head, all treat the hypothalamus gland.<sup>5</sup>

The pituitary gland, at the base of the brain beneath the hypothalamus, is no larger than a pea and produces hormones that control many functions of other endocrine glands. Hormones secreted from the pituitary gland helps to control growth, blood pressure, energy management, all functions of the sex organs, thyroid glands and metabolism, and some aspects of pregnancy, childbirth, water and salt concentration at the kidneys, and some temperature regulation and pain relief.<sup>6</sup> The pineal gland is near the center of the brain and produces melatonin, which modulates sleep patterns.<sup>7</sup> *Position #3*, gently cradling the head in your hands at the base of the skull, treats both the pituitary and the pineal glands.<sup>8</sup>

*Position #4*, with hands under the chin and over the throat, treat the thymus, thyroid, and parathyroid. The thymus gland is between your lungs and creates white blood cells that fight off infection, the thyroid regulates your metabolism, and the parathyroid glands control calcium and are critical for bone health.<sup>9</sup>

Adrenal glands are just above your kidneys, and the pancreas is behind your stomach. The adrenal glands

are the fight or flight/rest and restore part of the endocrine system. They help a body deal with physical and emotional stress and regulate a body's metabolism. *Position #6* on the upper abdomen along the area of the lowest rib and *#14* on the middle of the back treat the area of the adrenals. The pancreas which handles digestion and insulin, therefore glucose in the blood, is in the middle abdomen area, and so *Position #7* treats the pancreas.<sup>10</sup>

Finally, we have the reproductive glands, the ovaries, and the testes, and *Position #8* and *#15A* treat them.

Even without a background in biology, I can see how each of these different parts of the system are critical for our overall health. The hormones created by each of these glands, keep the body's system in balance. If doing Reiki on the endocrine system impacts the hormones in a body, then it also impacts blood, organs, and joints that we may not be touching during a treatment. By doing the Standard Treatment, we have done a thorough treatment. You don't have to do Reiki on someone's knees or elbows or ankle because you are sending Reiki into the bloodstream and then to damaged or out-of-balance areas.

While this specific information is all new to me, I have always known Reiki goes where it's needed. Now my guides

or angels, whoever felt the need to yell inside my head, are helping me develop a part of myself of which I had no previous interest. Thank you, Holy Fire® III!

In my research, I found several articles about how the chakras are related to the endocrine system, but none about how Mrs. Takata's hand placement system connected. I will continue practicing and would love to hear feedback from others who have had any experience with this connection.

We will never know for sure whether Mrs. Takata was attempting to simplify Reiki for the Western mind or if she planned to advance Reiki in a way that hadn't been thought of before. Since it was an easy system to follow, perhaps it was both. ❄️

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## Endnotes

- <sup>1</sup> [https://en.wikipedia.org/wiki/endocrine\\_system](https://en.wikipedia.org/wiki/endocrine_system).
- <sup>2</sup> Ibid.
- <sup>3</sup> Rand, William Lee. Reiki, *The Healing Touch First and Second Degree Manual* (Southfield, MI: Vision Publications, February 2016).
- <sup>4</sup> Rand, William Lee. *The Reiki Touch: Develop Your Skills to Heal Yourself and Others* (Boulder, CO: Sounds True, 2005), 43.
- <sup>5</sup> Rand, William Lee. *The Healing Touch First and Second Degree Manual* (Southfield, MI: Vision Publications, February 2016), 81-82.
- <sup>6</sup> [https://en.wikipedia.org/wiki/Pituitary\\_gland](https://en.wikipedia.org/wiki/Pituitary_gland).
- <sup>7</sup> [https://en.wikipedia.org/wiki/Pineal\\_gland](https://en.wikipedia.org/wiki/Pineal_gland).
- <sup>8</sup> Rand, William Lee, Ibid., 82.
- <sup>9</sup> Rand, William Lee. *The Reiki Touch: Develop Your Skills to Heal Yourself and Others* (Boulder, CO: Sounds True, 2005), 44.
- <sup>10</sup> Ibid., 45.