

Reiki Heals Serious Burns

I am one lucky man. On a hot summer night in early June of 2010, I was out on my deck, attempting to light my gas grill, and for some reason it wouldn't ignite. My wife suggested that we put the steaks in the broiler and she went into the house to turn on the oven. I was leaning face down over the propane tank, making the connection, when the tank flashed, just a few seconds after my wife closed the door. The propane tank ignited into a ball of fire and engulfed the area. Four-foot flames were shooting up into the air, and there was a burning pool of flames on the ground.

Jumping back out of the flames, I ran for the garden hose because the tank was still on fire. With the possibility of a huge explosion so close to the house, I had to get the flames out quickly. I sprayed the tank down, disconnected it, and tossed it out into the yard where it would be further from the house, and then pointed the hose at the flames on the deck.

It was then that I realized I was burnt badly and started to hose myself off. My wife took me to Christiana Hospital Emergency Room. The intense heat of my skin was unbearable. Shaking badly, I had to stay inside the house in the air conditioning until the car was cold and then was unable to leave the A/C vents of our vehicle until emergency team could see me without delay. I was transported directly to Chester-Crozier Burn Center, where it was determined that I had suffered second degree burns over 10% of my body: my entire face, both arms, and both hands. Even the tops of my feet were burnt; I had been barefoot and wearing just a tee-shirt when the accident occurred. My eyebrows, eyelashes and nose and ear hair were singed off. Doctors said the only thing that saved my eyes was my drug-store eyeglasses.

The pain was excruciating, and the heavy-duty pain meds did little to ease it. The horrible burns swelled, peeled, and oozed. My arms and hands swelled to twice their normal size. On the second day, the blackened skin began to peel off and the staff began to scrape off the huge blisters that formed. The pain was unlike anything that I had ever experienced.

Big, thick padded bandages were put on my arms, and my hands and fingers were wrapped in gauze. Because the nurses couldn't do anything for me but put salve on the blisters on my face and hands and replace the gauze, I insisted on going home on the third day, refusing the two weeks stay they prescribed for me. You know the pain scale of 1-10 that is often used by doctors? My pain was an 11. The damage got progressively worse as the days passed, and I had to take pain medicine constantly.

The same day I got home from Chester-Crozier, I received Reiki from Kathy (who many people know is my ex-wife), and found that the pain eased somewhat. The next day I received Reiki from Kathy and two of her Reiki friends, Rosie and Marilyn. I felt great relief during the session, by at least 30-40%. I was able to cut back on the pain medicine and the swelling was drastically reduced. On the third day home, I received one last Reiki treatment from Kathy and my pain was totally gone. Kathy remarked that the areas of swelling and blistering were receding rapidly each day. Healing was definitely sped up and the damage reversed.

The doctors at Chester-Crozier were absolutely amazed; they had never seen burns heal so fast, so well, in such a short period of time. I was told that I would need to wait six weeks to go back to my job as an iron-worker and would have to keep my newly-healed skin protected from the sun at all times. Back to work in only three weeks, I initially wore long-sleeve shirts in the hot July weather, and slathered sun-block on my face. But eventually I slacked off because of the 100 degree heat, and found that my face, arms, and hands quickly tanned, unlike the doctor's remarks that my skin would not tan.

Two days before my accident, Kathy's and my son was visiting from Phoenix, and Kathy took a photo of our son and me, each of us smiling broadly. Just two weeks later, ten days after I was burned, our son visited again and we had another picture taken. In both pictures, my face looks the same! Miraculously, there are absolutely no scars on my face, nor on my arms or hands. An old welding burn years before had left a 2"x 1" white rippled scar on my right forearm—and those 2nd degree burns were twice as severe as that small burn! People who see me cannot believe I was ever burnt.

I've had Reiki before and found it to be very healing for emotional issues, but this physical healing proves to me how powerful Reiki can be for injuries, too. This whole experience was very sobering and made me reflect on a lot of things. It could have been devastating. It wasn't luck—it was grace. And I'm grateful for a second chance at life.

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