



# Whispering Wind Reiki

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## “America’s Doctor” Recommends Reiki

“It’s a brand new year, so make this the year you try something new.” These were the words spoken by Dr. Oz at the beginning of his television show on Wednesday, January 6, 2010, which featured alternative medicine therapies. Many people know Dr. Oz from his years of appearing on Oprah, and now, of course, he has his own daily program, The Dr. Oz Show. Here’s a little more information:

Dr. Mehmet Oz received his undergraduate degree from Harvard University. He holds an MD and MBA from the University of Pennsylvania School of Medicine and The Wharton School. He is the vice chairman of surgery at Columbia University, the director of the Cardiovascular Institute, and the founder and director of the Complementary Medicine Program at New York Presbyterian Hospital. He has hosted a number of specials and series, including *Second Opinion with Dr. Oz* on the Discovery Channel. He has also penned myriad articles on medicine and coauthored many best-selling books including *Healing from the Heart*, *YOU: The Owner’s Manual* and *YOU: The Smart Patient*, with his frequent collaborator, Dr. Michael F. Roizen.

And now back to the program... “I’ve worked and trained with some of the finest medical schools and hospitals in the country, and I know firsthand the amazing miracles we can achieve with modern western medicine,” said Dr. Oz. “But I also know that for centuries, people around the world have developed alternative therapies to treat the body, mind and soul.”

“Today I am revealing the alternative medicine secrets you need to know and *my favorite treatment that could change the future of medicine forever.*”

One of the guests that day was Dr. Woodson Merrell, chairman of the Integrative Medicine Center at Beth Israel Medical Center in New York City, whom Dr. Oz called “a world expert in integrative medicine”. “Natural substances are becoming more and more a part of how conventional medicine offers care to its patients,” said Dr. Oz. “Why do you think there’s this debate between conventional and alternative medicine and where is it settling out?”

“Well, the evidence is helping to guide it,” replied Dr. Merrell. “What’s great is that so many of these safe, gentle and effective remedies that have been around for centuries or even millennia are entering the medical main stream, and it’s really less now about alternative versus conventional and more about integrative medicine. We are at the point where over a third of the nation’s medical school deans have signed a statement that all medical education practices should be integrative.”

Dr. Oz then talked about a few “natural substances” including mud baths, aromatherapy and herbal remedies. He also talked about ways to “manipulate your physical body for better healing” including yoga, saunas and cupping.

Then Dr. Oz talked about “what *I think may be ultimately the most important alternative medicine treatment of all.* We are embarking on this whole new vista of opportunities that broadens

dramatically the spectrum of where we might be able to go in our bodies, and this is the area of energy medicine.”

Reiki was the only energy medicine featured on the program. Dr. Oz introduced Pamela Miles, who is a Reiki Master. He said, “Pamela has actually been to the operating room with me where we have done Reiki. My wife, Lisa, is a Reiki Master, so when the kids get sick or I am out of sorts... she uses Reiki. I actually feel the heat.” Pamela demonstrated Reiki on an audience volunteer with a headache. She explained that “Reiki is a balancing practice...it influences the person’s overall system toward balance. And then as her system becomes more balanced, symptoms tend to fall away.” Dr. Oz asked the volunteer if she felt anything, and she replied, “Yes. My headache is going away.”

Dr. Oz used a large microscopic image of a cell to “show why I think energy has been overlooked. This is an image of a cell, and it’s beautiful, isn’t it? You see that cell there, and it looks colorful. Look at the blue pattern on the outside. That’s the membrane of the cell. That blue area on the outside differentiates life, because it separates no energy on the outside from energy that’s present on the inside.”

“So if you think about it that way, if a membrane of a cell keeps an energy balance between inside and outside which is what defines life, if we put those cells together in an organ, shouldn’t the organ have energy? And if you put those organs into a body, shouldn’t our bodies have energy? And so many of the ailments that we suffer from can be treated through energy therapies - which will become much more prevalent over the next few years.”

At the end of the show, Dr. Oz always features three things that he asks everyone to remember from that day’s show which he calls “Doctor’s Orders”. The first “Doctor’s Order” for that day was: “TRY REIKI”.

He closed the show by saying, “You have the power to change your life this year. Start by using one of these tips a day and see a difference.”

If you would like to see the clip on Reiki, <http://www.youtube.com/watch?v=CPj2uuiReds>