



Using Reiki in a Time of Crisis

BY PAMELA SENEK, PH.D.

AT 7:48 PM, I got the call that mothers fear when their children are out at night driving. It was my son, and he was in an accident while delivering food for Uber Eats. As I heard the panic in his voice, my intuition kicked in, and I heard it was a serious accident, but he was okay. I knew he was lucky to be alive! As I desperately tried to get ready to leave to go to him, I felt like I was moving in slow motion, putting on my shoes

I kept connecting with him energetically and receiving confirmation that he was okay. That gave me the strength to be unusually calm and clear-headed despite my phone ringing from my worried daughter and husband wanting updates. I had nothing new to report, so I made those conversations quick. I gave my husband the location of the accident, saying I would call as soon as I knew anything, and said I must focus because of the road conditions.

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and coat and climbing into my car. It seemed like every step took a million times longer as I drove to the accident scene. Suddenly, life was barely moving. I had one goal, and one goal only, and it was to get to my son! It seemed to take hours to drive to him. It seemed like traffic lights were extremely long, cars moved slower, and roads that usually were a short drive never ended.

It was a dark, rainy night with poor visibility. He was 25 minutes away. The roads to the accident scene were back country roads unfamiliar to me. My windshield wipers worked overtime as they pushed the rain off. The pavement seemed to glare back at me from the rain, and the night seemed darker than usual as the city lights faded, replaced by tall trees that seemed to swallow the road, hiding the moon's light in the sky.

Time seemed to stand still as I tried to get to him. It was hard to see through the rain, and the dark, winding roads made me drive slower than the speed limit. I gripped the wheel and went to the scene as safely and fast as I could.

I could hear sirens wailing in the distance. The road was blocked, and all the emergency vehicles lit up the once-dark rainy night. I wasn't close enough yet to see anything specific except the red glow of the emergency vehicle lights in the distance. Soon, I saw three fire trucks, three troopers, and one ambulance at the scene. My heart raced! It took forever to get to the intersection and the scene, although it was probably less than a minute. As I approached the stop sign with extremely bright flashing lights warning me to stop, I found it hard to see as the lights blinded me with their luminous glow, glaring off everything around. I wondered if this was a factor in the accident.

I saw a white car in a ditch to my left and a car in the middle of the intersection without its front end. It looked like it hadn't swerved, but whatever had struck it stopped it on impact. As I came upon flashing emergency vehicles at an intersection, my heart sank because it took only moments to realize a driver going 55 mph or more had t-boned my son with direct impact on the driver's door. A "T-bone"

car accident happens when two vehicles collide perpendicularly, resembling the letter T, and happens when one driver doesn't yield to another driver who has the right-of-way. The driver who failed to yield ends up striking the side of the other vehicle, and I realized it was my son who stopped the other car on impact.

His car was pushed over 50 feet out of the intersection and into a ditch. I roll down my window and yelled to the trooper who was directing traffic, "That's my son!" He waved me through.

I drove through crash debris on the road as firefighters used large brooms to sweep the remains of the crash off the road. I went down as far as I could to the totaled car, and parked. Quickly I walked to my son, who was in the back of his Subaru with EMTs checking him. He looked completely traumatized by what has just happened. Saying I was his mother, the EMT helped me cross the ditch that had physically stopped my son's car from crossing into another road. When I reached him, the EMT said, "Your son seems to have no injuries, but he will probably be sore. This car saved his life." I inspected the car and saw the entire driver's door was smashed into the driver's seat, making the seat half its regular width and twisted. The console was completely broken and twisted, with pieces missing. The impact was directly where my son had been sitting, and all airbags had deployed.

I asked about the other people and learned they were transported immediately. The EMT stepped away from my son and I could reach him. I felt hopeless standing there watching him in complete emotional distress. I heard my intuition say, "Do Reiki on him!" I just did Reiki on him right there. All the EMTs talked to each other and said, "We think your son is fine, but do you want us to transport him to the ER to be evaluated?" While still giving him Reiki, I said, "Absolutely! We don't know if there is anything internal going on."

Sitting in my car, I watched as my son was transported to the hospital in the ambulance, sirens blaring and fading away into the night. As I loaded the directions to the hospital in my GPS, I saw it would be a 25-minute drive. The hospital they were going to was usually the least busy and why he was being sent to one so far away. Apparently that night there were many accidents making the hospitals busy. I got into my car in complete disbelief that my son was still with us. I am not a specialist in car damage, but I

was pretty certain the car was totaled. I drove to the hospital, and I kept hearing the words of the EMT. "This car saved his life!"

My mind went to a memory of the year prior when I was attuned as a Reiki Master. While in class, I learned that drawing the Power symbol in my car and outside of the car can be used as protection. I went home and immediately placed the symbol on my car. I remember wondering if it would work, but I trusted the process. A few months ago, I gave that car to my 20-year-old son when I bought myself a new car. That was the car he was driving—protected by the Power symbol. I said aloud, "Thank you. Thank you. Thank you."

As I was driving, I began to send my son, and all involved, distance Reiki through my hands, which were tightly gripped to the steering wheel of my car. I drove on dark, winding country roads in the rain. Once again, I was in slow motion. Sending Reiki gave me purpose in a situation I couldn't control. I finally got to the hospital, and they wouldn't allow me to see him as he was being evaluated by the trauma team. Feeling like I needed to do something as I waited, I texted my friend group, who are all Reiki Masters, asking them to send Reiki to my son and all involved in the accident. I sat in the waiting room with my hands on the arms of the chair, palms up, and sent Reiki to all until I was called to see him. My friends sent Reiki as well.

My son was in the ER hallway and had a neck brace on and was still completely distraught over the accident. I spoke to him and hugged him. When we were done talking, I sat at his feet waiting for the results of the tests and evaluation. I put my hands on his feet and gave him Reiki for the rest of the night.

We finally got the news that he was completely okay. He had bruises from the seatbelt on his chest and bruises on his side from the impact of the car hitting the passenger door and shoving it into the driver's seat, but the worst of his injuries were emotional. My son didn't remember the impact of the accident, only that he had passed out and woke up taking in a huge breath. He had remembered calling home, 911, and being instructed to climb out of the car via the passenger door as the driver's door was no longer functional.

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tected my son that night. I learned later from the trooper who was on the scene of the accident that the intersection was a fatal one. They are changing the layout of it because it is one of the most dangerous intersections around. They are installing a roundabout.

While driving my new car, it seemed I found myself in stressful and close accident driving situations more than I wanted. Then, I realized I had not placed the Power symbol on it. I did the process to all our cars, and now I even send Reiki to my family members regularly especially if they are going to be driving.

Sending Reiki to all in a time of crisis gave me something positive to do and helped with the healing

process. Everyone made it through the awful crash, and I think Reiki played a significant role in achieving a stable outcome. ■



Pamela founded PJs Intuitive Guidance, where she helps clients create the lives they want. She is a retired teacher of 33 years, a Reiki Master Teacher, an Energy Medicine and Polarity Therapy practitioner, and an intuitive healer. She is working on a fictional book that is both humorous and heartfelt, exploring themes of healing and finding one's passion and purpose in life. Pamela's website is pjsintuitiveguidance.com, and you may contact her at pjsintuitiveguidance@gmail.com.