

Body and Soul

By Elise Collins

Reiki

Reiki (pronounced Ray-ki) has become well known in the West in recent years, with an abundance of practitioners utilizing this healing technique, based on Tibetan medicine practices. Reiki traveled to Japan in the early 1900's where it was popularized and renamed. Reiki means free passage or transcendental spirit, and ki means vital life force energy.

One can become a certified Reiki practitioner in a weekend, yet becoming an accomplished and confident healer can take a lifetime or more. Master healers must possess a certain fortitude, a clear spiritual compass and an uncompromising attitude. Jennifer Brinn, a Reiki teacher and healer, has these qualities. Despite using a somewhat ordinary modality to work with body and soul, Brinn sets herself apart as extraordinary. Her impeccable energy integrity stands out in a crowd. Brinn walks the walk and her healing work blossoms from this clear intention.

Holistic healing was the last thing on Brinn's mind when she worked as a corporate communicator. Like many women, she treated her body like a workhorse until it broke down, and an excruciatingly painful bulging disc initiated her transformation from corporate caterpillar to certifiable Chi Butterfly. For a few months, Brinn's vibrant and youthful body needed a cane to get around, but she steered clear of alternative medicine. Resisting exploring her chi potential and opting for cortisol shots, Brinn was finally admonished by her physical therapist for her resignation. As her options dwindled, Brinn released her resistance of anything holistic and enrolled in a Reiki training. She immediately took to manipulating the unseen streams of chi that run through the physical body and her life switched direction quickly.

So began what she might call an authentic life, listening deeply to what felt genuine and then fearlessly taking action. In ten years she went from corporate communications to accomplished healer, manifestor, and Reiki teacher.

Brinn's healing sessions begin over a pot of Tulsi tea, chosen for its sacred qualities and scientific healing properties. Tulsi is also known as Holy Basil, an adaptogen, replete with anti-oxidants. It is served to first-time customers as well as countless regulars who thrive on Brinn balancing their prana. Exuding tremendous confidence, sincerity, knowingness, and the energy-body insightfulness that makes her an astonishing healer; Brinn chats with each client about current issues and healing needs. She listens more than speaks, and takes notes. "It is also a time for them. It is about getting acquainted on a one-on-one level. But, it's also about getting them acquainted with what's happening within them.", says Brinn.

She emphatically believes in the power of vocalizing. "We live in a society where if we talk about what's happening with us, we're

looked down upon. If we say, 'I have a headache,' or 'Oh, I'm not feeling well,' we tend to look at that as a weakness. When really you are able to identify what is happening in your body, it is empowering because that's the first step in identifying and going on a path of wellness."

Her sessions are guided by Ayurvedic principles of balancing mind, body and spirit. Brinn places her hands on a client's physical body while she focuses her consciousness on the flow of chi to the chakras. As she works, her goal is to build what she calls core energy in her healees, whom she also encourages to continue to strengthen their core on their own by engaging in activities that increase core energy. Before you think six-pack abs, note that Brinn uses 'core energy' as a non-woo-woo way to describe the body's primary energy channel. What Brinn calls the core is the Sushuma Nadi, the central energy channel that runs from the tip of the tailbone to the top of the head and through each of the seven major chakras.

Brinn utilizes shiatsu when she finds deep muscular tension, employs essential oils to further balance energy frequencies and leads clients through meditative chakra visualizations when needed. Core energy, as she calls it, can be cultivated through movement, meditation--anything that brings us joy, Brinn tells me. Her first Reiki teacher pronounced the simple wisdom that Brinn seems to live by. "We are designed as energetic beings. It's already within you. You already know, you are just coming back to it." To live from this principal and remind others of its verity--that is the challenge that a true light worker upholds.

Jennifer Brinn's website is www.jbrinn.com. She publishes a monthly newsletter, subscribe at info@jbrinn.com, or call 415-285-0885 to schedule a healing session.

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