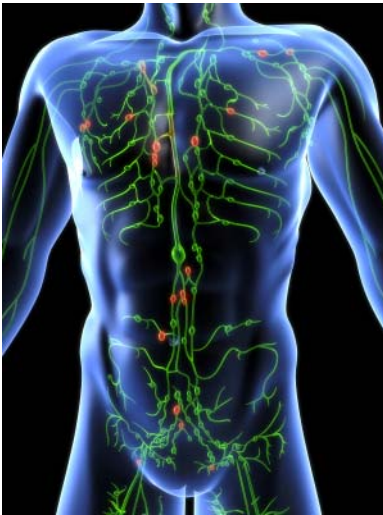


Prescription Reiki III The Secret Life of Lymph Nodes

By Sufani Garza

Final of the Prescription Reiki Series



Over my many years and most recent health discoveries with clients, I've tapped into some profound patterns of the body that can be life or death in some cases, scary in others, or just plain fascinating. I've discovered the secret life of lymph nodes. With this information not only can others potentially heal, you can help them and yourself understand the connection and importance of their chosen emotions, to whether their body detoxifies or not.

Reiki, as we all know, can help with emotional healing and I teach a new way to look at healing, guiding the client to heal. Applying this knowledge with the use of Reiki can have profound effects. First, let's look at what a lymph node is, what it does and where they are.

A lymph node is a small organ I will call a filtering station. These filtering stations take the fluids and toxins floating in the body and blood and as they pass through these filtering stations, the body neutralizes them and eliminates harmful toxins. These lymph nodes are stationed systemically throughout the body to ensure cleaning from head to toe. They are clustered in certain areas like the pelvic/genital area, armpits, throat, abdominal and breast, and other areas throughout the body.

I picture them as soldier check points. Lymph and other fluids are either allowed free passage or are quarantined. This is a very accurate depiction of what they do. They are amazing!

With this insight on what they do, I have also discovered their secret life through methodical review of clients when problems arise in them, and have noticed similarities. Lymph nodes seem to be emotional messengers. What this means is that they are affected by our emotions and will send us messages and alarms through the lymph node when emotions are

not being released, or worse, suppressed.

Let me explain how they speak to us, and how we have not been listening, by sharing a case study with you. We will call this client Noah, and I will share this story with his permission and anonymity.

Noah had been undergoing enormous stress, putting himself through school full-time at a University, teaching music afternoons to evening for work, had musical rehearsals outside the home several nights a week and scattered performances two to four times a week in the evenings to make ends meet and to support his family. He loved music and what he did so he continued on with this sort of schedule although exhausted.



The need to make money to support his family was overriding his need to slow down. The financial stress and being away all the time from his family put stress on the marriage, which was now in trouble. Finding out later that during this time he had also committed infidelity and developed a self disgust, what comes next is no surprise for the guilt he was carrying around in his heart and mind coupled with exhaustion.

One day he woke up and found a nodule under his arm, red and swollen, the size of a moth ball; this moth ball began to grow in size until it was inflamed and painful. So painful that he began to realize he could not even play music, the thing he loved the most. He could barely move his arm or even put it down due to pain and as I looked at him to determine what the issue was after a few basic questions of lifestyle, I suspected a clogged lymph node. Noah, although warned to slow down his lifestyle and put meditation and healing into his life, insisted he could not slow down or change his ways despite his body telling him to do so or it would do it for him.

Stress of any kind is linked to emotions. Therefore, I knew as his practitioner that he needed emotional release but he would look at this particular problem only as a medical issue. Because I saw I could not reach this man my way, I sent him to my Medical Qi Gong Master. This would enable him to get medical care with energetic work to release his blocked energy, mixed with medical knowledge and expertise. He agreed to go and was seen the same day.

The Medical Qi Gong Master confirmed my analysis that it was indeed a blocked lymph node, prescribed supportive herbs to detox the nodes, and performed energetic work and

stretches to aid the flow of the fluid. He was also told that he had to change his unbalanced lifestyle and was given breathing techniques to center himself and encouraged to find balance. Noah felt very comfortable and so he talked openly about his marital problems with the Qi Gong Master and then with me later. He was told by the long married Qi Gong Master, "That's marriage! Work it out!"

What he had built so big in his head was minimized by a man who had been married for three decades. I think what he was trying to tell my client is that what we individually think we are going through alone and no one else has experienced the suffering in our situation, many have. I always say to my clients with troubles, "Life is messy. That's okay." It's how we interpret the mess and if we make the mess something that we can learn from to improve upon ourselves spiritually, or if we become bitter, defeatist, or angry people, that's important. Many will smile and pretend they are not feeling negative. Yet the body knows and will speak loudly to all our suppressions.

My client explained to me that on the way home from his appointment with the Master he cried and released his pent-up emotions from the stress, fear of not being able to provide, pressure to succeed in school and his sadness for what was happening to his marriage and the mistakes he had made. As his tears began to flow, he felt his lymph node under his arm release and he quickly felt the wetness of his shirt. He became consciously aware of the connection of released repression to the parallel release of his lymph nodes. He released tearful emotional toxins; his body released literal toxins simultaneously. The lymph node was reported to continue to leak throughout the day until it was back at normal size and not recognizable by site or feel.



With herbal treatment continuing, Reiki healing to provide soul and emotional healing as well as physiological healing of the node and body in general, and emotional freedom on the part of the client now seeing how important it is to process his emotions through and not bury them, along with breathing techniques given by the Qi Gong Master, his body began its process of complete healing. He also went on to repair

his marriage and began that process with honesty of what he had done and to grow through it to live a more truthful existence that supported healing. Anyone who has achieved Reiki II knows how one must acknowledge where and who they have been to move forward to be and become who they want to be.

In this story we see we must never underestimate the power of suppression to alienate the body's energetic rivers. The lymph nodes are affected by our emotions and our emotions affect the lymph nodes. Emotions are directly linked to our life force energy. We could even go as far as saying that emotion is the animating factor of life force. The emotions are that which put expression into our life force to be seen externally. We could be still, silent, expressionless, and energy would still be pulsating through our body. But if we smile with joy at seeing a friend and hug them, we have allowed our emotions to merge with our life force energy to be seen externally from our otherwise invisible energy.

Energy must flow in and out to be cleaned and purified. This includes expression in good times and bad. When we suppress the emotions, our body sends out alarms or small flares (fatigue, skin rashes, susceptibility to common viruses going around, nervousness, sleeplessness, etc.) until eventually the big orange cones that say "STOP" arrive in the form of minor to major health problems. If you or someone you know has reached the point of orange cones then it is time to receive help releasing stress and emotional blockage.

Reiki can be a non-invasive way to do this because no words are needed during a healing. One must not even reveal all they have come to release or even know all there is to release to have a release. The intelligent body often tells you what can be released at the time of treatment and we simply must pay attention and surrender to its intelligent guidance with a willing spirit to let go with love.

Reiki is a healing meditation where the unconscious thoughts that have been fragmented paint a clear picture of what is happening to us through memory, dream or vision, and allows



us to begin the processing out of complex problems, emotional feelings that are toxic and doing so in love, as well as framing a perception of life that is healthy and promising. I generally teach each client how to visualize their own channeling of the energy into their body and how to release blockage out with that same visualization as I am working on them. It is what I consider to be the

most potent lesson of Reiki which is the empowerment to process healing on one's own terms. I never fear they will not return to me if they know how to do this work, I encourage healing independence and in many cases they simply like the guidance during this session and continue as needed and then periodically, or they are so enthralled with the ancient ways that they become students to really know Reiki.

I have also found in my own practice that Reiki is best when accompanied by time at the end to have what I call a spiritual consultation. This allows for the client to sit with you, have tea while they talk through how they felt, what came up during the session and understand what visions or memories that may have come up. There are many ways to healing, and talking is another way that the body can easily release blockage, which is why I find it so important to the ending of a Reiki session whether extended or simply a few minutes following. It also allows me to spend time revealing any appropriate secret messages I receive from my healing guides or from the body directly in the form of heat in my bones. I have learned over the 11+ years as a Reiki Master, that specifically for me, the energy speaks to me in two forms alerting me of what is happening with the client. If I feel physical heat coming from my palms then it is either a general energy balancing or a targeted physical issue in the body. However, when my bones begin to heat in my knuckles, I know it is an emotional issue that is being processed through the body and mind. I have recognized the patterns in my sessions long enough to know what they are and how the universal energy is speaking to me to give me clues. I simply tell my clients what it has meant for me over the years and let them reveal anything that they want to at that time. Sometimes they do, sometimes they don't. Sometimes they do a week, a month or even years later. I simply state that my job is to give the information I receive and hold no attachment to whether or not it makes sense to the client or not. It may come literal or abstract to me. I am also a seer (dream and vision keeper) so when the messages come in these ways, often times I understand them (although there I times I cannot).



Understanding the anatomical systemic body is another way to become more knowledgeable in how to help our clients, family and friends when using Reiki. I have found the anatomical and physiological intelligence added to my Reiki practice has enhanced me in aiding my clients and helping to empower them to understand their own body physically and spiritually.

I hope this series of Prescription Reiki has aided you in your own Reiki practice to know the human body a little more. I welcome any contact with other professionals and those wanting more information. This is my life's work in healing and I am always open to mentor and help others. If you have a question or concern I do have a Dear Sufi International Advice Column on my website in which I am always available to you. You may also email privately.

Love and Light to you in your practice and your continued education in Reiki.

Thank you for reading.

Sufani

About the Author



Sufani Garza is a Reiki Master Teacher, Seichim Master, Ama Deus Shaman, Registered Healer, a channel, intuitive, and owns Place of Bliss Academy offering healing courses online at www.PlaceofBlissAcademy.com . She also has an International online advice column called 'Dear Sufi, ' to assist others with questions on healing and a great many other topics. You may contact Sufani at sufani@placeofblissacademy.com or leave a question at the Dear Sufi link at the website.

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