

# Reiki Master offers gentle healing art

Jacque Hashizume teaches and practices in The Dalles

■ By RODGER NICHOLS  
of *The Chronicle*

Jacque Hashizume would be the first person to tell you she's not a healer, but a facilitator.

"The person receiving the patient is the healer," she says. "The connection is between them and the source of the energy (God)."

Reiki, say its practitioners, draws on "universal life energy," known as "ki" in Japan, "chi" in China, and "prana" in India.

The practice is based on the teachings of Mikao Usui, who practiced and taught healing techniques in early twentieth century Japan.

Some people define Reiki by what it is not. It is not message, hypnosis, or a tool for diagnosing illness. Instead, practitioners say, it is a method that promotes balance among the body's systems, which can alleviate pain and stress, and promote restful sleep.

"One of the unique things about Reiki is that you revive the ability to use Reiki through an attunement," Hashizume said. "The attunement is a ceremony whereby the teacher initiates the student. Receiving an attunement is sort of like learning to use a radio. Unless you plug it in, turn it on, and tune it to a station, you don't get much use out of it.

Hashizume, who has a degree in life science/dance from the University of Illinois, re-



JACQUE HASHIZUME sits next to the treatment area she uses in the office of Mary Zega, DC, at 818 W. Sixth Street. She practices and teaches Reiki, from the Japanese word meaning 'universal life energy.'

Rodger Nichols  
photo

tired from her position as an accountant at UCLA. She said she was always interested in learning, and took a number of classes.

"When I took Reiki, I said 'This is what I've been looking for all my life,' Hashizume said.

That was five years ago in Los Angeles. There are three levels of training in Reiki: 1, 2 and 3, or master.

Hashizume is a Master in two different Reiki disciplines; the original Usui, and Karuna Reiki®. She also is at level 2 in Reiki crystal healing.

"A typical Reiki treatment or session would last anywhere

from 20 to 90 minutes," she says. "It is done with the client or patient on a table like a massage therapist would use. Or it can be done with the person

sitting in a chair or even in a hospital bed. The person is fully clothed with their shoes removed."

Three years ago Hashizume and her husband moved to The Dalles to be near The Dalles attorney Kevin Hashizume, their only child.

"It was getting to be an expensive flight," she said with a smile.

Hashizume is a member of MCMC Life Works, a spiritual care volunteer and a hospice

volunteer.

"Reiki is good at reducing pain and stress," she said. "It works well with all types of healing. I sit with people who are getting chemo and they generally do not get as sick. I've also worked with people getting radiation treatment."

Hashizume will be teaching at Columbia Gorge Community College and with Community Education in Hood River.

She sees people by appointment at Dr. Mary Zega's office at 818 West Sixth Street. The number is 506-6344.

She doesn't charge, except when she teaches. "I do it on a donation basis," she said. Suggested donation is \$50.

"We don't use our own energy to heal anyone," she said. "We're the channel through which we ask the energy to come, but in doing so, we also receive energy."

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