

Reiki Gets a Glimmer of Olympic Silver

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New Zealand cyclist [Hayden Roulston](#) wins the silver medal for the Olympic men's 4000m individual pursuit. In a pre-win interview he recognized [Reiki](#) as the reason he was able to recover from a serious heart condition in 2006.

In response to the interviewer's question **“How did you fix something the medical fraternity said was life threatening?”**

Roulston's response was:

“Through Reiki actually. It's Japanese healing technique. It's a hands-on treatment which transfers energy from one person to another. There was once upon a time I use to focus on just the mental and the physical, now it's the emotional and the spiritual, four very different components that's going to win the gold medal. If I walk away with the gold medal knowing I performed to my utmost best I'll be happy, but if I walk away with silver or bronze or fourth the better man won on the day...”

His belief in Reiki was so strong that he took his Reiki practitioner with him to Beijing!

The full article was covered by video interview and by the media and is widely available via search engines such as Google & Ask

