

**Article Paravisie Magazine, August edition 2015**

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With Reiki we transfer universal life energy. With that all kinds of physical and psychological symptoms in the here and now can be eased and sometimes be remedied. Distance is irrelevant. Time neither, as evidenced by the new form of treatment *Healing the Family Tree with Reiki*. Certified teacher Rebecca Bredenhof: 'A common family history is that of the death of babies and children. Sometimes this appears to continue for generations'.

PRODUCTION: Niels Brummelman

In 2006 Reiki Master Rebecca Bredenhof read an article by her American colleague Marta Getty. The latter explained how she developed a process with which we can heal the reflections of our ancestors in our body cells, using Reiki distance treatments. Rebecca: "Because my life and work as a Reiki Master is my passion, I was thrilled by the opportunity to attend her workshop. Moreover, I myself had an intense desire to heal the Jewish war history in me. "

Bredenhof teaches that *Healing the Family Tree with Reiki (HFT)* is a deeply profound personal process in which life and family stories play an important role. A procedure in which the second degree Reiki, with which time and space is bridged, is central. How does it work? Rebecca does not know either, "I do not try to explain Distance Healing anymore, not for a long time. The answer is dependent on my development in knowledge of the natural laws, so it is always different. The fact is that it **does** work. The HFT process teaches us to recognize what has been and to recognize what is not really ours. That we sometimes 'carry' unfinished business of our ancestors purely out of love. Through which we do not take care enough of our own lessons. "

#### **LIBERATION & RECONCILIATION**



In the Second World War almost an entire branch of Rebecca's family tree on her mother's side died in concentration camps. She herself was born two years after the war, and only as an adult she began to understand why she was the way she was. Rebecca: "As a child I stepped into the breach for people who were bullied. And as a teenager I entered into heated discussions about people who were shut out for colour, religion, descent or whatever. In my family the war history was scarcely mentioned, so I did not know where my strong sense of equality originated. Through her war experiences my mother would rather not be seen as Jewish and therefore I could not talk to siblings about what I felt. It took a long time before I came to realize that the heaviness that overcame me regularly, had to do with my Jewish origin. It was a miracle that this heaviness was 'simply' gone after following two HFT workshops. I could now lovingly acknowledge the fate of my ancestors, I just did not have to wear it anymore. Finally I began to understand why I wanted to live so intensely. "

In 2009, Rebecca was emotionally able to go to Auschwitz to commemorate her family. Not long after that again a miracle happened. Suddenly and from unexpected sources there was a lot of information about the deceased relatives and also her family acknowledged the truth. By going this road of healing Rebecca could assist with the workshop HFT by Marta Getty in Germany with an open heart. She saw that the reflections those people were carrying in their cells were different from hers, even though it was the same war that linked both their family destiny. ' That I was allowed to contribute to healing right there gave me a deep sense of reconciliation and liberation'.

## REFLECTIONS

In 1990 Marta Getty got a serious back injury after a serious car accident. Despite conventional treatments, a lot of Reiki and profound physical work, a constant pain in her lower back remained. According to the physical therapist with whom she worked, that her lower back was stuck had to do with her family lineage. He could do nothing for her, but was convinced that, as a Reiki Master she would find a way to work on it herself. Shortly afterwards, Marta read the story of an English psychiatrist, who had been to China as a lay missionary of the Anglican Church. There he saw that dying people did not ask for 'spiritual assistance' for themselves, but asked him to pray for their family. And that after the prayers a number of people showed a miraculous recovery. It is this story that led up to the fact that Marta, ten years after her initiation as a Reiki Master in 1981, found a way to a new path of intense healing with Reiki. At first she thought it would be enough to simply send Reiki to her pedigree, but it soon became clear to her that research into deep patterns in the family was the key to healing. Rebecca: 'Marta came to understand that it was about reflections of diseases, social circumstances and emotional legacies which were stored within the deep layers of her cells. Waiting to be acknowledged and healed. After a while she involved some colleagues and her second-degree Reiki students in her research. And it soon became clear that this was not a job to do on your own. Mostly people themselves did not recognize the patterns, or they gave up to do distance treatments if they did not see immediate results. So Marta went to give instructions to work with a partner in order to treat each other's reflections of family patterns. After about twelve years, Marta found sometime in the year 2004 a workshop format in which all that had emerged from her research on the healing of family patterns, came into its own'.

## PATTERNS

One learns the profound personal HFT process in the workshop *Healing the Family Tree with Reiki*, which consists of two weekends and six weeks of supervision. In the first weekend it is the task of the HFT teacher to extract the essence of the life and family stories and make connections. The use of the second Reiki level for six weeks, enables participants to transform the reflections in their cells. They work in pairs and they are doing Reiki distance treatments for each other. In this period the HFT teacher supports where necessary, the process through personal contact. After six weeks a second weekend follows as completion of the process. After closing the first HFT process, the energetic process goes on for a while. Rebecca: 'Sometimes you see that even after a year there is a sudden slight shift at the cellular level. One can repeat the workshop HFT as often as they want to, but it's best not to do a quick succession. The workshop is for anyone who has been initiated in the second Reiki degree and has experience with giving distant Reiki treatments. Individually I sometimes do HFT work for people who are not initiated into Reiki or only in the first degree. In my coaching practice, I make use of my knowledge of HFT. Again and again new experiences show the natural development of the HFT process, so who knows where else this might lead.'

### "My feeling of depression is gone"

Anne Boerrigter, Reiki Practitioner since 2004:  
"All my life I have felt a certain heaviness, which also did not disappear through psychotherapy for example. Through HFT I started to feel a deep connection with all those people that have gone before me. Sometimes I got insight into their grief. And always there was compassion. My depressed feelings gone. I feel happier, lighter, have a better resistance and stand firmly in my shoes. The relationship with my parents has become even better. In the meantime I have my own child. It is very special for me that I do not have to forward to the generations that come after me all that I have inherited from the generations before me."

When certain situations or life patterns repeat themselves again and again in your life, they are often harmful patterns in the family tree. HFT may be something for you. Rebecca: 'If a similar event occurs in two or more generations, we call it a pattern. Important patterns include: relationship breakdown, violence, depression, unexplained fatigue, feeling of not being seen, loss or illness.'

## DECEASED BABY'S

'Personally, I am assuming that every person should do what suits him or her; also in the field of healing and personal development,' says Rebecca. But: 'If your Reiki practice is personal and you are initiated into the second or master's degree, the HFT process can be an enormous deepening of your understanding of Reiki energy healing and what being human really means. As one of the participants said: 'HFT totally changes your perspective on the world and life.'

A common familial burdening turns out to be the death of babies and children. Sometimes this continues for generations. For example, with one participant a powerful pattern of deceased babies in the family tree, becomes visible already on the first evening of the workshop. For generations, in the paternal line, there has been a second child, also the second son, that died within a few months. Obvious causes are unknown. Two years before this workshop a baby in the family of the participant died, a second son. The participant herself has two sons, the youngest of whom was almost four years at that time. From birth, this second son clung to his mother, was afraid of everything and seldom dared to do anything himself. He gave the impression not to be entirely 'present'. This story made it clear that it was necessary to heal the reflections of the line of deceased babies and that was being worked on. Nine weeks later changes in the little man began to come clear for family and friends. He did not cling to his mother anymore, dad also had a place in his life now and he just talked to people. Even went and bought an ice cream on his own. Rebecca: 'I was so happy. Yet another child is given the opportunity to grow up healthy. Meanwhile, the mother knows that this pattern dates even further back than the seventh generation. As it may become clear where the beginning of this pattern is, and what was the cause of death with that baby, that also can be healed.'

Another participant in the workshop said that the long-lasting depression of her adult son, spontaneously disappeared during the six weeks of the HFT process. In her family tree there were many deceased babies and the work had been done with those reflections. 'We did not understand, however, why it had solved the depression of her son. Until two years later he spontaneously began to tell about the cause of his depression: it had to do with a baby ... .'

Until now (2015) Rebecca Bredenhof is the only one who has been trained by Marta Getty as a teacher to do this wonderful work. Marta herself has been traveling around the world for many years to pass on the HFT process. Rebecca is also willing to go wherever she is asked.