



Issue 107
SUMMER 2021

The Reiki News

*Reiki Masters
Gathering*

**Taupo Reiki
Retreat**

*The Latest in
Reiki Research*

**Southland
Reiki Retreat**

**Bridgid Ruden's Journey of
Reiki and Brain Injury Survival**

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Bridgid Ruden gives us a message of hope, recovery, and optimism.

Bridgid experienced a deep spiritual awakening during her coma, and this has helped her to explore a healing pathway encompassing many natural healing modalities, all of which are so beautifully documented in her book. Many people will now be able to benefit from her experience, wisdom, and wit, particularly those whose lives have been touched by brain injury.

Although we sometimes are witness to events that are miraculous, sometimes the real miracles are the people who live them.

I had the pleasure of meeting Bridgid on Zoom and she kindly agreed to write an article for the Reiki News.

HOW MAY I BE OF SERVICE

Bridgid Ruden

In May of 2008, I sustained a life altering injury, an experience from which something new emerged in lieu of my previous life's vision.

A heart-wrenching bicycle accident left me with a severe traumatic brain injury. While still in shock, I underwent four extensive emergency brain surgeries. Many didn't trust that I would survive.

Archangel Raphael, Archangel Haniel and Archangel Metatron appeared to me when I was in a coma, lovingly sharing that I was passing over towards a glorious residence. I questioned them, "Why? I have a loving husband, three children and a continuous mission to help others heal."

After consultation with the Divine, it was decided that I could return to earth,

knowing though, that it would take a great deal of healing and guidance to manifest this miracle.

As I awoke from my coma, I had reversed in time and arose as a three-year-old, re-learning basic life skills.

My youngest child, Molly, became my 'mother' when she was only eight years of age!



Bridgid's book is available on Amazon as a paperback and for Kindle, and also as an audio book on Audible.com

Her new book 'I Believe in the Power of Believing' will be available soon.

Frustratingly, due to my disabilities, I had to let go of my meaningful career as an Advanced Registered Nurse Practitioner.

“Why, God, am I still here? What on earth is my life's mission now?”

Angels, both Earth and Divine, accompanied me through an incredible healing journey which flowed up, down and all over the place. I ventured forward in faith to explore, develop, and re-define myself.

I learned how to delve beyond suffering and began the process of healing my mind, body and spirit. As my soul began to soar, fascinating miracles unfolded in my life.

In defiance of healthcare professionals and to my family's shock, I began publicly sharing my astonishing story. This was despite having suffered aphasia (the loss of ability to understand or express speech).

As time moved forward, I successfully presented nationally and internationally and even appeared on TV and radio. My story was published in articles and books. My first book, *Discovering My Life's Purpose: From Tragedy to Triumph* still blows me away, as this occurred despite the disability I have with writing, spelling, and understanding sentences! Today when I am introduced and my bio is shared, I am shocked and look from side to side, thinking “Wow, who is this woman? I'd love to meet her.”

When I share my life's experience, people are amazed, uplifted, inspired, educated, and surrounded with hope, reassurance, and healing.

When the selling of my book lessened and my presentations ceased to transpire, I needed to transition into other modalities that would foster further ways of healing.

While in search of other avenues, I recalled that I had learned about *healing touch* in graduate school and practiced on family and friends, with amazing results.

Could I educate myself further? Reiki sprang to my healing brain. I was afraid to study Reiki due to my memory loss, fatigue, and poor cognitive skills. My soul urged me forward.

Believe it or not, miraculously, I became certified as a Reiki practitioner in 2018! I progressed to provide Reiki to family and friends but was so afraid to flourish and build my own small business.

Despite me being so hard on myself, Earth Angels educated and supported me again, again and again! I am so blessed.

In 2019, I started my small business entitled, *Believe in the Power of Believing*. In 2021, I became a Reiki Master Teacher, which is well beyond what I ever thought was possible!

Although my business is slow and challenging in its progression, I often reboot myself when I think about my life's amazing journey. I have had such influential spiritual experiences that blossomed my soul!

I can now hear and trust messages that Angels send to me, as before I thought I was crazy.

My spirituality has truly enlightened in ways that are hard for me to describe.

I am so very grateful. I have always loved to give to others, but I've learned over time that it is crucial to focus and heal oneself first.

Reiki continues to teach me the power of Divine energy and simplistic ways to help heal our mind, body and spirit.

I must practice what I preach to clients and others. Therefore, I provide Reiki to myself daily, eat nutritional food, meditate, and exercise.

Sometimes I am called an Earth Angel. Clients have shared that their experience with me was an “amazing spiritual awakening”, “provided prompt healing from pain”, “tremendous relaxation” and that “doctors were amazed of the quick response of my surgical recovery.”

I am a servant, flowing within the grace and glory of the Divine.

Believe it or not, my life's purpose truly didn't leave me. With hard work, acceptance, and gratitude it merely merged to a higher realm of healing. □

