

## **What Is Reiki?**

Reiki is a healing technique that is more than 2,500 years old, Tibetan and rediscovered in the mid-1800s by Dr. Mikao Usui, the dean of a Christian theological school/university in Kyoto, Japan. It is the universal life force energy that heals and removes negativity to enhance vitality in the mind, body, and spirit.

It is the unconditional love with which Jesus healed. We are not Jesus, but once a person is initiated/attuned, this energy is reawakened from within and channeled through the hands to heal others and self and cannot harm anyone.

The history of Reiki is found in many books, both in English and in Spanish. It is Chi energy. It is Holy Spirit energy.

Reiki is a method of stress reduction and relaxation that also promotes healing. The technique was developed in Japan and is administered by the laying on of hands.

It is based on the idea that all living things have a special energy flowing through them called life energy. When your life energy is high, you'll feel strong and confident and be more relaxed, centered, and less likely to get sick. When it is low, you'll often feel tired and be more easily affected by stress and less resistant to illness.

Reiki is a Japanese word that comes from two words—Rei and Ki. In the Japanese language, these words can mean different things depending on how they are used and how they are combined with other words.

When they are used together for the practice of healing, the word Rei means universal spirit, Higher Power, or God. The word Ki refers to the life energy that flows through all living things. Therefore, Reiki means life energy that is guided by God. Some also feel this is just another way of saying Holy Spirit.

A Reiki treatment is a way of increasing your life energy. A practitioner will transmit Reiki to the client through the hands. The hands are lightly placed on or near the body in various positions around the head, shoulders, stomach, and feet. Sometimes, a practitioner will also treat above the body.

A treatment can feel like a warm glowing radiance that flows through the body. It is a very relaxing experience. Some clients report the body feeling heavy as it relaxes and yet, the spirit or emotions feeling light at the same time. A treatment will usually release negative feelings or thoughts, leaving the client feeling more positive, light-hearted, and with feelings of well-being.

Healing often takes place, and people have reported recovery from minor things like headaches, stomachaches, bee stings, etc. Major illnesses have also been affected, with some people recovering from heart disease, cancer, leukemia, etc.

While almost everyone experiences relaxation and various kinds of improvements, healing results cannot be guaranteed. It is recommended that if one has an illness or any other medical or psychological condition, they should also consult a licensed physician or other licensed health care professional, in addition to getting Reiki treatments. Reiki works well in conjunction with all medical or psychological care.

The ability to do Reiki is innate within everyone. By taking a Reiki class, an attunement is given to the student. This is like turning on a switch that turns on one's Reiki energy.

After that, all that is necessary is to place one's hands on oneself or another person, and Reiki healing energy automatically begins flowing. Because of this, Reiki is very simple to learn and is taught in a weekend class. Reiki has no denomination, so anyone can do it.