

Reiki

Reiki (pronounced ray-key) is a laying-on of hands healing technique. Many think it is an ancient technique used by healers in all civilizations of humanity. Reiki is the Japanese name given to this healing modality by Dr. Mikao Usui when he re-discovered it in to late 1800's.

Rei translates as higher power, spiritual consciousness, supernatural knowledge or God's wisdom. Considered the knowledge that comes from God or our creator to our higher selves, it understands each person completely, knowing the cause and cure of all "dis-ease".

Ki means life force, vital force, universal energy or the energy that animates all living things. The energy that surrounds us, it must flow freely and strongly through us for good health and mental and emotional stability.

Therefore, spiritually guided life force energy is an apt definition. However, it does not describe the warm and soothing sensations of this gentle yet powerful energy spreading through, and surrounding, the body during a treatment.

Reiki is a simple, natural and safe method of physical, mental, emotional and spiritual relaxation that anyone can use or benefit from. As it relaxes, it brings the body systems into harmony by relieving physical and emotional blockages that restrict energy flow. Because Reiki flows through and around us, it can heal on many levels. It can heal the cause of a condition, along with eliminating the effects. Reiki causes no conflict when used with standard medical practices or religious beliefs.

Reiki is part of us and does not require a particular intellectual capacity, spiritual development or religious belief. All can benefit from a treatment and anybody can learn to use it easily. A Reiki master transfers Reiki to a student during an "attunement". This seals the Reiki channel into the student. Only a small amount of training is required to use it but understanding and abilities increase with actual practice. Once attuned, a person will always have Reiki. One may choose not to use it for long periods but when asked for, it is always present.

To use Reiki place the hands on another, with the intent to heal and it will start to work. No special preparation or ritual is required, unless one chooses to create one to enter a state of peace and calm.

Intent is important. The healer must have a clear intent to heal, and remain conscious of it, though out the session. Reiki will only work to heal or create goodness and harmony. It will not do harm or create negativity. If the healer's intent is not clear, if clouded by anger, worry or any other negative emotions, Reiki will not flow through that person. A Reiki practitioner may not be able to help, at certain times, but is assured of never doing harm.

It starts with the healer's intent, and unites with the healer while working, but the healer does not control it. Reiki goes where it needs to go with the proper intensity for the person receiving the energy. Therefore, the healer's ego or imperfect knowledge cannot interfere. Intent to heal is all that is required. Knowledge of what to heal is not needed.

Reiki guides the healer's hand placement and timing by increasing or decreasing the heat and tingling sensations felt. Sometimes the healer gains knowledge or understanding to share with the receiver.

Reiki also protects the practitioner. It flows in one direction only, into the healer and out to the receiver. No negative energy or symptoms will come back to the healer. Because it is not the healer's own energy, the healer will not feel depleted. Most practitioners report feeling energized and healed, by giving a session.

There are four levels of Reiki.

- Level I, or First Degree, covers the history of Reiki, understanding Chakras (energy centers in the body) and how Reiki connects to them, basic hand positions to treat self and others and discussion to empower the student to use this energy. The attunement opens a channel through the student's Chakras to channel Reiki energy for physical healing.
- Level II, or Second Degree, Reiki attunement amplifies the healing energy received at level 1. The students learn Japanese symbols to ask for more abilities, to work in the energy surrounding a body, how to send Reiki across a distance and how to use visualization to direct it.
- Level III, or Master level requires a commitment to using Reiki. The attunement opens the Reiki channel to a limitless source of energy that is always working in the practitioner. Students learn advanced techniques taught by Dr. Usui, and more symbols.
- Level IV or Master/Teacher provides one with the ability to attune others and teach all levels of Reiki.

A full body Reiki session is an hour of blissful relaxation. Fully clothed, in soft, loose comfortable clothing, the recipient lies on a massage table and allows the warm energy to melt away stress. There is no discomfort because the Reiki practitioner gently places her hands on the body and holds them there as the heat waxes and then starts to wane. Then she will move her hands to another location. Sometimes the hands lift off the body but the warmth remains.

The practitioner has to hold the intent to heal during the session but the client may meditate, sleep or they can converse. Reiki works at any time on any part of the body for healing. A full body session is not always needed. If a practitioner can touch any body part, Reiki will do the rest. If it needs to flow to another part of the body, it will.

From the time of my first level attunement, I have felt my life improved by my connection to Reiki. Used in conjunction with Reflexology it has greatly magnified the assistance I have given to my clients. I was attuned as Master/Teacher many years ago. Now my Reiki is available and active all the time. My clients can all feel it. They know when my hands get very hot Reiki is working with me.

Dr. Usui realized that physical healing was not useful if mental, emotional and spiritual did not accompany it. During my Reflexology/Reiki sessions, we talk a lot. I try to teach my clients to take responsibility for their life, body, health, etc. I empower my clients with the knowledge that they can take control and change anything they want.

High level and experienced practitioners learn to send Reiki over distance, for protection, manifestation and many other uses. Visualization becomes very important at this stage. Using visualization, I placed a protective Reiki shield over my son when he was deployed to Afghanistan. I anchored it to him and extended it over his whole battalion of airborne combat troops. He felt it and felt things hit it and bend away. He and his entire battalion came home safely.

Reiki is one of many tools available to all of us. We can heal others and ourselves and change our lives. When I teach a Reiki class, I always try to convince my students to believe that the only limitations we have are the imitations we place on ourselves.

THE REIKI HANDBOOK, by Larry Arnold and Sandy Nevius (Reiki 1) PSI Press, 1025 Miller Lane, Harrisburg, PA 17110 (717-236-0080)

ESSENTIAL REIKI - A COMPLETE GUIDE TO AN ANCIENT HEALING ART, by Diane Stein (all levels)

<http://www.reiki.org/>

Patricia Kenworthy October 2006