



REIKI

AS A HEALING THERAPY

WHAT IS REIKI?



Reiki therapy is based on an Eastern belief that vital energy flows through your body. The idea is that a person who specializes in Reiki treatment, referred to as a reiki master, uses gentle touch – or places their hands just above your body – to help guide this energy in a way that leads to balance and healing.

Reiki has been studied for conditions like pain, anxiety, and depression. It's a complementary treatment, which means you use it along with proven traditional medical treatments.

The word **Rei-ki** is a term that is written with two Japanese characters or kanji:

靈 **Rei:** Spiritual or sacred.

氣 **Ki:** Energy.

Or:

“rei,” which means universal, and
“ki,” which translates to a flow of a
lifeforce of energy that happens in
all living things such as plants,
animals, humans, etc.



WHAT IS REIKI





HISTORY OF REIKI

Reiki as a method of healing dates to about 2500 years ago. However, in the twentieth century the system was rediscovered by Dr **Mikao Usui**.

Reiki roots come from India having passed through Tibet and China to Japan where Dr Mikao Usui rediscovered it. He was a Christian headmaster and minister at Doshisha University in Kyoto, Japan. The reiki healing system, founded by Mikao Usui in the early 1900s, said that people should practice certain standards or values that bring about peace and harmony – ideals that most cultures practice.

It was brought to the West by **Hawayo Hiromi Takata** in 1938 and become popular in the U.S. quickly. Until 1982, Reiki was an oral tradition in the West with no written record of its history of teachings. In 1996 and 1997, more direct contact was made with Reiki masters in Japan including with the Reiki Ryoho Gakkai which is the original organization started by Dr. Usui.



IS REIKI A RELIGION?

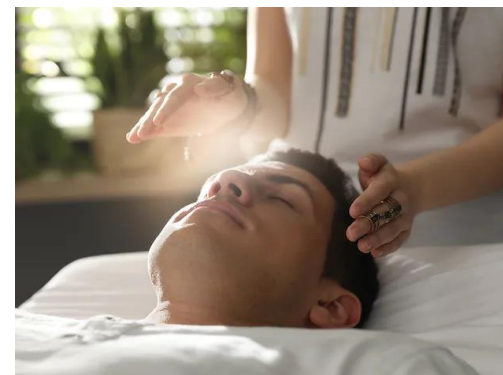
No, it's not a religion. Those who practice Reiki treatment are free to follow their own beliefs and religious practices and make decisions based on these things.

In 1995, Reiki was recognized by the World Health Organization (WHO) as a complementary therapeutic practice since it does NOT try to replace conventional treatments, but rather to complement them to minimize the side effects that may arise, as well as emotional, mental situations and spiritual problems caused by the disease itself or its diagnosis.

HOW DOES REIKI WORK?

Reiki practitioners act as a middle ground between you and energy forces. Energy travels from their hands to the client, and more specifically the areas of focus. During a session, you would take only the energy flow that you need instead of what the reiki practitioner might think you need.

If your “life force energy” is low, you are more prone to become ill or experience stress, but if it is strong, you are more capable of being happy and healthy.



HOW DOES REIKI WORK?

Dr. James L. Oschman says: "Energy medicine involves understanding how the body creates and responds to electric, magnetic and electromagnetic fields including light and sound, as well as other forms of energy, such as heat, pressure, chemical and elastic energy, and gravity. We are interested in how the body produces these different kinds of energy and how these energies can be applied to the body for beneficial effects."

Working with this energy is what constitutes the basis fundamental of Reiki therapy. Starting from the idea that energy can be transmitted from one body to another and migrate due to the difference in potential of the areas of more energy to those with lower energy, thus being able balance them and with this balance achieve, if not cure, at least well-being and/or improvement of symptoms of the illness

HOW DOES REIKI WORK?

Reiki allegedly aids relaxation, assists in the body's natural healing processes, and develops emotional, mental, and spiritual well-being. However, no studies have conclusively shown this to be true.

Some anecdotal evidence suggests that it may induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall well-being.

Conditions that people have used Reiki to help treat include:

Cancer, heart disease, anxiety, depression, chronic pain, infertility, neurodegenerative disorders, autism, Crohn's disease, fatigue, among others.

HOW DOES REIKI WORK?

The Reiki application is being introduced in the United States in hospitals like Md Anderson Cancer Center (Houston), Memorial Sloan Kettering Cancer Center in New York, Washington Hospital Center, Children's Hospital In Boston and in Europe.

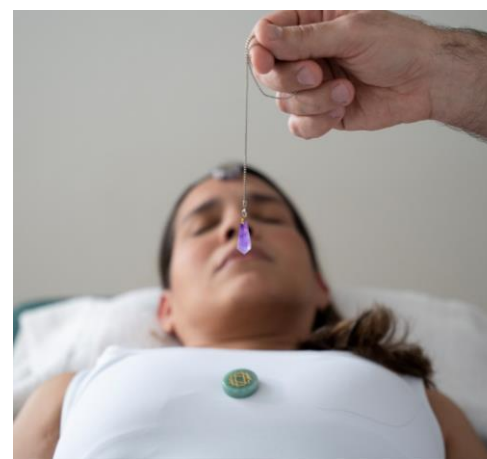
Actually, the WHO proposes to the nursing community to achieve its objective, "health for all", to promote development and integration of "traditional methods and complementary».

HOW LONG IS A REIKI SESSION?

Reiki sessions usually last about 60 minutes to make time for relaxing deeply and energy flow.

HOW MANY SESSIONS ARE NEEDED?

While the number of treatments can depend on client's condition and personal goals, three to five treatments 1 to 2 weeks apart is generally recommended.



REIKI

PHILOSOPHY

Reiki embodies a philosophy rooted in compassion, empathy, and a profound sense of service. Practitioners of Reiki are encouraged to cultivate a professional behavior infused with social sensitivity and a genuine desire to serve others. Central to the Reiki philosophy is the notion of embodying qualities such as empathy, kindness, and a deep understanding of the interconnectedness of all beings. A Reiki practitioner is not merely someone who channels energy for healing but also a compassionate individual who strives to uplift and support those in need.

REIKI

THE FIVE PRINCIPLES

Just for today, **I will not be angry.**

Just for today, **I will not worry.**

Just for today, **I will be grateful.**

Just for today, **I will do my work honestly.**

Just for today, **I will be kind to every living thing.**

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LEVELS

Reiki practice typically comprises 3 levels, each involving attunement by a Reiki master. The common levels are:

Reiki Level 1: This level focuses on self-healing and learning the basics of Reiki energy.

Reiki Level 2: At this stage, practitioners learn symbols and techniques for distant healing and enhancing the flow of Reiki energy.

Reiki Level 3: Represents a significant step in the practitioner's journey, focusing on mastery and spiritual development. Participants experience a significant increase in the potency of their Reiki channel, enhancing their healing abilities.

REIKI

MASTER LEVEL

Master Level: Is the pinnacle of Reiki training, reserved for those committed to teaching and leadership in the Reiki community. Masters undergo intensive training to attune and mentor new students, guiding them on their own Reiki paths.

This level represents a profound commitment to the practice and a deepening of one's connection to Reiki energy.

SYMBOLS IN REIKI



Cho Ku Rei: Also known as the power symbol, it enhances the power of Reiki and helps in focusing energy.



Sei He Ki: This symbol represents harmony and balance, aiding emotional and mental healing.



Hon Sha Ze Sho Nen: The distance symbol, used for sending Reiki across time and space, facilitating distant healing.



Dai Ko Myo: Known as the master symbol, it symbolizes enlightenment and encompasses all the other symbols. It's used for spiritual healing and transformation.

There are several symbols in Reiki, each carrying its own significance and purpose.

Each symbol is drawn or visualized during Reiki practice to invoke its specific energy and purpose, amplifying the healing process for both the practitioner and the recipient.

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SUMMARY

In conclusion, Reiki serves as a complementary therapy offering various health benefits across different conditions. It has been shown to alleviate symptoms associated with chronic pain, anxiety, depression, and insomnia. Additionally, Reiki has been found to promote faster recovery from surgery, reduce the side effects of chemotherapy, and improve overall quality of life for cancer patients. Its philosophy centered around service and unconditional love not only aids in physical healing but also fosters personal transformation and spiritual growth in both practitioners and recipients alike.

REIKI

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THANK YOU!
