

Reiki Energy Balancing



REIKI

What is Reiki?

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes balancing and wholeness. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

We are alive because life force is flowing through us. This Life force flows within the physical body through pathways called chakras and the meridians. It also flows around us in a field of energy called the aura. This Life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

The life force is responsive to thoughts and feelings. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and cause a disruption in the flow of life force. This diminishes the vital function of the organs and cells of the physical body.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and balances the energy pathways, thus allowing the life force to flow in a well balanced and natural way.

A treatment feels different for everyone, but peaceful every time. Often, your energy centers are balanced and wellness is able to flow. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well being. Many have reported miraculous results.



REIKI ~ Questions & Answers

Q. Where does Reiki energy come from?

A. Reiki energy is a subtle energy. It is different than electricity or chemical energy or other kinds of physical energy. Reiki energy comes from the Higher Power, which exists on a higher dimension than the physical world we are familiar with. When viewed clairvoyantly, Reiki energy appears to come down from above and to enter the top of the practitioners head after which it flows through the body and out the hands. It appears to flow this way because of our perspective. However, the true source of Reiki energy is within ourselves. This does not mean that we use our personal energy when we do Reiki, but that the energy is coming from a transcendental part of ourselves that is connected to an infinite supply of healing energy.

Q. Is Reiki a Religion?

A. Although Reiki energy is spiritual in nature, Reiki is not a religion. Practitioners are not asked to change any religious or spiritual beliefs they may have. They are free to continue believing anything they choose and are encouraged to make their own decisions concerning the nature of their religious practices.

Q. How is a Reiki treatment given?

A. In a standard treatment Reiki energy flows from the practitioners hands into the client. The client is usually laying on a massage table but treatments can also be given while the client is seated or even standing. The client remains fully clothed. The practitioner places her/his hands on or near the client's body in a series of hand positions. These include positions around the head and shoulders, the stomach, and feet. Other, more specific positions may be used based on the client's needs. Each position is held for 1 to 10 minutes depending on how much Reiki the client needs at each position. The whole treatment usually lasts between 20 and 60 minutes.

Q. What does a Reiki treatment feel like?

A. What one experiences during a Reiki treatment varies somewhat from person to person. However, feelings of deep relaxation are usually felt by all. In addition, many feel a wonderful glowing radiance that flows through and surrounds them. As the Reiki energy encourages one to let go of all tension, anxiety, fear or other negative feelings a state of peace and well-being is experienced. Some drift off to sleep or report floating outside their bodies or have visions and other mystical experiences. At the end of the treatment, one feels refreshed with a more positive, balanced outlook.

Q. Does one have to stop seeing a regular doctor or psychologist in order to receive a Reiki treatment?

A. No. Reiki works in conjunction with regular medical or psychological treatment. If one has a medical or psychological condition, it is recommended that one see a licensed health care professional in addition to receiving Reiki treatments. Reiki energy works in harmony with all other forms of healing, including drugs, surgery, psychological care or any other method of alternative care and will improve the results.

Q. What can be treated with Reiki?

A. Reiki has had a positive effect on all forms of illness and negative conditions. This includes minor things like head or stomach aches, bee stings, colds, flu, tension and anxiety as well as serious illness like heart disease, cancer, leukemia, etc. The side effects of regular medical treatments have also been reduced or eliminated. This includes the negative effects of chemotherapy, post-operative pain and depression as well as improving the healing rate and reducing the time needed to stay in the hospital. Reiki always helps and in some cases people have experienced complete healings which have been confirmed by medical tests before and after the Reiki treatments. Stress reduction with some improvement in one's physical and psychological condition are what most experience.

Q. Can I treat myself?

A. Yes, once you have received the attunement, you can treat yourself as well as others. This is one of the unique features of Reiki.

Q. What is a Reiki attunement?

A. A Reiki attunement is the process by which a person receives the ability to give Reiki treatments. The attunement is administered by the Reiki Master during the Reiki class. During the attunement, the Reiki Master will touch the students head, shoulders, and hands and use one or more special breathing techniques. The attunement energies will flow through the Reiki Master and into the student. These special energies are guided by the Higher Power and make adjustments in the student's energy pathways and connect the student to the source of Reiki. Because the energetic aspect of the attunement is guided by the Higher Power, it adjusts itself to be exactly right for each student. During the attunement, some students feel warmth in the hands, others may see colors or have visions of spiritual beings. However, it is not necessary to have an inner experience for the attunement to have worked. Most simply feel more relaxed.

Q. I have heard that Reiki can be sent to others at a distance. How does this work?

A. Yes, in Reiki II, you are given three Reiki symbols. These symbols are empowered by the Reiki II attunement. One of these symbols is for distant healing. By using a picture of the person you would like to send Reiki to or by writing the person's name on a piece of paper or simply by thinking of the person and also activating the distant symbol, you can send Reiki to them no matter where they are. They could be hundreds of miles away, but it makes no difference. The Reiki energy will go to them and treat them. You can also send Reiki to crisis situations or world leaders and the Reiki energy will help them too.

Q. What does it feel like to give a treatment?

A. When giving a Reiki treatment, the Reiki energy flows through the practitioner before leaving the hands and flowing into the client. Because of this, the practitioner receives a treatment also. As the Reiki energy flows through the practitioner, she/he will feel more relaxed and uplifted. Spiritual experiences sometimes take place. The practitioner sometimes receives insights about what the client needs to know to heal more deeply.

Q. Is it safe for pregnant woman?

A. Since Reiki is guided by the Higher Power, the Reiki energy will know the condition of the client or student and adjust appropriately. Reiki can only do good. Many pregnant women have received treatments with great benefit to them and their unborn child. It has also been used during child birth. Pregnant women have also taken the Reiki training and received the Reiki attunement with beneficial results.

Q. What about babies?

A. Babies love Reiki. It is very healthy for them. Do not worry about it being too strong. Reiki automatically adjusts to what the baby needs.

Q. Can I treat animals or plants?

A. Animals love Reiki too. They seem to have a natural understanding of what Reiki is and its benefits. Once a pet has received a Reiki treatment, they will often let you know that they want more. Plants also respond well to Reiki.

Q. Are there any side effects from a Reiki treatment?

A. Most of the time a person will feel relaxed and uplifted by a Reiki treatment. However, sometimes a person will have what is called a healing crisis. As a person's vibration goes up, toxins that have been stored in the body will be released into the blood stream to be filtered by the liver and kidneys and removed from the system. When this happens, sometimes a person can get a headache or stomach ache or feel weak. If this happens, it is a good idea to drink more water, eat lighter meals and get more rest. The body is cleansing as part of the healing process so this is a good sign.

Q. What is lineage?

A. Reiki is a technique that is passed on from teacher to student over and over. If one has Reiki, than she/he will be part of a succession of teachers leading back to the founder of the system of Reiki one is practicing. In my case of Usui Reiki, the lineage would lead back to Dr. Usui himself.