

REIKI

What is Reiki? Reiki (pronounced “ray-key”) is an Oriental word meaning “universal life energy”. “Rei” literally means spirit, soul, in the heavens or of spirit, but also denotes universal energy. More than forty-five hundred years ago, the Chinese postulated that a subtle system of life-sustaining energy circulates living physical bodies. This energy is called “ki” and is pronounced “key”. Ki is the basic life-force energy or vital energy found in all living things and has just that meaning as the suffix on the word Reiki.

Modern scientists have analyzed the world with an amazing degree of sophistication. The material world has been divided into finer and finer particles only to discover that deep inside the tunnel, at the ultimate center of “what is,” we find energy. We have discovered the simple truth that energy precedes matter just as emotions and thoughts precede action.

Thus, basic to all Oriental healing arts is the concept that ki is the vital life force upon which physical life is dependent. In Chinese ki is chi, in Hindu and Yoga it is prana, and in Western culture it is called breath, light or cosmic energy. The state of ki in your system relates to the body-mind harmony or disharmony you are experiencing in your daily life. Indeed, the balance, amount and quality of your ki is influenced by a variety of aspects such as air quality, amount and kinds of stress, heredity factors, and environmental conditions. To maintain a balance in your health physically, emotionally, mentally and spiritually you need an unpolluted source to restore your vital energy, or ki.

Basically, at birth you come in to this life with a certain amount of vital energy, or ki. This is stored in your “bank account” or energy reserves. Expenditures are made, according to your stress levels, outside influences, the way in which you interact in the world, and many other reasons. If you continually withdraw from this reserve of vital energy or bank account, without replacing or recharging your energy, then you have a deficit. You become drained, physically, mentally or emotionally. You can become irritable, angry, hostile, and you can have difficulty thinking clearly, and be constantly tired, exhausted and even depressed. Indeed, in such depleted states, it is difficult to feel spiritually uplifted and inspired.

The term Reiki has been applied to a specific energy technique for restoring and balancing your natural universal life energy. Reiki is neither a dogma nor a religion but is a complete, scientific method for self-healing and for maintaining your health and sense of well-being. It enlivens and nourishes every level of your being-physically, mentally, emotionally and spiritually. Reiki is an effective technique for prevention of diseases and energy imbalances in your system, as well as a highly effective tool for personal transformation. It can be used in conjunction with other therapies, traditional medical and complementary healing techniques.

The Reiki method of natural healing is designed to systematically strengthen your absorption of vital life energy. When tensions develop in your physical body or blocks occur in your mind or emotions, your flow of vital energy can stagnate and become depleted excessively. You begin then to break down physically and emotionally, wondering if you will ever recover. You then begin to become separate from yourself, further alienating yourself from your source of energy, or ki.

The special, hands-on gentle technique of Reiki uses the practitioner as the vehicle for passing the energy on to the client. Through a series of attunements by a Reiki Master Teacher, the healer is able to access and fine tune this energy so that it actually goes wherever it is needed in the body-mind-soul. The client, by a conscious intention, helps to direct the flow of this vital energy. Using a systematic protocol and intuitive guidance, the Reiki practitioner brings loving, kind awareness to each client and his or her needs. This method builds up the reserve of energy, recharges the system, and may bring additional benefits depending on the individual. Reiki, indeed, is as natural as breathing.

My own healing journey through Reiki came at a very stressful time of my life, and a friend who happened to be my Reiki master, came to my house to work with me. She lovingly, compassionately performed a Reiki session with me. During and afterwards, a profound healing came through, like none I could ever have imagined. The effects were immediate, as the tears of sadness began to turn to tears of joy and peace. A profound inner stillness came over me; I was able to go on that day and teach a class at the local college. She left me with the message that healing comes in all forms-I never imagined I would be that resilient, but it was really true! I felt transformed

at my very core. I was forever grateful to Reiki, the masters, and the friend who so willingly gave her time and energy to me!

Denise has been trained and attuned in the authentic Usui system of Reiki. She received her first attunement in 1994, the second attunement in 1997, and the Master level in 1999. She continues to practice Reiki healing in her business, "It's About Movement", a center for Yoga and Healing, located in Perrysburg, Oh. Contact Denise at www.itsaboutmovement.com.

Sources

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