

What Is Reiki?

Reiki (pronounced ray-key) is a Japanese word, which means “universal (rei) life force energy (ki). It refers to the universal energy that exists in all living things. Reiki is a specific group of rays of the unlimited universal life-force energy that can be used to help healing take place by restoring order to the body whose vital energy has become unbalanced. Reiki is a form of healing that works on the body at mental, emotional and spiritual levels.

What conditions will Reiki Treat ?

Not only is Reiki beneficial for chronic conditions but also for acute conditions. It is also a valuable first aid tool. Regular (self) treatments are an excellent way of boosting the immune system. It should be remembered that Reiki is primarily a method for self development through regular self treatment.

It is important that Reiki is not considered as a substitute for other prescribed therapies, rather it should be viewed as complementary to them. If in doubt, consult your general practitioner who may actually refer you to a complementary therapist. It should be noted that unless medically qualified a Reiki practitioner is unable to make clinical diagnosis.

How Does Reiki Work?

Reiki is a powerful, non-invasive method for deep relaxation, and it is in this relaxed state that the body, mind and spirit responds by enhancing it's natural ability to heal itself. Reiki destroys energy blockages, detoxifies the system, provides new vitality in the form of healing universal life energy, and increases the vibrational frequency of the body. The Reiki practitioner is the vehicle through which this universal life force energy is transmitted to the client. It is the client who simply allows their body to use the energy for their highest good physically, mentally, emotionally and spiritually.

We are alive because life force is flowing through us. Life force flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in a field of energy called the aura. 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 heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.

What Are The Benefits Of Reiki?

Given the willingness of the client to be well, Reiki energy affords the opportunity for every cell an opportunity to heal, harmonize and balance, right down to its DNA level, and return to its perfectly balanced state. Reiki aids the body in releasing stress and tension which adversely affects the body. It has no limitations on what it can treat or heal. Reiki is used to complement traditional medicine. It is never meant to replace prescribed therapies and treatments.

What will I experience during a treatment ?

During the treatment, you may experience any one of a number of sensations, from warmth to a feeling of cold, from tingling sensations to sometimes nothing at all ! This does not mean that you have not been drawing Reiki energy. every experience in life is unique and personal. Most recipients however experience a very pleasant feeling, often described as one of total relaxation. Your treatment will usually last around 1 hour.

What Does Reiki Feel Like?

Receiving Reiki energy is a very relaxing experience. It is a subtle energy that sometimes is felt as gentle warmth and at other times may hardly be felt at all. Each person has their own unique experience. Reiki is safe and appropriate for all ages. In addition, Reiki is not limited to humans. It can be also used to help pets and in many other areas of life.

Is It Okay To Have Reiki If I Am Pregnant?

By all means. Absolutely.

Is Reiki The Same As Massage?

Reiki is not massage. There is no kneading or manipulating of muscles, tendons or ligaments as in massage. The Reiki practitioner may use light touch with the gentle laying on of hands and/or she may work slightly above the body in the aura field. Rather than body work, Reiki is considered energy work, even though it benefits the body. It can be a complement to reflexology, massage therapy and other non-traditional as well as traditional healing methods.

How Long Does A Reiki Session Last?

The typical whole-body session lasts one-hour. However, short half-hour sessions are beneficial, too. Even ten or fifteen minute sessions you experience at health fairs are helpful. At EarthWalk, only full hour sessions are available so that clients may use this important time to completely relax and let their body experience restoration. With children however, sessions are usually shorter.

What Should I Expect In a Reiki Session?

There is more than one way to receive an individual Reiki session. Most often you will comfortably lie, fully clothed on a massage table, or in some cases, simply sit in a chair. The Reiki practitioner moves her hands to various areas of the body, in a particular pattern, holding them in place for various lengths of time, depending on the body need. Reiki can be received from a distance. Absentee healing, also called distant healing sessions are also available.

If I Fall Asleep, Will Reiki It Still Work?

Reiki energy helps the body whether you are awake or sleeping. Very often the client simply “zones out” so to speak...aware, yet unaware at the same time. Most important is that the client gives permission to the body to receive the energy and to allow the body to use the energy for the client's highest good.

What will I experience after a Reiki treatment ?

You may experience a detoxification lasting several days, so it is advisable to drink plenty of water. Whilst some conditions will respond to a single treatment, there are others (for instance those of chronic or long term nature) which may require a succession of treatments, usually at weekly intervals, before significant improvements are realised. Ask yourself beforehand " what do I really want to gain from Reiki healing ?" Of course, virtually every recipient of Reiki will experience some degree of benefit.

What Will I Feel Like After The Reiki Session?

Peaceful. Calm. Serene. Rested. Refreshed. Energized. Wow! These are just some of the most common words heard after a session.

1. **Drink plenty of pure water** prior to session. Hydration is essential piece of energy healing.
2. **Do not rush.** The benefits of your session may be enhanced by quieting yourself beforehand.
3. **Wear loose fitting comfortable clothing** that will not interfere with the hand position or your comfort. Remove jewelry, belts, shoes, glasses and binding garments.
4. **Do not eat immediately prior to your session.** If eating is necessary, choose light, easy to digest food.
5. **Remain quiet during session.** Discussions may inhibit the healing process.
6. **Drink more water.** Eight to ten 10-oz. glasses are suggested for optimal health benefits.
7. **Rest.** Schedule as few activities and appointments as possible afterward, to maximize the benefits of your session.
8. **Relax in a bath.** A release of toxins may begin as energy moves and enters the body. Consult your health professional for a bath formula that will facilitate cleansing the body of toxins.
9. **Allow extra time** after your healing session. It is important to be grounded before leaving and driving a vehicle.

How Many Reiki Session Do I Need For Results?

As with most complementary/alternative holistic modalities, it is best if you can integrate regular sessions into your life. If you are using Reiki for a current issue, weekly would be most beneficial for a while. Monthly Reiki sessions for maintenance and prevention by keeping your body balanced would be appropriate thereafter. Depending on your personal goal for wellness, sessions will vary accordingly.

What Is The History Of Reiki?

Reiki is believed to have begun in Tibet several thousand years ago. Around the mid-1800's, Dr. Mikao Usui, a teacher in Japan, began a quest to find out how Buddha (620-543 B.C.), had healed with his hands. Jesus, too, healed in this method. After a long and arduous twenty-eight year journey, Dr. Usui rediscovered this ancient form of hands-on healing and called it Reiki. While spending time at a Zen monastery in Kyoto, he discovered symbols and formulas in ancient Sanskrit text of the Buddhist teachings. Then, during a particular and powerful meditative experience, he realized that he had rediscovered the keys to healing and in addition, had become empowered to use these sounds and symbols to heal. With a directive to learn them, remember them and not allow them to be lost, Dr Usui continued practicing and teaching this way of healing, while gaining more and more insight through his meditations. As a result of these insights, the principles of Reiki were developed. Dr. Usui taught Reiki in Japan until his around 1930. The teachings of Reiki have been preserved and passed on and are available to all who wish to study it.