

What is REIKI ??

Reiki (ray-key) is a multi-faceted spiritual energy modality that can be used to help us with relaxation, energy balancing, increasing energy flow, meditation practices, spiritual growth, healing relationships, manifestation of goals, and activating the Divine Healing Power within. Reiki is a tool that helps us develop “Wellness Consciousness”, and to understand, on an experiential level, what it truly means to be “One with All Creation”.

Reiki is a “hands-on healing technique” — this is one application, but it is so much more. Mikao Usui re-discovered this healing art in Japan in the late 1800s. The Japanese Kanji characters that represent the word Reiki can be translated to mean; *Rei* — Spiritually Guided or Wisdom of God, and *Ki* — Life Force Energy. Reiki is Spiritually Guided Life Force Energy.

As we know, everything in the Universe is Energy. There are many forms of healing energy and Reiki is one of many healing rays. Reiki is unique in that it is truly guided by the Divine Heart and the Divine Mind. This energy is infinitely wise and knows precisely what we need to relax, release stress, and activate the healing power within.

All forms of healing whether traditional, complementary, or alternative have an impact on the human subtle energy system. Each method also carries a unique vibrational frequency and consequently will create different effects. A wonderful characteristic of Reiki is that it has the ability to harmonize energies that may normally be incompatible and can create the best possible outcome. Therefore Reiki enhances almost anything we do.

Many people are practicing techniques to improve their health such as meditation, exercise, and improved diet. As this is done, a deeper awareness often develops concerning the flow of subtle energies in and around the body and the connection between these subtle energies and one's health. This developing awareness validates the ancient idea that strong life force energy contributes to good health. Conversely a diminished supply of life force energy can contribute to illness. The existence of life force energy, and the necessity for it to flow freely in and around one's body to maintain health, has been studied and acknowledged by health care practitioners and scientists.

Our body is composed not only of physical elements such as muscles, bones, nerves, arteries, organs, glands, etc.; it also has a subtle energy system through which life force energy flows. This subtle energy system is composed of energy 'bodies' which surround and interpenetrate our physical body and assist us in processing our thoughts and emotions. The energy bodies have energy centers called chakras, which work somewhat like valves that allow life force to circulate through the physical, mental, emotional and spiritual bodies. We also have energy meridians and nadis. These are like rivers, or streams, which carry our life force energy throughout our physical body, to nourish us and assist in balancing our body's systems and functions. Our physical body is alive because of the life force energy that is flowing through it. If our life force is low or blocked, we are more likely to become ill, but if it is high and free flowing, we more easily maintain health and a feeling of well-being. One thing that disrupts and weakens the flow of life force energy is stress. Stress is often caused by conflicting thoughts and

feelings that get lodged in one's subtle energy system. These include fear, worry, doubt, anger, anxiety, etc. Medical research has determined that continual stress can block the body's natural ability to repair, regenerate and protect itself.

The American Institute of Stress estimates that 75%-95% of all visits to doctors are the results of reaction to stress. The effects of unreleased stress range from minor aches to major health concerns, such as heart disease, digestive disorders, respiratory and skin problems. Stress can also activate our fears and cause our life force energy to diminish. When this happens we weaken our ability to respond to fear appropriately and to transform it.

Reiki is a technique that aids the body in releasing stress and tension by creating deep relaxation. Because of this, Reiki promotes healing and health.

The Reiki system is comprised of techniques for transmitting this subtle energy to yourself and others through the hands, into the human subtle energy system. Reiki restores energy balance and vitality by relieving the physical and emotional effects of unreleased stress. It gently and effectively opens blocked meridians, nadis and chakras, and clears the energy bodies, leaving one feeling relaxed and at peace.

Reiki is truly "Limitless Love". There is nothing that Divine Love cannot heal, and Reiki is a form of Divine Love that can be learned by anyone and used to help themselves, others and our planet.

A Reiki treatment feels like warm, “gentle sunshine”, which flows through you, surrounds you and brings comfort. Reiki treats the person’s body, emotions, mind and spirit as a whole. Reiki is powerful, yet wonderfully gentle and nurturing. During a treatment, the recipient remains fully clothed. Reiki supports any medical, or supplemental healing methods a client may be using and is of growing interest to chiropractors, medical doctors, physiotherapists, psychologists and hypnotherapists.

Anyone can learn to tap into the unlimited supply of Life Force Energy to improve health and enhance the quality of life by learning Reiki, or by receiving treatments from a Reiki Practitioner or Master.

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