

What is Reiki?

Reiki is an ancient Japanese technique for relaxation and stress reduction. As well, it facilitates the healing process. Reiki is administered by "laying on hands" of the practitioner to the patient. The practice is based on the idea that there is an unseen "life force energy" that flows through our being and is what causes us to be alive. If for example, one's life force energy is low, we are more likely to feel stressed or get sick. If our life force energy is high, we are more healthy and capable of being happy.

The word Reiki is derived from 2 Japanese words: "Rei" translates to "the Higher Power or God's Wisdom" and Ki means "Life force energy." Reiki therefore translates to "spiritually guided life force energy."

When you receive a Reiki treatment, many people say that it feels as though a glowing radiance flows around and through you. Reiki treats the entire person, including: emotions, body, spirit and mind. This wholesome treatment creates numerous beneficial effects that include feelings of wellbeing, security and peace. Many people all over the world have reported amazing results from treatment.

Reiki is a natural, simple and safe method of self-improvement and spiritual healing that is suitable for everyone. It has been used for many years as an effective way to help practically every known malady and illness. Reiki always creates a beneficial effect for those who receive it. It works well in conjunction with every other kind of therapeutic technique and medical technique, and is often used to help promote recovery and relieve side effects.

Reiki quite a simple technique to learn, however, the ability to use Reiki is not taught in the usual sense. Instead, it is transferred to the student during a Reiki class. This ability is passed on when a Reiki Master gives an "attunement" and enables the student to tap into an unlimited supply of "life force energy" which greatly enhances the quality of one's life and can dramatically improve one's overall health and well-being.

One of the benefits is that using Reiki is not dependent on one's spiritual development or their intellectual capacity. Reiki therefore, is available to everyone and anyone. This practice has been taught successfully to thousands of people from all walks of life and all ages.

Although Reiki is spiritual in nature, it is important to note that it is not a religion. There is nothing you must believe in for you to use and learn Reiki; it has no dogma. In actuality, Reiki will work whether you believe in it or not as it is not dependent on belief at all. Since Reiki comes from God, many individuals feel that using Reiki puts them more in touch with their religion as opposed to only having a concept of it intellectually.

Reiki is not a religion, however, it is still vital to act and live in a manner that promotes harmony with others. The founder of the Reiki System of Natural Healing, Mikao Usui, recommended that a person practice specific, simple, ethical ideals in order to promote harmony and peace, which are practically universal within every culture.