



Reiki Universal Life Force Energy

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What is Reiki?

Reiki is an ancient healing method that originated in Tibet and India, then later was rediscovered in Japan by Mikao Usui in the early 1900's. Reiki is not a religion as it holds no creed or doctrine.

Reiki (ray-key) 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 word Reiki is made of two Japanese words - Rei which means "Higher Power or Intelligence, Universal, Cosmic" and Ki which means 'life force energy.' So Reiki means 'spiritually guided life force energy.'

The living body, human or animal, radiates warmth and energy. In India, this energy is called "prana", in China, it is called "chi" and in Japanese, this life force energy is called "ki". This energy is an electrical type of vibration that creates the body, and determines the state of health. When this energy departs the living organism, life has departed. "Ki" also affects the planets, the stars, heaven and Earth. Everything alive contains "Ki" and radiates it - it is the biomagnetic energy of the aura. Reiki treats not only the physical body, but also mentally, emotionally and spiritually.

When the flow of "Life Force Energy" is high, there is a feeling of well-being, peace, calmness and increased energy overall. When the flow of the "Life Force Energy" is disrupted, weakened, or blocked, emotional and/or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, fear, worry, doubt, anger, and anxiety. Reiki is excellent for healing physical, mental, emotional and spiritual issues of any kind and gives wonderful results.

The Reiki system of healing is a technique for transmitting this subtle energy to yourself and others through the hands into the human 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.

***** Please note: Reiki should never be substituted for medical care or medication. Reiki is to be used to boost inner self-healing abilities and can be utilized in combination with traditional medical treatment.**

How does Reiki work?

Reiki energy is transferred from the Reiki practitioner to the client through the hands for healing. The energy enters the crown of the practitioner, moves through the heart and solar plexus, then out of the hands to the client's body. **The practitioner is never drained or giving their personal energy to you, nor can the practitioner receive energy from the client.** Reiki passes through a purified channel from the practitioner that has been opened by several attunements.

As the treatment progresses, the energy increases to the client's body for healing, removing blocks and improving overall health. Each person draws in just enough life force that he or she needs to release, activate or transform the energy in the physical and subtle bodies. Reiki not only can effect change in the chemical structure of the body, by helping to regenerate organs and rebuild tissue and bone, it also helps create balance on the mental level. Reiki is not a belief system, therefore, no mental preparation or direction is needed to receive a treatment, only a desire to receive and accept the energy.

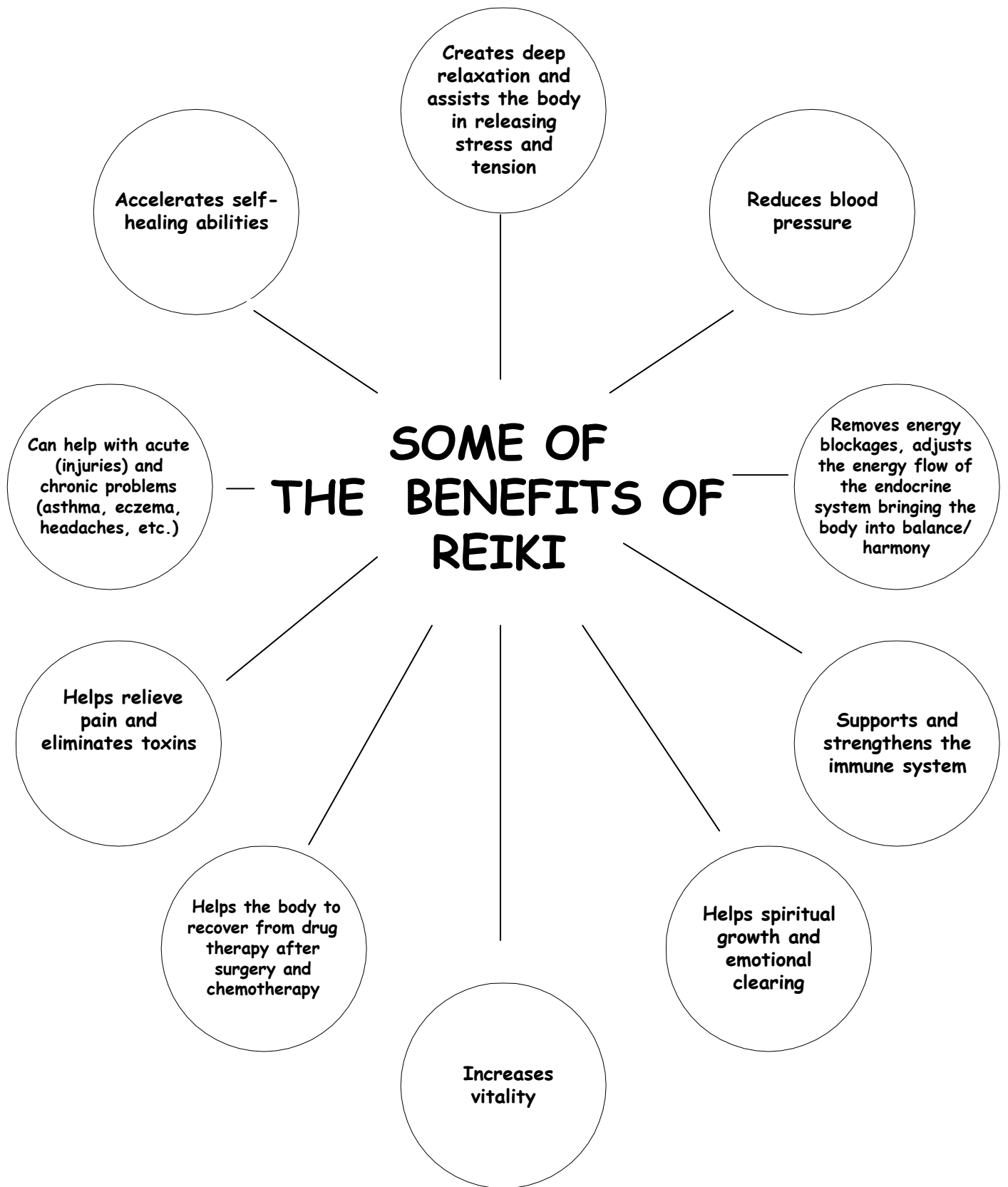
Energetic Qualities of Reiki

The Reiki hand positions will vary somewhat depending on the individual and the session, however, the primary focus will be on painful or troublesome areas of the body and endocrine system.

The endocrine system regulates hormone balance and metabolism. A basic treatment covers all of these very important glandular systems, which, in turn, control the hormones of the body. On the energetic level, the endocrine glands correspond to the seven main chakras, or energy centers.

The word "chakra" comes from the Sanskrit word meaning "wheel". The chakras are spinning energy spirals that differ in size from one person to another. Each chakra is connected to fine energy channels running along the spine. Each chakra is linked to a specific organ and region of the body and has an influence on its function.

The hormones produced by the glandular system flow directly into the bloodstream or into the blood vessels of the organs, bringing vital energy into the body. The endocrine system supplies power to the chakras and at the same time leads the subtle energies of the chakras back into the body. Reiki operates through the interaction between the chakras and endocrine glands and in this way, involves the physical, energetic and mental planes in the healing process.



REIKI HAND POSITIONS EFFECTS

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| Head | Eyes | Beneficial for the eyes and sinuses. Balances the pituitary and pineal glands. Helps colds, exhaustion, stress, sinus disorders, eye disorders and allergies. Relaxes the eyes, relaxes the entire body |
| | Temples | Treats eye muscles and nerves. Balances the right and left sides of the brain and the body. Helps to ease stress and calm mind, improves learning and concentration and alleviates headaches. |
| | Back of Head | Helps to calm and clarify thinking. Good for calming powerful emotions such as fear, shock, tension, headaches, eye disorders, colds, asthma and digestive disorders |
| Front | Throat | Aids in relaxing the throat, improving voice, communication skills, tone of voice, thyroid, parathyroid glands are stimulated |
| | Heart | Treats thymus gland, heart, and lungs. It is related to the Heart Chakra. Fortification of the immune and lymphatic system, healing heart or lung disorders, bronchitis, general weakness and depression. |
| | Stomach-Right | Treats liver, gallbladder, pancreas, parts of the stomach and large intestine. Good for digestive problems, liver disease and gallstones. Balances emotions such as anger and depression. |
| | Stomach-Left | Treats spleen, parts of pancreas, large intestine, small intestine and parts of stomach. Good for disorders of the pancreas or spleen, diabetes, digestive disorders, anemia, leukemia. In AIDS and cancer helps to stabilize the immune system. |
| | Stomach-Middle | Treats solar plexus, digestive organs stomach, lymphatic system, and intestines. Good for nausea, indigestion, bloated feelings, metabolic disorders, and powerful emotions such as depression, fears and shock. Good for restoring energy and vitality. |
| | Root | Treats abdominal organs, intestines, bladder, and urethra. Good for menstrual and menopausal disorders, appendix and digestive disorders, cramps, back pains, ovarian tumors, prostate gland problems. |
| Back | Shoulders | Neck and shoulder muscles relax, releasing tension held in this area. Easing neck problems, stress, blocked emotions and problems with responsibility. |
| | Behind Heart | Excellent for lung and heart disorders, coughs, bronchitis, back and shoulder complaints, powerful emotional upsets, and depression. Promotes capacity for love, confidence and enjoyment. |
| | Middle Back | Treats adrenal glands, kidneys and nervous system. For allergies, kidney disorders, detoxification, shock from emergencies and accidents, fears, stress and back pains. Let go of past stress and pain. |
| | Lower Back | Helps sciatica and lower back pain. Strengthens lymph and eases hip problems. |
| | Coccyx | Energies and harmonizes the nervous system, promoting confidence. Good for hemorrhoids, digestive complaints, intestinal inflammations, bladder disorders, prostate gland, vaginal disorders and sciatic pain. |
| | Knees | Good for issues of fear and blockages of energy in joints |
| | Feet | Treats entire body, glandular system and balances hormones. Promotes grounding energy to earth. |

USES OF REIKI

Reiki can be given to all living beings, including plants, animals, and humans. In addition, Reiki can be given to electronic equipment that is not working properly. I personally have given Reiki to my CD reader/writer in my computer when it stopped working as I was trying to load a software program. Sure enough, the CD began to install after a few minutes. Reiki can also be beamed and can be used at the scene of an accident, wild animals that are ill, the earth and trees. The possibilities are endless.

Reiki can also be sent through time and space for distance treatments for healing. This method can be thought of as a "wireless" method of healing and is similar to radio waves being transmitted through the air.

Another use of Reiki is balancing the chakras (the energy centers). If there is a block in one of the lower energy centers, the life force will be prevented from moving further up into the upper level chakras. Additionally, many times we have more energy in the upper chakras instead of balanced between upper and lower, therefore by balancing, we can promote wholeness, calmness and an overall feeling of peace. In addition to balancing the energetic qualities of the subtle body, the glandular system and hormones are stimulated and brought to harmony.

Reiki can be used as first aid for sprains, shock, accidents, bruising, burns, insect bites, heart attacks and wounds. In emergency situations, the body automatically goes into "flight" or "fight" reaction. More adrenaline is produced which support the reaction to stress. Reiki will produce calmness and support reduced stress.

Reiki can also be used for managing emotional issues such as fear, unease, intensive mental challenges, mood swings, depression, stress and worry, and insomnia. Stress is generally thought to be the reaction of the body to the demands of daily life. If we suffer stress over a prolonged period, our body loses vitality and resilience. We become susceptible to illness and the stress can be experienced through physical symptoms such as fears, chronic fatigue, concentration and learning difficulties, digestive problems, anger, or excessive eating or drinking.

Reiki can also be used for room cleansing (energetically), enriching food or drink, enhancing personal energy, personal protection, centering, and meditation. Reiki can be combined with other therapies such as massage, allopathic medicine, psychiatric therapy, and hypnosis.

Reiki can be used to treat the elderly in nursing homes, as well as patients in hospitals and hospice. In hospitals, Reiki can be used before surgery to promote a sense of calm, and after surgery to promote healing. In treating hospice patients who are in end-stage illness, Reiki can give support and make the process of transition much easier.

REIKI ATTUNEMENTS

Attunements are the very core of the Usui method of natural healing. The attunements are a series of initiations wherein a Reiki Master, using a very ancient "Tibetan technology", transmits energy to the student in an amplified state. The energy acts in such a way that it creates an open channel for cosmic energy to flow in from the top of the student's head, through the upper energy centers and out through the hands for use in future treatments. The vibration rate of the body is amplified, triggering a 21 day cleansing period, which occurs as a result of the negative patterns and blocks being sloughed off due to the quickening of a person's energy pattern.

The attunement process affects each person differently and you receive the attunement that is applicable for your vibratory level at the time of the attunement. **No one has the same experience.** Some students feel nothing and some may feel energy, movement or have visions. The attunement always takes place whether you feel something or not. Just like a Reiki session, you may feel intense energy, or you may feel very little, regardless, it is what you need at that time.

First degree attunements are focused mainly upon opening up the physical body so it can accept greater quantities of life force energy. The first degree Reiki attunement increases the vibratory rate of the energy centers (chakras) in the upper body. The second degree attunement focuses on opening the etheric body. The third degree attunement focuses on increasing the vibratory level and elevating awareness.

When you decide to get an attunement, you can look forward to increasing your awareness, an amplification of your consciousness, and a cleansing period to release old patterns. It is a time of nurturance and growth.

The infinite wind is sweeping my heart,
body, and soul, bringing me the breath
of a new beginning.