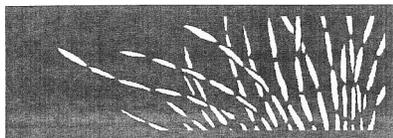


# WHAT IS REIKI?

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If you were told that there was a simple hands-on healing technique that could heal illnesses, reduce pain and stress, deepen spiritual growth, restore balance on the Earth, and bring greater vitality and abundance to your life, would you believe it? Reiki is all of that, and more. Reiki is a technique that enables you to channel a type of life force energy present throughout the universe, bringing it into your life to use for healing, growth and transformation. Since its rediscovery in the mid 1800's by Japanese monk, Mikao Usui, Reiki has become the most widespread and fastest growing energy healing technique on Earth. Through practicing Reiki, countless individuals have experienced profound healing and personal growth.

Reiki, as it is practiced today, has a dual meaning. It names the type of energy it is and it describes a particular method of using and directing that energy. When someone says they do Reiki, they mean that they work with a special energy called Reiki, and they transmit this energy in a certain way. A person who has become a Reiki channel can 'tune into' this energy, much like a radio can tune into different stations. The Reiki channel draws this energy through a special energy center at the top of their head and down through their torso, arms and hands. In this way, a Reiki practitioner can channel Reiki energy into other living beings, including themselves, to be used for healing, energizing and spiritual growth.

There are countless miraculous healing stories from using Reiki. Reiki therapy, made popular in the United States by Hawayo Takata, a Japanese American who studied Reiki in Japan in the 1930's, has been generating testimonials from patients with AIDS, cancer, chronic pain, and a host of other conditions. In a recent study done on patients who had dental extractions, they found that those who received Reiki healing had significantly less post-op pain than those in a control group. Another study, published by the Journal of Holistic Nursing, showed that participants who took the First Degree Training had significant changes in the hemoglobin and hematocrit levels of the blood.

## How does Reiki heal?

According to Eastern medical traditions, we are born with a certain level of energy or Ki. As we go through our activities of daily living, we spend some of that energy. This energy can be

replaced by eating healthy foods, drinking fresh water, embarking on a regular exercise program and managing stress. However, the effects of our modern society places tremendous stress on our systems. Pollution, denatured and processed foods, artificial environments and overwork all increase stress levels. The effects of stress are well known. If the stress depletes our energy stores faster than we can replenish it, illness results. When energy has been depleted for a long time, chronic illness can result.

Reiki, as a healing, living energy, has the effect of increasing the overall energy stores of the body. Reiki directly brings in universal energy to the physical and energy body. This results in a well functioning system, from the chakras, organs, glands, to the enzymes, protein synthesis and cell metabolism.

	Two different Japanese kanji for REI-KI. Rei can be translated as "universal, spirit, soul" Ki can be translated as "energy". Reiki is often translated as "Universal life force energy", or "spiritually guided life force energy", thereby describing an all-enveloping energy of body, soul and spirit.	
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## Reiki treatments

Reiki sessions are gentle and non-invasive and are done with the clothes on. Typically, a Reiki practitioner will have you lie on a massage table and will gently place their hands on your body. There is very little movement and their hands will rest in one place for about five minutes before moving to the next position. Hand placements vary slightly from practitioner to practitioner, but generally, treatments begin at the head and end at the feet.

People seek Reiki healing sessions for a wide variety of reasons, from supplementing medical treatment to assisting in dealing with stress and emotional trauma. Many bodyworkers, nurses

and other healthcare practitioners routinely incorporate Reiki into their healing practices, giving them an added boost of energy. Receiving Reiki is deeply relaxing and leaves you with a sense of lightness and inner peace.

### *Becoming a Reiki Channel*

Anyone can learn to become a Reiki Channel for both self-healing and healing others. However, Reiki cannot be learned by reading about it. In order to be able to channel Reiki, you must become aligned to the Reiki vibration through a series of empowerments given by a Reiki Master. These empowerments (sometimes called attunements) repattern your energy to match that of the Reiki vibration as well as to open an inner healing channel within the center of your body. This enables you to attract Reiki energy to you like a magnet.

Receiving a Reiki empowerment is like turning on a switch. Once activated, Reiki begins to flow unimpeded. Your ability to tap into this energy source is natural, direct and amplified. Once attuned to Reiki, you will be able to channel it for the rest of your life, and your connection will become stronger and stronger the more you use it.

Unlike many other energy healing practices, Reiki energy does not originate from the practitioner, it originates from the cosmos. As the practitioner allows the energy to pass through them, they become a vessel or conduit for the energy to travel in a concentrated, coherent direction. For this reason, Reiki Channels do not become depleted as they are simultaneously infused with this energy as they are channeling it. Most importantly, a Reiki practitioner has unlimited access to this energy and is capable of channeling and directing this energy for themselves or others at any time.

Reiki training is typically divided into three degrees, although subcategories are being added. The division of the training into degrees makes it easier to disseminate the various stages of energy amplification.

During the First Degree class, students receive four separate empowerments. Once empowered, the student can then channel Reiki for themselves and others. It requires no special invocation or technique. It is simply a matter of laying on of hands.

In addition to the empowerments, students are taught the history and philosophy of Reiki as well as treatment methods. Depending on the teacher, other healing techniques may be taught that complement Reiki.

Second Degree introduces the student to a stronger, more focused aspect of the Reiki energy and includes the use of three sacred symbols. These symbols act as 'keys' to unlock the energy potential within a particular frequency band. The symbols are geometric shapes that are drawn with the hand or visualized. Each symbol has a name or seed sound which is intoned. By using visualization and sound energy, a practitioner becomes vibrationally aligned with that symbol's energy frequency. That

energy then becomes available to use.

### *Reiki Master Training*

Reiki Master training, sometimes called Third Degree, involves an empowerment to the Master symbol and instruction on teaching Reiki to others. Some Reiki Masters separate the empowerment from the teacher training, while others will only give the Master empowerments to those who are committed to becoming teachers.

Traditionally, this level of training required a serious commitment from the student and the training was done as a one-on-one apprenticeship over a period of time. More recently, some Reiki Masters offer Master training to large numbers of people in weekend workshops. There is currently much disagreement between Masters from the traditional school and non-traditional Reiki Masters. There are advantages and disadvantages to both and anyone seeking Reiki Master training should investigate and decide for themselves which approach matches their level of experience and spirituality. Most important is to choose a Reiki Master with whom you feel a heart connection. It is wise to spend some time interviewing as many Reiki Masters as possible before you decide.

### *The Spiritual Dimension*

Reiki was originally part of a Buddhist practice. As it was introduced to the west, it was removed from its spiritual context and presented as a secular healing technique. While it is true that Reiki can be used as a simple hands-on healing technique, requiring no religious beliefs, Reiki also has a profound transformative effect on individuals who become attuned to it. Reiki acts on our physical and energy bodies, purifying our energy fields to reveal our inherent sacredness. By connecting with our spiritual selves, we invariably feel the connection with the oneness of all life. This naturally opens us to the spiritual nature of ourselves and the universe.

Nearly everyone who becomes a Reiki Channel notices a marked shift in their connection with their spiritual selves. This can take on the form of adopting a particular spiritual practice, or deepening an existing practice, or it could simply mean having a greater awareness for the sacredness of life.

Reiki finds you when you are ready. If Reiki has been brought to your attention and you feel drawn to it, then you are 'being called' so to speak to play a part in the healing and transformation of our planet as well as to accelerate your own personal evolution. ▼

