

Reiki - A Brief Overview

Reiki, (pronounced Ray-Key) is a system of natural healing and it works with universal life-force energy being channelled through the practitioner to the recipient. It brings balance and harmony. Reiki is an ancient natural therapy system now very popular in Western cultures.



In the beginning of the 20th century a Japanese man by the name of Mikao Usui discovered the key to this ancient knowledge after a lifelong quest to uncover the source of ancient healing techniques. Mikao Usui founded the Usui System of Reiki.

There are numerous stories which tell the wonders of Reiki. Although true healing is a holistic process and often takes time, we are not short of stories that Reiki helped heal serious illnesses like cancer, heart attacks, strokes, etc. It is not our place to cure or diagnose conditions: that is simply beyond our qualification. It is advisable that one does not solely depend on Reiki for reclaiming and /or maintaining health. By using common sense, where necessary, we should seek conventional medical care. Reiki is best described at the moment as a style of natural therapy which reduces stress, although practitioners do know it is far more than that!

Sessions involve the client lying down or sitting comfortably while fully clothed. Reiki is offered through light touch at specific points on the body, making Reiki ideal for treating painful conditions. Reiki does not target the disease but instead empowers the person to find solutions. It allows the body and mind to recharge its 'internal batteries', thus preventing burnout, building inner resilience and enhancing the overall quality of life. In addition it enhances creativity and intuition by centring recipients. Reiki works well with conventional medicine and is 100% safe.

It is recommended initially to have 3 treatments close together to kick start the healing process.

Reported Benefits of Reiki:

- ✓ Increased energy levels and maintains immunity system.
- ✓ Improves sleep quality.
- ✓ Helps recover from chronic and acute medical conditions.
- ✓ Stress management, self confidence and a sense of well-being.
- ✓ Promotes personal growth and development.

While Reiki is not a religion, it is still important to live and act in a way that promotes harmony with others. Dr. Mikao Usui, recommended that one practice certain simple ethical ideals to promote peace and harmony, which are nearly universal across all cultures.

What one experiences during a Reiki treatment varies somewhat from person to person. However, feelings of deep relaxation are usually felt by all. In addition, many feel a wonderful glowing radiance that flows through and surrounds them. As the Reiki energy encourages one to let go of all tension, anxiety, fear or other negative feelings a state of peace and well-being is experienced. Some drift off to sleep or report floating outside their bodies or have visions and other mystical experiences. At the end of the treatment, one feels refreshed with a more positive, balanced outlook.

Most of the time a person will feel relaxed and uplifted by a Reiki treatment. However, sometimes a person will have what is called a healing crisis. As a person's vibration goes up, toxins that have been stored in the body will be released into the blood stream to be filtered by the liver and kidneys and removed from the system. When this happens, sometimes a person can get a headache or stomach ache or feel weak. If this happens, it is a good idea to drink more water, eat lighter meals and get more rest. The body is cleansing as part of the healing process so this is a good sign.

Reiki is used by hospitals, sports codes (Haydon Roulston-cyclist) and family and friends who want to feel in control and improve focus and their well being.

Websites of interest www.reikin.org www.reiki.org



Reiki Workshop
Level 1 (4-5 hrs)

Please call to book a place in the
next workshop in Levin NZ.

06 3676465

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