

# Reiki

## Healing and harmony through the hands

The meaning of Reiki (pronounced ray-key) is one of the most ancient healing methods known to mankind. It originated in Tibet and was rediscovered in the nineteenth century by a Japanese monk named Dr Mikao Usui. The tradition of Reiki is referred to in 2500-year old writings in Sanskrit, the ancient Indian language. The Usui System of Natural Healing named after Dr Usui has been passed down by Reiki Masters since that time and is today practised worldwide.

As humans we have Universal Life Energy all around and within us. The Japanese word rei-ki consists of two syllables: *rei*™ which describes the cosmic, universal aspect of the energy and *ki*™ which means the fundamental life force flowing and pulsating in ALL LIVING THINGS. This life force energy is given to us at birth. We bring with us a certain amount of *ki*™ to life, and we use it up in the business of ordinary daily living. We then have to create a daily supply of new energy. When we are unable to make up for our energy consumption for a prolonged period, we may become physically or emotionally ill. If our supply of life force energy is very low and depleted, we suffer from physical, emotional and mental exhaustion and tend to be much more irritable, bad-tempered, and depressed than usual.

We find different words for this fundamental force in all the different cultures and religions of the world. The Chinese know *ki*™ as *chi*™ Hindus say *prana*™ and Christians call it *light* and in our modern western language, we use the words *bioenergy*™ or *cosmic energy*™. In German the words which come close to the meaning of *ki*™ are *Atem* - breath and *leben*™ - life.

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## What is Reiki

Reiki is a natural and simple healing method which allows you to absorb more life force energy. The Reiki method vitalises your life force and balances the energies in your body. This natural healing energy flows in a powerful and concentrated form through the hands of the Reiki giver. The laying on of the hands directs the healing energy into the body of the receiver. The Reiki giver uses it as a channel to conduct the Universal Life Energy. As a result, no personal energy is drawn or drained from the giver, who is simultaneously charged and strengthened

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## What Does Reiki Do?

Reiki usually helps healing of all kinds and relieves pains and acute symptoms very quickly. It also has a positive influence on spiritual growth. After treatment, you may feel mentally much clearer about things and experience deep insights into particular questions or problems you are facing. Reiki can help you make the right changes and decisions in your

life, if that is what you need or want to achieve. Reiki affects people differently, but it always acts wherever the receiver needs it most. Reiki strengthens and harmonizes the immune system. We continually use upÂ life force energy without replacing it. Reiki helps us to replenish and add to our energy and, in this way, helps to create a healthy body. Reiki can release emotional blockages and negative feelings. Reiki makes no diagnosis and is intended to be used as a complementary healing method. There is so much more but space here is limited.

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