

● REIKI 靈氣

Reiki is a form of energy-healing medicine that uses energy that is shunted through a practitioner's hands from the intelligence/love of God to improve and restore health and a positive sense of well-being. It has calming effects that help with pain and stress reduction. The name Reiki is Japanese in origin, and is usually translated into English as "universal life-force energy." Reiki uses this universal life-force energy, or God's love and healing. It is not the practitioner transferring their own will or energy to the recipient. It is not directed to the recipient where the practitioner wants it to go, and does not impose a specific effect that the practitioner wants to happen. It is channeled to the recipient. It does this in harmony with the natural intelligence of the mind and body, which work together to preserve and protect health and increase well-being. It is to bring healing to the whole person. Reiki is a method of amplifying our energy, or inner healing light, which is known as "chi" or "ki". Healthy "chi" nourishes our physical body and our spirit, and helps with balancing our mental and emotional energies. Reiki energy works only for the Highest Good of each person and can NOT cause harm. It is safe for anyone in any circumstance. It can be combined with other therapies and modalities of treatment very successfully. It doesn't interfere with anything else that is being done for you. If anything, Reiki is known to enhance their effectiveness.

What the recipient might feel receiving this healing energy is a warmth coming from the practitioner's hands. It feels soothing and nurturing, and generally results in an increased sensation of relaxation. The practitioner's hands may be lightly touching the recipient, or be about an inch or two above the body. Either way, the energy comes through, and to be touching or not touching is the choice of the giver. This transmission is received in harmony with our body's own natural intelligence. Where ever the recipient is in need of help and healing is where this loving energy finds itself being directed to. Like I said, the practitioner cannot 'zap' you some place that they want it to go. The wisdom of this life-force energy directs itself to where the recipient needs it the most. Universal wisdom always supercedes our own. It is a holistic healing art. Christians may identify this form of healing as what Jesus referred to as 'laying on of the hands'. Pain seems to dissolve away more quickly when Reiki is included with bodywork and massage treatments. It is wonderfully helpful with animal care too.

As mankind is evolving, Reiki is being shared around the world and uniting us all from different cultures, religious beliefs, and knowledge bases in harmony, joy, and peace as a safe method of helping and healing each other. Some believe that it may help awaken our hearts in our universal quest for love, spirituality, and truth. Healing, on all levels, is what we all seek and hope to

obtain. And what the world so desperately needs.

The word Reiki originated from Japan as a combination of 2 words: 'Rei' translates as 'God's wisdom or Higher Power', and 'ki' essentially means 'spiritually guided life-force energy'. Simply put, it's 'God's energy'. And we could all use a little more of that! Regardless of what a person's belief system is, Reiki is a multi-harmonizing gift. It's magic, if you will, is a specific way of sharing God's energy; a way of sharing our divinity and wholeness. Reiki is about loving, because love, in itself, is healing. This form of healing is believed to have originated several thousand years ago, and was rediscovered by Dr. Mikao Usui approximately 100 years ago. He so graciously developed it into the system of practice that is used today. This healing art form is not difficult to learn or to use. It is available to anyone desiring to use, help, and heal. It requires taking a class to understand it and how it is used, as well as receiving an 'attunement', which allows the practitioner to become a shunt or channel of this loving energy. There are several levels of Reiki. The system that Dr. Usui is known for has 3 levels, I, II, and III. The 3rd level is considered as a Reiki Master, and a master is equipped to attune others to receive and pass on this energy. Regardless of what level a Reiki practitioner is, they have the ability to pass on this gift of healing. Other systems of Reiki exist, with some going to 7, or more levels. The result is the same. But the Usui system is the most commonly known and practiced. Reiki is a truly wonderful gift for humanity.

The Center for Advanced Energy Therapeutics has a Reiki website.

It is: www.advancedenergytherapeutics.com

They worded this information about Reiki quite beautifully and simply. I am including it here just as it appears on their website. I received permission from Mega R. Mease and The Center for Advanced Energy Therapeutics, to print and include this information from their site onto mine. Please feel free to explore their site for further information on Reiki and energy work.

Reiki is an ancient Japanese system of natural healing based on channeling energy through the hands. This gentle touch therapy is non-invasive and non-manipulative. Reiki is a complete method for activating and learning to use natural energy to promote healing, wholing, personal growth and transformation.

- *Reiki is a powerful natural system which unlocks the inner flow of vital energy.*
- *Reiki treats the whole body rather than addressing specific symptoms.*
- *Reiki provides symptomatic relief without suppressing symptoms.*
- *Reiki is given for the primary purpose of stress reduction and relaxation.*
- *Reiki enhances the immune system's ability to heal itself.*

- *Reiki works in perfect harmony with all other modalities and healing techniques.*
- *Reiki aids the prevention of disease.*
- *Reiki is a consistent means of relieving stress, tension and hypertension.*
- *Reiki is a support for medical procedures which does not conflict with treatment.*
- *Reiki is a way to control anxiety often associated with disease, illness and crisis.*
- *Reiki is a completely self-contained natural healing system.*
- *Reiki is a powerful tool for personal development and spiritual awareness.*
- *Reiki is effective in creating high-level wellness and reducing the cost of health.*
- **REIKI IS SAFE TO USE ANYTIME, ANY PLACE, AND IN ANY SITUATION.**

Reiki is often confused with other therapies and belief systems. This is a direct result of Reiki being used in conjunction with, but not distinguished from, other therapies. It is important to clear up any misunderstanding the recipient may have. A true understanding of this healing therapy should also include what Reiki is not.

Reiki is Not:

- *A religion, cult or belief system*
- *A dogma or specific doctrine*
- *A form of psychic healing, hypnosis or a form of mind control*
- *A psychic surgery technique*
- *A type of massage or massage technique*

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The five Reiki Principles are:

Just for today, I will not anger.

Just for today, I will not worry.

Just for today, with gratitude,

*I will live my life honestly.
And be kind to all living things.*



*"There is a light in this world...
a healing spirit much stronger than any darkness we may encounter.
We sometimes lose sight of this force... where there is suffering, too much pain.
Then suddenly the spirit will emerge... through the lives of ordinary people
and answer in extraordinary ways".*

- Mother Teresa