

Intro to the Art of Reiki: A Path to New Beginnings

Answers to Your 15 Most Frequently Asked Questions

by

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Answers to Your 15 Most Frequently Asked Questions

What Is Reiki?

Reiki (pronounced Ray-key) is a non-invasive, Japanese hands-on healing system, dating back thousands of years, that uses the healing energy of the universe to restore and balance the energy of one's body/mind/spirit. It is most known as a technique used to reduce stress, bring relaxation and promote healing. Based on the concept that everyone and anything alive is filled with Ch'i, our energetic life force, Reiki strengthens and renews our life force as it flows through our entire energy system. It also helps release blocks in meridian pathways, organs, blood, tissue, and tendons, filling them with health and well being.

- It is the energy of life combined with the wisdom of the universe
- Spiritually guided life force energy
- Supports one's energy field including the aura, chakras, meridians
- Universal energy is part of all living things
- Comes from the higher power whatever you believe that to be
- Energy is subtle but powerful
- Stimulates the body's own healing power
- Easily assists the body to draw in universal life force energy
- Is an endless, abundant supply of energy, always available
- Replenishes our whole being
- Positive effect on thoughts, feelings, emotions
- Keeps us healthy and balanced
- Strengthens/supports our outer and inner energy field
- Works always for the highest good
- Compassionate, unconditional loving touch
- Provides our life force (Ch'i) an added boost of energy
- Helps us honor other people's path
- Dr. Usui described Reiki as the art of inviting happiness

What Is Reiki Not?

- Is not based on any religion or religious practice
- Not a substitute for traditional medical care
- It is not voodoo, but because it is a mystical practice many have a hard time understanding it. The best way to understand Reiki is to experience it. Some of my friends endearingly call me the "voodoo princess," saying they do not understand how it works, but know it does work!

What Is the Origin of Reiki?

Dr. Usui, born in Taniai, Japan September 15, 1865, rediscovered and developed the Usui System of Shiki Ryoho, a System of Natural Healing in the 20th century, but Reiki was ancient even then. It was believed to be practiced during Atlantean times, considered universal, and everyone had the opportunity from grade school on to learn this art. Whether this statement is true or not, I see many benefits for everyone to know how to do Reiki. Not only for one's own health physically and emotionally, but also for the whole planet and even helpful to bring about world peace. Yes, many benefits!

Dr. Usui taught thousands of students, sixteen eventually became teachers. Dr. Hayashi, a student who became a teacher, is responsible for teaching Mrs. Takata Reiki, and we have her to thank for bringing this healing art to America.

How does Reiki Work?

Simply stated, Reiki is facilitated by light touch. Before a practitioner places their hands on or above recipient, practitioner sets intentions for receiver's highest and best good. With the intention to help another, healing energy will begin to flow from the universe through the practitioner to the recipient. This abundant supply of energy continues to flow until the practitioner removes their hands or until energy is no longer needed. Sometimes energy continues to flow long after session has ended. As energy is guided by the wisdom of the universe, it cannot be affected by the conscious mind or anything negative. Once you experience Reiki you will understand why the energy is considered to be "wise," as it knows where to go to help each person. Often people ask, "How did you know I needed Reiki there?" I respond that the energy of the universe knows what you need! Practitioners may in fact feel or receive a sense for where energy is needed but they are really the channel or funnel for the energy to be distributed where it is needed. As an added bonus, practitioners receive Reiki as it flows through them to the recipient so their own energy is constantly being supported rather than depleted. This allows a practitioner to be able to work for longer periods of time without becoming too tired.

What Can I Expect in a Session?

- A peaceful, safe, relaxing, environmentally friendly environment
- Recipient lies fully clothed on a massage table or sits in a chair
- Soft music may be played
- Respectful, noninvasive light touch or no touch is utilized
- No manipulation or pressure of the body
- As the body relaxes, sensations may or not be experienced
- Occasionally receiver may fall asleep or drift in and out of relaxed state
- Sometimes involuntary movement of fingers, toes, etc., as energy moves through the body
- Some people see colors, hear sounds, receive messages, see visions
- Each session is different depending on what the person needs at the time
- Sessions usually last 60 minutes, sometimes shorter or longer
- Shorter sessions for small children and pets

What Does Reiki Feel Like?

- Light touch or no touch
- People sense and feel Reiki in different ways
- Most notice a sensation of warmth emanating from practitioner's hands
- Sometimes a tingling, pulsation, static or rippling sensation felt
- Occasionally coolness felt, especially on inflamed areas
- Sometimes a sense lightness or heaviness is noted
- An unexplained feeling of joy
- Sensation of being surrounded in love
- On rare occasions, minimal discomfort, which eases quickly
- Sometimes may feel like another set of hands are on your body relaxed and at peace
- Sensation of a light breeze flowing over you, especially at end of session
- Different parts of the body may experience different sensations
- Whatever one feels is what the body needs at that time
- And if nothing is felt, be assured energy is flowing for your highest good!

Why Would I Want to Experience Reiki?

- It is a gentle, safe, noninvasive natural system of health
- Reiki honors and respects recipient
- Helps relax your body/mind/spirit
- Instills a sense of peace of mind
- Fills one with hope and joy
- Releases toxins
- Assists in letting go of emotional trauma and stuck energy
- No medications, pressure or manipulation are used
- An unlimited supply of energy, always available whenever you want it
- The energy adapts to each person, going where it is needed
- Can be done anywhere, anytime
- Teaches one the importance of receiving and of self care

Why Would I Want to Learn Reiki?

- To help yourself, your family, pets, friends, others in need
- A great self care ally
- Helpful on your life path and the work you do – teachers and students, health care workers, therapists, musicians, actors, chefs, authors, and basically helpful for any and all occupations
- It is easy and fun to learn
- No special skills are needed to learn it, everyone can do Reiki!
- Once you learn Reiki, it is always available to you even if you do not use it

Who Can Benefit from Reiki?

- Everyone -- it is appropriate for people of all ages from infants to our elders
- Animals, including our pets and those that live in nature
- Those with busy schedules: treatment time varies -- even a few minutes can be helpful -- varies depending on the issue and the person
- Those with acute or serious conditions, more often at first, then less as body heals
- Those with symptomatic conditions, as needed
- Those intending to maintain daily health, monthly or seasonal sessions recommended

Can It Be Used on Things Other Than People?

Yes!

- Anything in nature, including flowers, herbs, food, water
- Also electronics, cars and other modes of transportation, your home, in the workplace, on food, medication -- everything!

Is It Used in Traditional Health Care?

Yes!

- Commonly offered in many hospitals, cancer and birthing centers, hospice, animal clinics
- Today, many hospitals and centers have volunteer practitioners
- Many doctors and nurses receive training in Reiki

Can It Be Used in Conjunction with Other Non-Traditional Therapies?

Yes!

- Acupressure
- Acupuncture
- Estheticians
- Massage therapists
- Physical Therapists
- Yoga teachers
- Music therapy
- Animal shelters

What Does It Help With?

- Assists the body in its own natural healing process
- Energizes us when feeling depleted
- Strengthens Ch'i, one's own life force energy
- Lessens anxiety, calming the body
- Puts the body in a restful state to bring about relaxation
- Instills feelings of peace, comfort, harmony
- Facilitates healing physically, emotionally, mentally, spiritually
- Reduces stress experienced during daily life
- Stimulates the body's own natural healing abilities
- Increases energy levels
- Before surgery helps alleviate fear, stress, worry
- Potential for less anesthesia needed prior to surgery
- After surgery less medication may be needed, helps release anesthesia quicker, and speeds healing
- Helps decrease pain, discomfort, tension
- Reduces side effects from chemotherapy, radiation, medication
- Boosts healing when combined with allopathic and alternative medicine
- Helps one be in the present moment
- Enhances meditation
- Brings balance to body/mind/spirit
- Connects you to your inner knowing to find answers already within you
- Helps release blocks in the energy system; the aura, chakras, organs, glands, and meridians
- Promotes self awareness and confidence
- Gently helps to release trauma
- Releases stored emotions
- Improves self-esteem and confidence
- Provides comfort and support when feeling out of sorts or depressed
- Brings clarity to help resolve problems and make decisions
- Helps with focus
- Discover one's life purpose
- Assists in spiritual growth
- Gain trust in one's inner knowing
- Compassionate support in the grieving and passing on process

Does It Help Everyone All the Time?

Yes and No!

- As each person is unique, everyone heals in their own time
- In most cases healing can happen
- Although healing can happen instantly, often takes longer
- Everyone has free will to decide if and when ready to heal
- After a long illness, one may be so tired it may be hard to believe healing can occur
- If one is unable to heal, it can bring comfort
- Helps manage symptoms when there is no cure
- When one is no longer able to heal and transition time is near, Reiki gently and lovingly supports departing without fear or anger

Is There Any Research?

Yes!

The National Institute of Health (NIH) has done studies.
National Institute of Health (NIH) did studies on fibromyalgia, AIDS, pain, post traumatic stress, cancer chemotherapy and more
NIH did a study on treatment for fibromyalgia at the University of WA-CFS/FM Research Center, Seattle Washington

Many written papers on the effectiveness of Reiki and on a variety of health topics can be found in Nursing and Holistic Journals.

Scientific evidence of life force surrounding the body, known as the aura, has been measured using sensitive magnetometers and demonstrated through Kirlian photography.

A study on treatment of patients with advanced AIDS performed at Temple University & Albert Einstein Medical Center, Philadelphia, PA.

A study on prostate cancer performed by Cleveland Clinic Foundation, Cleveland, Ohio

Study on Effectiveness for Pain Reduction – See abstract at www.ncbi.nlm.nih.gov/pubmed/26760383

Study on Reiki and PTSD (post traumatic stress disorder) – see Nov/Dec issue of Massage & Bodywork magazine

In the 1990s, Dr. Mehmet Oz, FACS, a renowned cardiovascular surgeon at Columbia Presbyterian Medical Center in New York, established a center to do research as a way to educate the public about alternative therapies. He was a pioneer in setting up a program that combined the best of Western medicine with complementary therapies.

More info and direct research links included in my book

I hope this intro has been helpful in answering your questions; for more info,

Watch for my new book:

Experience the Love, Light, Wisdom of Reiki

Coming late Fall of 2016

For more info and to order, go to:

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