

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

Its use is not dependent on one's intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

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](#), the founder of the Reiki system of natural healing, recommended that one practice certain simple ethical ideals to promote peace and harmony, which are nearly universal across all cultures.

<http://www.reiki.org/>

招福の秘法  
 萬病が靈薬  
 今日文には怒るな  
 心配するな 感謝して  
 業をなげめ 人に親切に  
 朝夕合掌し心に念じ  
 口に唱へよ  
 此身 臼井靈氣療法  
 榮一社  
 臼井康男

During a meditation several years after developing Reiki, Dr. Usui decided to add the Reiki Ideals to the practice of Reiki. The Ideals came in part from the five principles of the Meiji emperor of Japan whom Dr. Usui admired. The Ideals were developed to add spiritual balance to Usui Reiki. Their purpose is to help people realize that healing the spirit by consciously deciding to improve oneself is a necessary part of the Reiki healing experience. In order for the Reiki healing energies to have lasting results, the client must accept responsibility for her or his healing and take an active part in it. Therefore, the Usui system of Reiki is more than the use of the Reiki energy. It must also include an active commitment to improve oneself in order for it to be a complete system. The ideals are both guidelines for living a gracious life and virtues worthy of practice for their inherent value.

*The secret art of inviting happiness*

*The miraculous medicine of all diseases*

*Just for today, do not anger*

*Do not worry and be filled with gratitude*

*Devote yourself to your work. Be kind to people.*

*Every morning and evening, join your hands in prayer.*

*Pray these words to your heart*

*and chant these words with your mouth*

*Usui Reiki Treatment for the improvement of body and mind*

*The founder , Usui Mikao*

## **How Does Reiki Work?**

We are alive because life force is flowing through us. Life force flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in a field of energy called the aura. Life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

The life force is responsive to thoughts and feelings. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and cause a disruption in the flow of life force. This diminishes the vital function of the organs and cells of the physical body.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.

### **Do All Healers Use Reiki?**

All healers use life force or Ki, but not all use Reiki. Reiki is a special kind of life force that can only be channeled by someone that has been attuned to it. It is possible that some people are born with Reiki or have gotten it some other way. However, most healers who have not received the Reiki attunement from a Reiki Master are not using Reiki but another kind of life force. People who already do healing work consistently report an increase of at least fifty percent in the strength of their healing energies after taking the Reiki training.

This was verified for me when I first began teaching Reiki. There were two clairvoyant healers I knew who had highly developed abilities. They could easily see the life force flowing through a person's body, as well as see the aura and chakras. They could also communicate with a person's guides and Higher Self. They were adept at moving negative psychic energy out of the body as well as channeling healing energies. In my twenty years of metaphysical work, they were the most accurate and effective psychic healers I had met.

They told me later they had doubted there was anything I was teaching they couldn't already do, but that they took the Reiki training anyway, simply to support me in my new work. After the attunement, they were amazed at the difference they could feel between the healing energies they had been using and Reiki. They said the Reiki energies were more powerful and of a much higher frequency. They noted also that Reiki didn't have to be guided like the other healing energies they were using, and that the Reiki energies began flowing without having to enter an altered state. They also indicated the attunement process itself was a powerful healing experience, releasing restrictions relating to their healing work they had unknowingly acquired when they were healers in past lives. They were very pleased they had taken the class.

## **Reiki Can Never Cause Harm**

Because Reiki is guided by the God-consciousness, it can never do harm. It always knows what a person needs and will adjust itself to create the effect that is appropriate for them. One never need worry about whether to give Reiki or not. It is always helpful.

In addition, because the practitioner does not direct the healing and does not decide what to work on, or what to heal, the practitioner is not in danger of taking on the karma of the client. Because the practitioner is not doing the healing, it is also much easier for the ego to stay out of the way and allow the presence of God to clearly shine through.

## **Energy is Never Depleted**

Because it is a channeled healing, the Reiki practitioner's energies are never depleted. In fact, the Reiki consciousness considers both practitioner and client to be in need of healing, so both receive treatment. Because of this, giving a treatment always increases one's energy and leaves one surrounded with loving feelings of well-being.