

### *Where Did Reiki Come From?*

Reiki (pronounced 'Ray-Key') is ancient in origin, but knowledge of its use was lost until rediscovered in the late 1800's by Dr. Mikao Usui, a Japanese theologian steeped in Christian and Buddhist traditions. Reiki was brought to the United States by his students and is known as the **Usui System of Natural Healing**. Since 1980, interest in and practice of this gentle art have grown rapidly in this country.

### *The Five Principles of Reiki*

The five principles recommended by Dr. Mikao Usui towards integrating Reiki into one's life are:

- Just for today  
I will not worry.
- Just for today  
I will let go of anger.
- Just for today  
I will give thanks for my blessings
- Just for today  
I will do my work honestly.
- Just for today  
I will be kind to every living thing.

### *For Further Information*

- For Reiki treatments

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Reiki

*... a gentle holistic health practice*

### What is Reiki?

*Reiki* (pronounced 'Ray-Key') is a gentle non-invasive holistic health practice that uses universal life force energy to restore physical, emotional and mental balance to the individual. The Japanese word *Reiki* means both a "universal life energy" and a non-invasive healing technique used to promote healing through channeling this energy. "Rei" refers to "universal spiritual guidance" and "Ki" to "vital life force." *Reiki* means *spiritually directed universal life force energy*.

The technique of Reiki involves the laying on of hands to channel life force energy to the individual. A healthy and balanced physical state is characterized by high "ki" or free flow of vital life force energy. Unexpressed or denied emotions associated with painful life experiences and negative thoughts cause disturbances or "blocks" in the field of life force energy surrounding and infusing the physical body. This manifests as *dis-ease* and physical illness.

Reiki works to break through and dissolve these blocks and to restore the balance and flow essential to physical and psychological wellness.

### What Is a Reiki Session Like?

A Reiki session is a "be kind to yourself" experience. Reiki employs a gentle, non-invasive, non-pressured touch. In fact, actual physical contact is not necessary – the "touch" can be on or above the body. Receivers of Reiki energy remain fully clothed. Reiki is done in a quiet location and on a massage or treatment table if possible. A Reiki session often lasts an hour to an hour and a half.

Reiki hand positions begin at the head and parallel the location of the body's endocrine glands. Legs and feet are also treated; both the back and the front of the body are treated. Generally 3-5 minutes is spent in each position.

Relaxation, relief from pain, or release of emotion are common initial responses to Reiki. With continued use and commitment to Reiki, the receiver enjoys greater freedom and even experiences personal growth.

### How Is Reiki Accessed?

Reiki is not a substitute for traditional medical treatment.

In most health care settings, Reiki can be used in conjunction with standard

health practices as a complimentary holistic health practice. Reiki is supportive of both physical and psychological therapies.

Individuals can access Reiki by **asking** for it. Anyone – family, friend, or health care worker – can offer an explanation of or recommend Reiki.

It is most important that the individual **freely chooses** to experience Reiki.

### How Does One Learn Reiki?

Reiki can be learned by anyone who has the desire to learn and the commitment to use it. The ability to channel Reiki is simply "passed on" by the Reiki Master to the student.

First Degree introduces students to the healing of self and others. The Master gives attunements within the course which opens students to their healing channels. Hand positions are taught, and time is provided for practice in giving and receiving Reiki.

Second Degree classes teach emotional and mental balancing and long-distance healing.

Third Degree further enhances healing energies and prepares the practitioner to teach and attune others.