



REIKI

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Reiki is a Japanese healing technique developed 2500 years ago in Tibet and rediscovered by Dr. Mikao Usui (1865-1926) at the end of the 19th century.

On Mikao Usui's tomb in Tokyo there is a large stone inscribed with the terms "reiki" and "reihô". The syllable 'rei' means 'spirit', and 'ki' means 'universal energy'. Etymologically, reiki means 'universal life energy' and reihô means 'spiritual path'.

It is a very powerful hands-on healing technique whereby the practitioner channels universal light through his/her hands. It can also be used for absent healing. Reiki accelerates the physical body's natural capacity to heal itself and can also release emotional blocks and reduce everyday stress. Reiki can relieve suffering, bring about a calm mental state, promote inner peace and emotional well-being. It is also effective in pain relief and for the treatment of burns and other injuries.



You can receive Reiki as a treatment, which usually lasts one hour and brings about a sense of well-being and inner calm. It involves a practitioner channelling energy through his/her hands which are then laid on the body to release blockages and allow health and harmony to be restored. Reiki can relieve acute pain immediately, although deep seated conditions may take several treatments.

Usui was inspired by the Japanese philosophy of Shinto and he incorporated a similar system of initiation for the transmission of reiki from master to student.

You can therefore learn to use and give Reiki through initiation by a Reiki master. The advantage of participating in a Reiki course and being initiated into this healing lineage is that you can then apply it to yourself and those around you on a daily basis. Once initiated, you are constantly linked to this fantastic source of universal light energy.





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Reiki can also be practiced on plants and animals. From the second degree, Reiki can be used for distant healing and the sending of energy through time and space. It can be used to heal past traumas and repetitive life cycles, free oneself from one's past, and anchor positive energy to manifest future projects.

Reiki is like grace and can enrich your life by speeding up your spiritual and personal growth, by bringing you into contact with the people needed to uplift you on your life path. You can choose to open up fully to this wonderful healing force and let it transform you and your life.

Reiki is founded on the development of love, compassion and openness of heart. Dr Usui adopted and promoted these five principles (from Emperor Meiji of Japan 1868-1912) as everyday tenets for living a good and spiritual life.

1. Just for today do not anger.
2. Just for today, do not worry.
3. Just for today, have gratitude for all living things.
4. Just for today, earn your living honestly.
5. Just for today, respect yourself and others and honour your elders, teachers and masters.



The Benefits of Reiki

- Support of the body's natural ability to heal itself
- Increase in vitality and inner strength
- Treating symptoms and causes of illnesses
- Relaxation and creation of deep inner peace
- Promoting creativity
- Pain relief
- Cleansing the body of toxins
- Strengthening the immune system
- Balancing the body's energies
- Releasing blocked emotions
- Enhancing personal awareness
- Empowering the intuition
- Purification of the energy channels
- Enhancing spiritual development

Note

Reiki treatments do not replace modern medicine. It is a holistic spiritual approach which can increase the body's innate healing ability and it can be extremely useful and beneficial when applied alongside proper medical care.