

Questions & Answers About Reiki

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INTRODUCTION

Reiki began with a man named Dr. Mikao Usui born in Japan in 1864. While details differ from one book to the next, Dr. Usui was said to be a Christian monk but seems he was influenced mostly by Buddhism and Qigong.

During a very long meditation, Dr. Usui asked for something more important in life than worldly possessions. On day 21 of his meditations, an energy rushed in through the top of his head and he had a flash of enlightenment. It is said that Reiki began in Japan at this time.

Dr. Usui first used Reiki on himself and his family. After experiencing positive healing results from the treatments, he opened a clinic in 1921 feeling he was onto something that would help the lives of others.

Dr. Mikao Usui and Reiki became famous after an earthquake in Japan in 1923 when he took his practice out onto the streets. He died in 1926 at the age of 62, teaching Reiki to approximately 2,000 people during his lifetime.

Chujiro Hayashi became a devout student of Dr. Usui and developed the class structure for teaching Reiki. He divided the class into three levels – first, second and third degree.

What makes Reiki different from other forms is the attunement or initiation process that the student receives at every level which opens energy centers or chakras to enable the practitioner to channel higher amounts of Life Force Energy.

Q. What is Reiki?

A. Reiki is an ancient science hidden in the Tibetan Sutras which was re-discovered by Dr. Usui. Reiki is not a religion. It holds no creed or doctrine.

Reiki is the Japanese word for Universal Life Force Energy / Life force of Love. The definition for “Rei” is universal, transcendental spirit or essence. “Ki” also referred to Prana or Chi, known in the realm of Chinese acupuncture, refers to life force energy.

Reiki is the pulsing electricity of this universe, the creator or the divine, the earth and our physical, mental and emotional bodies. It is not meant to take the place of western medicine, but is an adjunctive therapy to ease pain, stress and anxiety for humans and our animal companions.

Q. What makes Reiki different from other forms of energy healing, such as therapeutic touch?

- A.** Reiki Energy flows through, and heals the practitioner who is acting as the channel or vessel. It enters the crown chakra, passes through the upper energy centers to the heart & solar plexus and passes through the arms and hands into the receiver's body. What also makes Reiki different from other forms of energy healing such as Therapeutic Touch, is that Reiki is hands-on the receiver's body and Therapeutic Touch is hands off or above the receiver's body. Reiki can be sent remotely as well.

There are other formats practiced to rebalance the etheric, light body or energy body.

Q. How does Reiki affect the receiver?

- A.** Each person absorbs or draws in exactly the energy they need for their physical, mental and emotional healing. Reiki can and should be used with the intention and purpose of self-healing as well as sharing with others.

We all have universal life force healing energy, we were born with it and this energy is measurable. Self-treatment is effective for relaxation and stress release and release withheld emotions and energy blocks. It amplifies the life force energy in our body which then helps create balance in the physical and etheric bodies.

I believe that any touch given with loving intention is a healing touch.

The Principles of Reiki

*Just for today I will live the attitude of gratitude
Just for today I will not worry
Just for today I will not anger
Just for today I will do my work honestly
Just for today I will show love and respect
for every living thing*

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The truth of one's soul is silent,  
important only to oneself.  
For my truths are not necessarily your truths,  
so silent it will be  
until in silence our truths will meet and we laugh  
to find that they are only  
reflections of one another.

--Nari

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