



The word Reiki is made of two Japanese words – Reiki is actually "spiritually guided life force energy."

- Rei which means "God's Wisdom or the Higher Power"
- Ki which is "life force energy"

Reiki can be defined as a non-physical healing energy made up of life force energy that is guided by the Higher Intelligence, or spiritually guided life force energy. Reiki energy has an intelligence of its own knowing where it is needed in the client and helping create the healing conditions necessary for the individual's needs. The practitioner is the "transmitter" for the energy. **It is not guided by the mind**, neither can it be misused as it always creates a healing effect.

The great value of Reiki is that because it is guided by the Higher Intelligence, it knows exactly where to go and how to respond to restrictions in the flow of Ki. It can work directly in the unconscious parts of the mind/body which contain negative Ki-inhibiting thoughts and feelings and helps to release them. As Reiki flows through a sick or unhealthy area, it breaks up and washes away any negative thoughts or feelings lodged in the unconscious mind/body thus allowing a normal healthy flow of Ki to resume. As this happens, the unhealthy physical organs and tissues become properly nourished with Ki and begin functioning in a balanced healthy way thus replacing illness with health.

Reiki is both powerful and gentle. In its long history of use it has helped in healing virtually every known illness and injury including serious problems like: multiple sclerosis, heart disease, and cancer as well as skin problems, cuts, bruises, broken bones, headache, colds, flu, sore throat, sunburn, fatigue, insomnia, impotence, poor memory, lack of confidence, and many more.

**What one experiences during a Reiki treatment** varies from person to person. However, feelings of deep relaxation are commonly felt. In addition, many feel a wonderful glowing radiance that flows through and surrounds them. As the Reiki energy encourages one to let go of all tension, anxiety, fear or other negative feelings, a state of peace and well-being is experienced. Some drift off to sleep, report floating outside their bodies or have visions and other mystical experiences. At the end of the treatment, one feels refreshed with a more positive, balanced outlook. Reiki will improve the results of all medical treatments, acting to reduce negative side effects, often shortening healing time, reducing or eliminating pain, reducing stress, and helping create optimism.

However, it is possible a person may experience what is known as a healing crisis. As a person's vibration goes up, **toxins** that have been stored in the tissues will be released into the body and removed from the system. When this happens, you may get a headache, stomach ache or feel weak. Drinking water after a session will help to reduce or eliminate these types of symptoms. Eating lighter meals and getting more rest may also help. The body is cleansing as part of the healing process so this is a good sign.

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