

靈氣 Reiki - what is it? 靈氣

Reiki is a Natural Form of “Hands on Healing” founded by Usui Sensei from Japan in 1922 after a near death experience resulting from a fasting and meditation lasting over 20 days.

Reiki, pronounced Ray Key, is not religious, it holds no creed or doctrine. It is simply a connection to the Universal Life Force for the purpose of healing. It can be given to those of all religions and to those of no religion at all. It is available to all who ask.

“**Rei**” means Spiritually Guided (I prefer to say Soul Guided) and “**Ki**” means the Life Force Energy. It is believed that Mikao Usui learned how to utilise what is now called **Reiki** from ancient Buddhist Teachings and an “Enlightening” experience. However the use of the Universal Energy goes back to times of the Ancient Egyptians, Aztecs and Atlanteans etc., even to the beginning of mankind. The life force energy or vibrations known as Ki, are much the same as “Chi” in Tai Chi and “Prana” in Yoga and is Bio-electricity. Originally Usui Sensei named this method Shin Shin Kaizen Usui Reiki Ryoho. This translates into: “For the improvement of body and spirit/soul energy healing system”

The word **Reiki**, is used in a number of ways, for example to describe the discipline, i.e. “**Reiki**”. It can be used to describe the session, i.e., a “**Reiki Treatment**”, or to describe the person, i.e., “**a Reiki**”. It is used to describe energy, i.e., “**would you like some Reiki**”, or to explain a treatment, i.e., “**Reiki healing**”.

So what is this Reiki and how does it work?

“Hands on Healing” is nothing new. It is the oldest form of healing. When a child hurts itself, mother rubs or kisses it better. She heals by giving her personal Ki and Love to the child, and the pain goes away! When you knock or burn yourself, what do you instinctively do? You rub or hold the injury, and the pain subsides.

Reiki is ~ Love, Light and Rays of Reiki.

So this Reiki is not anything Hookey Spookey, it's a perfectly natural and normal way to Heal.

Every cell of your body, and indeed in all living things, vibrate with energies that we may call Chi, Ki, Prana, Bio-electricity, or the Universal Life Force. When a person dies, it is their Ki that leaves the body. I recently learned that we start the ageing process known as “growing old” at the ripe old age of 26! Up until then, the body is “growing”, after that the body goes into decline.

However, up to the approximate age of 35 years, we humans will naturally replenish our personal Ki from the air we breathe, from good quality “live” foods, water and sunshine. After 35, or even before that if we subject ourselves to poor quality environments, pollution, junk foods, bad eating habits, and from continued stress, anger and worry, then we find ourselves becoming low in the Universal Life Force, Chi.

This manifests itself as poor health, a weak immune system, mental and emotional problems, tiredness, low energy, sleeping disorders, irritability and can even make accidents happen!

The ability to cope with stressful situations is reduced and recovery from accidental damage takes the body much longer to repair itself. This is why sports people such as footballers have to start to retire around the age of 35. One way to compensate is to look after the “Temple of your Spirit” through the practice of Yoga, Tai Chi and similar disciplines that place emphasis on correct breathing and body exercise. Also, to look

carefully at what you put in your mouth, remember You Are What You Eat! So, to top-up your Chi, you must eat “live” foods, full of Chi, not “dead” processed junk, And Drink Lots of Water.

Understanding Chi depletion and how Reiki “heals”.



To help you to understand Chi depletion, imagine a brand new car. This represents a person when they're young. So no matter whether it be Summer or dark Winter, the young car will charge up it's battery just by running around, enjoying itself! So do you. Then after time the car begins to age, bits start breaking and the battery can't hold its charge as well as it used to do. This also begins to happen to you after reaching the ripe old age of 26.

The car runs quite well in the Summer when things aren't too bad and not too demanding, but then the dark, rainy, freezing cold Winter comes along and what happens? The car breaks down and the battery goes flat with all the extra use of the heater, lights, and wipers. This is just what happens to us. When we grow up and grow older, we have more responsibilities, family, mortgages, job worries and STRESS. We may go through all sorts of emotional STRESS with break-ups and bereavements etc. So when your car's battery goes flat, what do you do? You charge it up from an EXTERNAL SOURCE.

And this is just what happens in a Reiki treatment.

You are plugged in to a battery charger, the Universal Life Force Energy known as Reiki.

AND THAT'S ALL THERE IS TO IT!

But without this Life Force Energy – We are Lifeless!

How does Reiki work (Heal)?

You heal yourself by making new cells. If a large number of cells are making up a gland for example, and they are low in Ki energy, then that gland will be “Out of Balance”. As the cells in that gland wear out and need replacement, and if the body is unwell, then the new cells won't be any better than the old ones and will take a long time to form. Healing and recovery cannot take place and the gland will remain unable to function properly.

Having a Reiki treatment is like plugging yourself into a battery charger, indeed many **Reiki's** have “fixed” temperamental electrical appliances with a “treatment”!!!

So, by energizing the cells of that gland, it is empowered to come back into balance, and when it does, then the symptom or complaint it was causing will subside and the body or mind is allowed to recover. For example Reiki may help those suffering from depression by bringing the Pituitary and Pineal glands back into balance, so that they produce correct

levels of serotonin and melatonin, (provided of course that the cause is not ongoing). Even then, Reiki treatments will help the person to cope better and improve the quality of life.

[See Reiki Stories page.](#)

Without doubt, our personal Ki is affected by one's thoughts and feelings. Negative thinking will restrict the flow of energy, where-as positive thinking and speech will help to strengthen one's body and mind.

Reiki stimulates one's Self-Healing Process on Physical, Mental, Emotional and Spiritual levels, so for example, it is the ideal antidote to continual stressful situations such as work problems or screaming kids! It can be used to help relieve physical pain, as well as emotional pain such as a heart, broken by loss or bereavement.

Unwell and overstressed people are VERY LOW in Life Force energy.

Reiki treatments help to replenish the levels of energy needed to repair one's Body, Mind and Spirit. What's so good about Reiki is, that because it is Spiritually Guided by The Higher Self, the Ki "knows" exactly where to go, and what vibration to give, as in fact it is the recipient who guides the healing. An experienced Reiki will "meld" with the client and be intuitively be guided by the client's innerself as to where to place hands, and for how long. Not like the old days of staying put in one position for 3 minutes, no matter what!

Reiki TREATments should be taken regularly to keep Ones-Self healthy, as well as to help others. Usui Sensei taught his students the Three Pillars of Reiki:

One, you must look after the Temple of the Spirit – your body. You may do this through the practice of Yoga, Tai-Chi etc, or just by regular exercise, as well as frequent periods of "Self Healing" and treatments from other Reiki's.

Two, you look after your Spirit with Meditation or just regular moments of Quietness.

Three, then you may give Reiki healing to others.

Where does Ki come from?

Energy is all around us and in all things. It is in the sunlight, the air we breathe, the live foods we eat and the water we drink. Even a stone has energy, vibrating according to its particular type. Crystals for example, have various and specific vibrations and are used by Crystal Healers. They may be used in Reiki sometimes to filter out negativity and to amplify positive energy.

One's body "works" at various vibratory levels and sometimes when we're not well we feel "one degree under"? The body and mind function by utilizing "Ki" energy, and this Ki flows through energy pathways known as meridians, which can be thought of as unseen electricity cables. At strategic points throughout one's body there are energy centres known as chakras and these are like electricity sub stations.

For the body and mind to function efficiently it is obvious that a good, uninterrupted energy flow is important. However in times of stress and dis-ease the chakras and meridians become blocked and energy cannot flow properly to where it's needed. Acupuncturists, for

example attempt to stimulate this natural energy in order to clear blocked meridians by inserting needles into tsubo points, and subsequently bringing about healing.

Reiki treatments help to restore and improve the natural flow of Chi energy.

Reiki can only be given by one who has been attuned by a **Reiki Master** and to try to understand how this works just think of radio waves. You know they're out there but you can't see or hear them. Even your radio can't do anything with them until you tune it in. All the energy of the Universe is out there, and a Reiki Master is rather like a funnel or satellite dish, channeling Ki, mainly through their hands, down and out – to you.

What a Reiki Treatment is Like

Although you may well have had Reiki treatments before reading this information, I am including this description to help you to have a better understanding of a Reiki treatment. This wasn't explained to me when I started and in my early days I had great difficulty in describing to others what a treatment would do. Another thing you will experience is how the vibrations change from one hand position to another. Sometimes the vibrations will feel hot, other times cold or even like a cool breeze, and as the recipient has more and regular sessions, there is an ever increasing feeling of a flowing, peaceful relaxation. You

may even feel like you are becoming so relaxed that you might fall asleep. In fact many of my clients do! I treat that as a compliment.

Reiki energy is passed from a practitioner to a receiver usually through the palms of the hands or finger tips being placed on specific points throughout the head and body. In particular, the eight main chakras (energy centres) are treated and balanced so that Ki energy may flow without interruption. The basic head/body flow treatment consists of a **Reiki** placing their hands on approximately 20 positions in total from head to feet.

Relaxation

An important part of Reiki and healing is Relaxation. It's a bit like meditation and I'm sure you know that meditation is beneficial. It is said that Usui Sensei performed Gassho meditation for 20 minutes in the morning and evening. Because Reiki is spiritually guided, that is to say the recipient's inner-self draws in and guides the Ki to wherever it's needed, the brain/mind can take a rest. Just like a car being placed in neutral, the engine is still running slowly, charging the battery, but the car is at rest.

Most ill health and dis-ease is Stress Related, i.e. caused by stress. Therefore, anything one can do to relieve the recipient's stress will be beneficial.

A Reiki Session is the Most Stress Relieving Treatment of all Therapies.

Consequently, a prerequisite of a session is quietness without ANY interruptions so that TOTAL relaxation can be achieved. With this in mind, it is important that the recipient feels completely at ease with their **Reiki** therapist. There is no need to remove any clothing

other than bulky coats and shoes, and be assured that a practitioner's hands are **never** inappropriately placed. I also encourage a companion to sit in, (quietly) on a client's first session if they wish, and they may well also benefit from feeling the **Reiki** vibrations, which will emanate around the room.

Having said that, **Reiki** works no matter what, so in times of an accident or at exhibitions etc, we just get on with it and place our hands on wherever they're needed. The healing takes place just the same, and it doesn't matter whether you take 20 minutes or 60 minutes, depending on the circumstances, but the end result is - that a treatment is a whole-istic treatment, no matter what! **It's you who watches the clock!**

What to Expect.

Reiki treatments are usually given on a comfortable treatment couch, accompanied with various types of music or guided meditations according to the client's needs. A basic body flow treatment feels like warm sunshine, which flows through you, surrounds you and even comforts you during emotional times.

Reiki is a Holistic (whole) Therapy, treating not just the symptom, but all of a person's Body, Mind and Emotions. The Energy goes to the Cause.

Most people will experience a feeling of heat and an inner comfort coming from a **Reiki's** hands. This is the Ki energy and healing life force passing through the therapist to the recipient, who without conscious thought will direct the vibrations to wherever they are most wanted. As the energy is totally natural it can do no harm, it only goes to where it's needed, and that includes the past, present and even into the future!

The recommended treatment programme for long term, chronic conditions is for a session to be given once or twice a week for the first few weeks, and every 2, 3 or 4 weeks thereafter.

*Everyone, therapists in particular, should have a **Reiki** TREATment every week or two.*

What to expect after a session.

Usually, most clients feel very calm and relaxed after a treatment and this often carries over to the next few days. A typical result I hear from school teachers as an example, is that after 4/5 treatments they say things like "the kids don't irritate me any more" or "I can't believe how co-operative the class has become" Similar things happen in stressful house-holds, or that their work and workplace becomes more "tolerable"

As **Reiki** stimulates the body's self-healing system the renewed flow of energy flushes out trapped waste products and toxins. This is known as the Healing Process or the Healing Crisis. It is the body and mind de-toxing and it is recommended that the recipient drink lots of water for 4/5 days to dilute and wash away the unwanted "rubbish" to avoid feeling sluggish. This also includes emotional "junk" and sometimes a client may experience an emotional release (tears) during the session. It's perhaps where the saying "it has to get worse, before it gets better" comes from? If on the odd occasion this happens, it should be treated as a good, positive sign, as it shows that healing is taking place.

One has to let go of the negative rubbish in order to make room for the healing to take place.

Letting Go and Forgiveness is an important part of Reiki Healing, and of Life itself.

A Reiki treatment ALWAYS "works".

Due to the very nature of what **Reiki** actually is, **Reiki** always benefits the receiver in some way (and the therapist too). Sometimes the results are immediate, such as removing toothache pain. Other times it may not be so apparent, as the healing goes to the cause of the imbalance, and may need several sessions before an improvement is noticed.

The effects of Reiki are accumulative.

The benefits of **Reiki** given on a regular basis accumulate, that is to say that the healing energy builds up, one on top of the other as it were. This is why chronic illness should be treated at least once a week for several weeks, then reducing the frequency as the symptoms subside.

To understand what I mean when I say that **Reiki** is accumulative, picture this: Imagine two glass tumblers, one is depleted and almost empty (the client), the other one is full (the Universal Life Force). Then siphon one to the other and the full glass whooshes into the other until they reach a level balance. A week later the client has another treatment, this time their glass isn't quite as empty as before, although (depending on circumstances), they will have used up some of the Chi. So this time the energy flows in more gently. A week later, they have another treatment, this time their glass has even more Chi in it and so the Life Force trickles in. Just like a car's flat battery would need a fast charge, where-as if it just needed a top up, that's known as a **"trickle" charge**.



Before

Treatment

Result



Before

Treatment

Result



Before

Treatment

Result

And so with subsequent treatments the glass on the right (your battery) is kept topped up on a regular basis

Another interesting point is that both the receiver and the therapist will notice that the vibrations change over a period of treatments, usually being quite tingly, twittery and “active” during the first 2/3 treatments, then subsequently becoming more flowing, gentle and relaxed. It’s difficult to describe, again the glass tumbler picture explains why this happens.

You really have to experience **Reiki** to know what it feels like.

It’s also interesting to be aware that the client only draws in what they can handle in one go, that’s why the treatment ends when that one glass of Life Force has balanced the other. It is why **Reiki** can do no harm, the client only releases whatever emotional rubbish and negative energy that they’re ready and able to do.

The body and mind “know” what to do. For example, say you need to boost your vitamin C intake. What happens? Yes, you take extra vitamin C but the body excretes the excess at first, you will see it in the urine. You have to build it up slowly, **Reiki** is like that. You have to have regular doses.

Although Reiki is a powerful healing force, IT IS GENTLE & CANNOT DO HARM

Client’s Referrals:

Well where do I start.....?? I first started Reiki treatments with Ray about 2 years ago. I was very depressed and had anxiety due to my mind set. Ray was very professional and didn’t pry. Straight away I could feel the Reiki working, it was all quite strange really as I felt things leaving my body, the only way I can explain it is like steam coming from a race horse after racing.

At first I was very quiet and very private, I would barely talk to Ray but he never pushed. Then I started talking through emails to tell him how he and the Reiki was helping. Again at the Reiki sessions he never talked over what we had said between us on email. After numerous sessions I felt I was more balanced, the analogy of the glass full and trying to part fill the 2 glasses is very true.

Before Ray and Reiki, my outlook on life was very bleak but now I have managed to move my life on and I am no longer living the life I didn’t want. I have had the confidence to pursue my career and also to bring up my son alone.

Thank you Ray xxx

I have just received the most amazing treatment from your "full Monty pamper". Wow, how much better do I feel! It was certainly more than overdue. I always enjoy your treatments and this was no exception, you really do have healing hands. I look forward to the next one in a

few weeks. In the meantime I feel ready to tackle anything after being fully relaxed, rejuvenated and recharged!! Thank you Ray (Relaxology Centre)

Love, Sharon x

Hi Ray, we want to say Thank You for all the Reiki we have received from you, making us both feel very welcome in pleasant and peaceful surroundings, in which we can relax and enjoy the experience. We have found having Reiki makes us feel relaxed, calm, balanced and above all, very Positive!

Thanks again Ray, we will be back for more!

Love from Joe & Tasha xXx