

Reiki – What is it?

Reiki is an Ancient Healing Method that is once again becoming known and popular in our modern age. It is a simple healing technique that is easy to learn and which can provide a real enrichment in your everyday life. It is a simple healing method that allows you to absorb more Life Force Energy

The act of laying hands on the human or animal body to comfort and relieve pain is as old as instinct. Whenever we experience pain, the first thing most people do is to put their hands on the pain. When a child falls and hurts him or herself, they immediately run to their mother for her to make it better, and usually this is done by the touch of her hands. This human touch conveys warmth, serenity and healing. It also conveys caring and love. This is instinctual. In the animal world, if the animal is experiencing pain, its first instinct is to lick the pain area, for the same reason a human applies touch with his/her hands. An animal mother will also lick her distressed young. This act of touch is the basis for all healing techniques.

The living body, human or animal, radiates warmth and energy. This energy is the life force itself – Universal Life Energy. This Life Force Energy is given to us at birth.

The Japanese work “Rei-Ki” consists of two syllables; “rei” which describes the cosmic, universal aspect of this energy, and “ki” which means the fundamental life force flowing and pulsating in all living things. This Life Force Energy has many names, depending on the culture. The Chinese call it “Chi”, Hindus know it as “Prana”, Polynesian Hunas say “Mana”, and “Ruach” in Hebrew, and so it goes on.

In the Life Force Energy of Reiki, the person who is attuned as a Reiki healer has had his/her body’s energy channels opened and cleared of obstructions by the Reiki attunements. He/she not only receives an increase in this life energy or Ki for his/her own healing, but becomes connected to the source of all universal Ki. This source can be described in any way the healer chooses to name it – God, Goddess, Higher Self, Universe, or whatever can be termed primary creation or life energy.

Reiki is not a religion or affiliated with any religion. This Life Force Energy is the source of life itself, and far older in concept and fact than any religious philosophy.

In the direct method of Reiki treatment, Intent is given to the Universe for the channelling of healing energy (Ki) with unconditional love, and for the highest good of the recipient. The facilitator’s hands are placed in various positions on or over the body to transfer the Universal Life Force Energy to the recipient. As a result, no personal energy is drawn or drained from the giver, who is simultaneously charged and strengthened.

Reiki is healing energy of pure light and love from the highest source, and therefore can be used safely regardless of whatever illness the receiver is suffering from.

by Rosemary Cameron

