

# A Soft Touch and an Open Heart

## Self Healing with Reiki

You are probably asking, "What is Reiki?" Reiki is a Japanese technique used for stress reduction and relaxation. Reiki originated in Japan but is currently being practiced by people all over the world.

Reiki, pronounced Ray-Key, is a Japanese name consisting of two words, Rei and Ki. Rei means "higher wisdom" and Ki means "universal life force energy." So, together, they mean spiritually guided life force energy. This life force energy animates us as human beings and is found throughout the universe in everything from plants and animals to the stars and planets.

Like acupuncture, Reiki, is based on the idea that there is an unseen energy that flows through all of us. If your energy is low or blocked in some way, it creates an imbalance in the body. When the body is out of balance stress or illness can result. The Reiki energy helps your body relax and rebalance so that it can heal itself. Our bodies naturally have an amazing ability to heal. However, stress can interfere with that process. By inducing a state of relaxation, Reiki enhances the body's ability to regain balance. Reiki treats the whole person including mind, body and emotions.

What is a Reiki treatment like? The person receiving a Reiki treatment relaxes, fully clothed, on a massage table or chair. The Reiki practitioner places her hands either just above the body or lightly touching the body. The practitioner then allows the energy to flow through her hands into the recipient. Generally, a set of standard hand positions is used so that the entire body is treated with the Reiki energy. The Reiki practitioner trusts that the energy will flow to exactly where it is needed the most. Since the energy is spiritually guided, the practitioner does not need any special medical knowledge.

Recipients feel the Reiki energy as a warm sensation or tingling in the body. Many people fall into a deep state of relaxation during the treatment and some even fall asleep. The treatment usually leaves you feeling relaxed and peaceful.

Reiki works in conjunction with all other medical or therapeutic techniques. It is being used in hospitals around the world to enhance healing and support traditional biomedical treatment. Unlike massage, there is no pressure placed on the body. That makes Reiki an ideal method for treating people of all ages and physical conditions.

Anyone can learn Reiki. After a one-day class, you can perform Reiki for healing and relaxation on yourself or others. There is no religion or particular spiritual belief system attached to Reiki. You must simply have the desire to heal or be healed. Once trained and attuned to the Reiki energy, it is yours for life. With a soft touch and an open heart, Reiki healing touch can help you reduce stress and move toward wellness.