

What Is Reiki Healing?

What if there was a completely safe, non-invasive method to manage stress, elevate mood, enhance general well-being, and even relieve painful emotions associated with some medical conditions? What if a practitioner could treat the whole person including body, emotions, mind and spirit, promoting feelings of peace, relaxation, security and well-being? Many attest to the Japanese practice of Reiki as being that method.

The term Reiki "spiritually guided life force energy." The word is derived from two Japanese words: *Rei*; which means "the Higher Power," and *Ki* which is "life force energy." Reiki describes a form of energy healing practiced by the laying on of hands during a treatment session with a trained practitioner. It's simple, natural, and safe.

Effects of Reiki Treatment can include: More balanced energy, increased creativity, release of emotions and stress, increased awareness and amplified energy. Reiki works on the causal level to improve Dis-ease and promote healing.

Who Can Benefit From Reiki?

Patients seek Reiki for a wide array of issues from a desire for spiritual self-improvement to emotional upset to debilitating medical problems. Because Reiki is completely non-invasive, it can complement any course of medical treatment, relieving some side effects and promoting healing.

In my practice, I have seen profound physical relief as well as deep psychological and emotional breakthroughs arise from Reiki healing efforts. Some clients seek healing for a specific problem while others use Reiki for regular spiritual maintenance.

What Is It Like?

The Reiki process is a simple one. The healer simply prepares in meditation and aligns with Reiki energy as well as with the client, lays hands upon the specific areas of the client's body that are out of balance, and allows the flow of life force energy through the client to promote harmony and balance. Clients often describe a warm, glowing sensation or a pleasant rush of energy throughout the body, along with feelings of relaxation and comfort.

Who Practices Reiki?

Anyone can learn to practice Reiki. To learn, a student takes a class with a Reiki master who "attunes" the student to the life force energy that exists all around us. This supply of energy is limitless and available to anyone. The Reiki practitioner is a conduit for Reiki energy to flow through to the client.

Is Reiki a Religion?

Reiki is not a religion, but it is spiritual. The life force energy is available to everyone, and no specific faith or dogma is required. A Reiki healer, however, must live in a way that promotes harmony.

What Are The Principles of Reiki?

#1 Just for today I will live the attitude of gratitude

#2 Just for today I will not worry

#3 Just for today I will not anger

#4 Just for today I will do my work honestly

#5 Just for today I will show love and respect for every living thing

These five principles are the natural state of being for a person whose energy is in proper flow. I find Paula Horan's "**Empowerment through Reiki The path to personal and global transformation**" particularly useful for further understanding.

My Experience With Reiki

Although Reiki is a great tool of awareness, I found it to be a stepping stone in my spiritual evolution. Beyond Reiki, I elected to continue my path with study at the Barbara Brennan School of Healing.

In the Barbara Brennan model, there is intense and specific emphasis on the healer's relationship with oneself, the client and the divine. The training that the healer receives there involves personal and group process work focused on profound personal healing and an essential learning about energy and consciousness. After all, if the practitioner is in the room with the client, their 'stuff' is there with them as well and affects the healing.

It is from this place of psychological process and deep self-introspection that the healing techniques arise. The level of empathy and compassion during a healing from a healer who has dedicated so much energy and time to his/her own process can be a comforting experience.

Reiki is best understood by being experienced. If you are interested in receiving the benefits of Reiki, the best thing to do is to seek out a qualified practitioner and find out for yourself how increased balance, energy and awareness can positively impact your life.

Reiki and Energy Healing is available by appointment at Natural Beauty Derma Spa, 1350 Deer Park Ave., North Babylon NY. Visit www.nbdspa.com for more information or call 631 940 8606 to arrange your session.