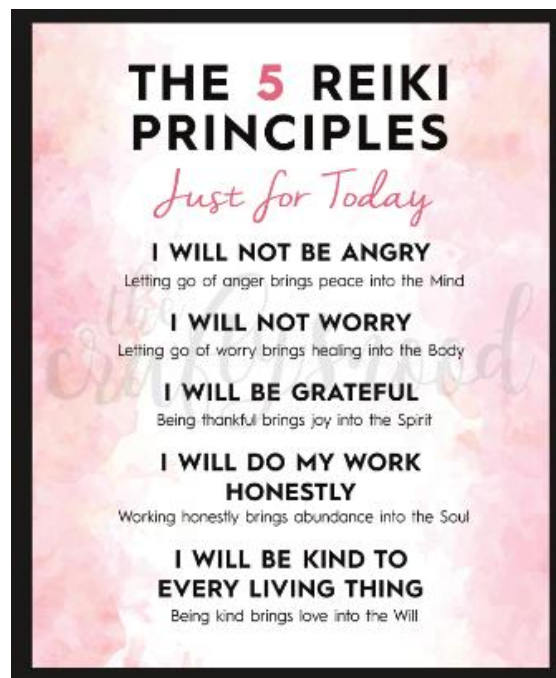


What is Reiki?

Everything you need to know



Reiki is a Japanese healing modality, great for stress reduction and relaxation, that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stressed, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

While Reiki is not a religion, it is still important to live and act in a way that promotes harmony with others. Mikao Usui, the founder of the Reiki system of natural healing, recommended that one practice certain simple ethical ideals to promote peace and harmony, which are nearly universal across all cultures.

The Ideals came in part from the five principles of the Meiji emperor of Japan whom Mikao Usui admired. The Ideals were developed to add spiritual balance to Usui Reiki. Their purpose is to help people realize that healing the spirit by consciously deciding to improve oneself is a necessary part of the Reiki healing experience. In order for the Reiki healing energies to have lasting results, the client must accept responsibility for her or his healing and take an active part in it.

Therefore, the Usui system of Reiki is more than the use of the Reiki energy. It must also include an active commitment to improve oneself in order for it to be a complete system. The ideals are both guidelines for living a gracious life and virtues worthy of practice for their inherent value.

*The secret art of inviting happiness
The miraculous medicine of all diseases
Just for today, do not anger
Do not worry and be filled with gratitude*

*Devote yourself to your work. Be kind to people.
Every morning and evening, join your hands in prayer.
Pray these words to your heart
and chant these words with your mouth.*

*Usui Reiki Treatment for the improvement of body and mind
The founder,
Usui Mikao*

It's common to feel relaxed, tired or even sore after a massage. This is because your muscles are being worked by the massage therapist. After a massage, it may feel like you completed a workout. It is possible to experience a headache or nausea after a massage.