

What is Reiki?

Reiki Masters & Teachers

Rei-ki is Japanese for 'Life force energy' - it is literally the energy that sustains every living being on our planet. This energy comes from the Sun - Heavenly Ki and from the core of the Earth - Gaia Ki. Energy healing has been in use on this Earth for thousands of years in many civilisations, especially Egyptian, Indian, Chinese and Japanese but Reiki is different because we channel the 'life force energy' rather than tap into our own energy.

Where does Reiki come from?

Reiki, as we know it, originates from Japan in the 1920s - it was 'discovered' by Mikao Usui as a result of a life long search for enlightenment. He was studying Zen Buddhism at the time and having a 21 day meditation on Mt Kurama, a holy mountain near Kyoto. During this meditation he felt as if he had been struck by lightning and became unconscious. When he awoke he experienced a peace that he had never known before and felt that he was at one with the universe. He also soon realised that he had healing abilities and put these to good use by opening a clinic and so began 'The Usui System of Natural Healing'.

It is also important to realise that Reiki is not a religion but it can become a way of life. Many of us who practice and teach Reiki try to follow the guiding principles of Reiki set out by Mikao Usui which are:



Mikao Usui 1865 - 1926

The Five Reiki Principles:

Just for today do not anger

Just for today let your worries go

Just for today count your blessings

Just for today live with integrity

Just for today be kind to every living being

The key to these principles is 'Just for today' meaning live in the moment - the past is gone and the future uncertain so make the most of every second of your life!

Reiki has never achieved the popularity in Japan that it enjoys in the western world. One of Sensei Usui's students, Doctor Hayashi, opened many clinics in Japan and carried on teaching after the Sensei's death. One of his students, a Japanese American lady - Mrs Hawayo Takata - took Reiki to Hawaii and turned it into a therapy and so was born 'Western Reiki' with the classic hand positions that we know today. Meanwhile Reiki went underground in Japan through the war years and has only resurfaced in the last decade or so thanks to a few dedicated practitioners like Frank Arjava Petter who spent years in Japan researching the subject. Thanks to him we are now able to teach original Reiki as well and combine the two in our treatments.

How does Reiki work?

The human body has a series of energy zones called Chakras (a sanskrit word meaning wheel). We have seven major chakras, the crown, third eye, throat, heart, solar plexus, sacral and root chakras. We also have secondary chakras in the hands, knees and feet. These chakras form an energy pathway around the body and can be blocked by issues caused by day to day living. Reiki energy is used to disperse these blocks and re-balance the energy system. In western Reiki practitioners channel energy through their crown and foot chakras and pass this energy through the palms of their hands, either placing their hands directly on the chakra or just above it in sensitive areas. In traditional Reiki the practitioner scans through the aura using his or her hands and detects the blocks by feeling changes in the energy field. They will then beam the energy into that area until the block is dispersed.



What can Reiki do?

Reiki works on many levels of healing. The aura has many layers, the nearest to the body is the physical layer where pain is felt, the next is the emotional layer where a lot of the problems caused by day to day living are felt. Reiki also works on a personal and spiritual level helping with personal development and communication skills as well as bringing about a deep sense of calm and a greater clarity of purpose.

Receiving Reiki can help a great deal - learning how to practice Reiki on oneself can bring even greater benefits. It is taught in three levels or degrees.

At first degree you receive an attunement and learn how to heal yourself and can begin helping friends and family members.

At second degree you receive a further attunement and learn how to work in both the physical and emotional layers of the aura and how to do distant healing.

At third degree - Master Practitioner - you receive the master attunement and learn more advanced techniques including programming crystals and psychic surgery.

If you would like to know more about treatments or courses please contact either Quintin or Zena for more information on 01243 373746 or via www.qandzreiki.co.uk