

Naturopathic Institute of Therapies & Education

Reiki

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What is Reiki

Reiki (Pronounced Ray-Key) is a Japanese name consisting of 2 words Rei which means universal life and Ki which means Energy(Hays, 2015). Reiki is a laying on of hands form of healing that has been used for thousands of years. It is not affiliated with any religion or religious practices. It is not massage nor is it based on belief or suggestion. It is a subtle yet effective form of energy work.

Reiki helps to harmonize the energy of the body, the mind, and the Spirit within a person. Reiki is a very high vibration spiritually guided consciousness. When someone's life force energy or Ki is high, it flows freely creating physical vitality, mental clarity, and balanced emotions. When the life force energy is low, it is more likely to become blocked creating physical illness, mental confusion, and emotional imbalances(Hays, 2015). Reiki augments the natural flow of life force energy to improve the body's natural ability to heal itself and to sustain health, vitality and a feeling of well-being. Reiki practitioners help patients to connect with their own healing life energy and can use this life energy to strengthen or increase a person's supply of life energy.

History of Reiki

Reiki is believed to have been associated with Mikao Usui who is accredited with the rediscovery of the root system now called Reiki. Mikao Usui was born on August 15th 1865 and died on March 9th 1926("The History of Reiki", 2016). Master Usui lived on a

constant quest for gathering spiritual truth. He studied Buddhism and gained a fascination with Buddha's ability to heal. While on a spiritual journey to Mt. Kurama he dedicated himself to a 21 day meditation and prayer session. It is said that on the 21st day he looked to the horizon and saw a bright light coming toward him. The light had a consciousness and asked if he was willing to receive the healing information it was about to offer. After accepting the light's offer, he entered an altered state of consciousness where he saw bubbles of light each containing a different symbol. As he meditated on the symbols, he gained the knowledge of how to use the symbols for healing. These symbols became known as the Reiki Symbols and are a very important part of the Reiki process. Master Usui named this healing energy Reiki and created a healing society and clinic in Tokyo in April of 1921. In September of 1923 an earthquake brought much devastation to Tokyo, so Master Usui went into the streets offering Reiki to help the survivors, and word spread of his gifts of healing. Master Usui spent the rest of his life dedicated to healing and teaching Reiki("The History of Reiki", 2016).

How it Works

There is no belief system or religion associated with Reiki healing so it can be received by anyone as a healing or an attunement. Even though it is spiritual in nature, it is not a religion. It may enhance an individual's feeling of connectedness to a source. The first step in the Reiki process is a desire to be healed. Once you have received a Reiki attunement that is all that is necessary for Reiki energy to work it's wondrous ability to heal through who has had the attunement. It works through one's loving intention to serve as a healer and not any certain belief system which makes Reiki for everyone.

Reiki energy heals by flowing directly to, and through the affected parts of the energy field and begins charging those areas up with positive energy. This process causes the vibrational frequency of the energy field in and around the areas where negative thoughts are attached to increase, and acts to quickly break the blockages up, dissolving the lower denser energies and allowing the vital life force energy to flow freely once again.

Since Reiki is divinely guided, it naturally and gently flows to where the body needs it most, sometimes not where one would expect it to go. The Reiki healer acts only as a conduit for this powerful, gentle and loving energy, and neither the healer nor the healer's mind, can truly guide it, so it can never do harm or be misused. Thus, Reiki practitioners are not transferring their own life force energy and can not be drained of energy by treating another. Just the opposite occurs, as both practitioner and recipient benefit equally from a Reiki treatment.

A Reiki practitioner employing highly focused intention and positive healing thoughts can bring balance to energy centers and pathways, opening the mind-body more fully to the natural flow of life force energy. The more life force energy that flows through us, the better we feel and the faster we heal.

Reiki treatments can feel like a wonderful glowing radiance that flows through you and surrounds you. Typically, the recipient is asked to remove shoes and lie on a massage table facing upward. The practitioner works from the head and neck, progresses down the torso and finishes with the legs and feet. During the journey down the body, set hand placements, either on or slightly above the body, are employed with emphasis on the chakras. The practitioner often concludes with a sweeping of the energy field, or aura, surrounding the body. The healing hand positions are held for anything from 3-10

minutes in any one place, the recipient can feel heat, ranging from hot to warm to cool. Some people feel gentle tingling in the hands or feet, while others feel strong waves of energy surging throughout the body. The stomach often rumbles as energy flows through the system.

Sometimes a release of emotions can occur and tears will flow, irritations might appear or there may be a laugh of relief, or the recipient may fall asleep.

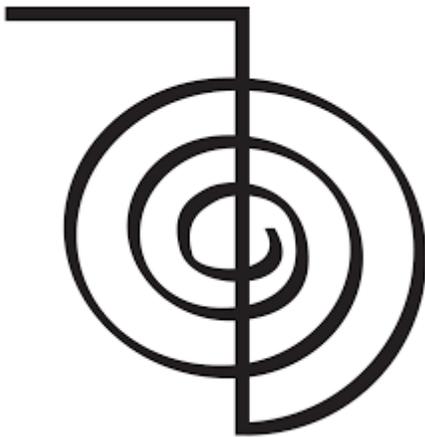
Reiki will work in whatever way the recipient needs it most, and this explains why the students report differing experiences during the attunement process. Some students experience visions, or receive messages, healing, or past-life images during this very special time. The majority of people find that it is an extremely relaxing experience, and report feelings of more balanced emotions, and clearer thoughts.

Reiki Symbols

As previously stated one of the most important parts of Reiki are the Reiki symbols. In traditional Reiki there are 3 Reiki symbols given to the student by the master during a Reiki 2 attunement. They are: the Power symbol (Choku Rei), the Mental/Emotional symbol (Sei He Ki) and the Distance symbol (Hon Sha Ze Sho Nen). Each symbol carries a specific vibrational frequency, and each symbol is considered to be sacred. Reiki symbols and the information that can be read about them are of little or no value by itself. The power of the symbols are only unlocked after a Reiki 2 attunement from a Reiki Master. Reiki symbols work like keys that open doors to higher levels of awareness. They can also be thought of like buttons; so whenever you “push” one you automatically get a specific result. The symbols trigger a belief or intention built into the symbols that helps the user to get the results intended. The different symbols also

quickly connect the user to the universal life force. When a Reiki Master does an attunement and shows the Reiki symbols to a student, the form of the symbol is impressed in the student's mind and merges with the metaphysical energies it represents. When a Reiki practitioner draws, thinks about or visualizes a symbol it will instantly connect to the energies it represents(Hays, 2016).

Choku Rei



The Choku Rei, or Power symbol is the first Reiki symbol and carries the ability to increase the power of the Reiki energy. The general meaning of Choku Rei is: "Place the power of the universe here"("The Reiki Power Symbol", 2016). It can also be used for protection. See it as a light switch that has the intention to instantly boost your ability to channel Reiki energy. This symbol is

sometime nicknamed "the light switch" as it connects a person with the energy, like a light switch being turned on.

When the symbol is drawn or visualized by the practitioner, the practitioner will have instant access to more healing energies. Choku Rei also gives the other symbols more power when they are used together.

The symbol can be used any time during a treatment but it is especially effective if it is used in the beginning of a session to empower the Reiki energy or when used at the end of a session to close the session and seal off the Reiki energies. The Choku Rei is used to seal the space around a person receiving Reiki to keep the energy from leaking

away. This symbol is also used to bless the space for a healing by sealing that space in a circle of light, creating a sacred space.

The Cho ku rei is used during a treatment when someone is experiencing pain, the intent is to heal the pain with the symbol and will help to greatly reduce it or even diminish it.

The Cho ku rei may be used to charge food and water with pure energy, especially if travelling. Since Reiki is based on the belief that everything is energy, it stands to reason that food-borne illnesses are a result of negative energy that remains in our food (whether it's from the handler, or the animal itself when it died). The Cho ku rei will put positive energy back into food and water, supercharging the vitamins and minerals for our bodies.

The Cho ku rei isn't just limited to healing negative energy, it can also be used to manifest desires.

Sei he Ki



The Sei he Ki symbol is the second Reiki symbol and is known as the mental/emotional symbol, but also the harmony symbol. Sei He Ki has a general meaning of "God and man become one" ("The Reiki Mental/Emotional Symbol", 2016). The Mental/Emotional symbol brings together the "brain and the body". It helps people to bring to the surface and release the mental/emotional causes of their problems.

Many people (even doctors) are starting to realize that many of our ailments are based on mental and emotional imbalances that we probably are not even aware of. The symbol works to focus and harmonize the subconscious with the physical side.

This symbol can be used to help with emotional and mental healing. It balances the left and right side of the brain and gives peace and harmony. It is also very effective on relationship problems. The Sei He Ki symbol can also be used on diverse problems like nervousness, fear, depression, anger, and sadness etc.

This symbol is known as the harmony symbol because it works to bring forth mental and emotional health and harmony on every level. Its use balances the two hemispheres of the brain. The left part of the symbol represents Yang and our left side of the brain (logic, structure and linear thinking etc.) The right side of the symbol represents Yin and our right side of the brain (fantasy, feelings, intuition etc.) bringing the left brain and right brain into a natural, peaceful and harmonious flow of oneness. And in turn, this produces a natural balance of masculine and feminine, giving and receiving. This symbol is exceptionally useful in helping to heal relationship struggles. This symbol is also powerful in its use to heal addictions and addictive behavior. It also has the ability to enhance the benefits of affirmations, allowing them to take root more deeply into the subconscious mind.

Hon Sha Ze Sho Nen

The Reiki distant healing symbol is called the Hon Sah Ze Sho Nen. The symbol has a



general meaning of "No past, no present, no future" or it can have the meaning of "The Buddha in me contacts the Buddha in you" ("The Reiki Distance Symbol", 2016). This symbol enables healing energy to be sent to others at a distance, wherever they may be. This symbol is also the symbol karmic release. It allows Reiki to be sent outside of time and space. Many practitioners consider Hon Sha Ze Sho Nen as the most useful and powerful symbol. The use of the symbol gives access to the "Akashic Records", the life records of each soul and can therefore be used in

karmic healing. Trauma and other experiences from this life, previous or parallel lives that affect and mirror people's behaviors can be brought to light and released. Hon Sha Ze Sho Nen is not a symbol that produces energy of a particular frequency, as with the Cho Ku Rei and Sei He Ki. According to Usui's surviving students, this energy produces a state of mind of 'oneness' in the practitioner, a oneness with the universe that allows you to transcend time and space, and to send Reiki to anywhere in the world that you are called to send healing.

The form of the Distance symbols is complex and probably this is the symbol with most variations. It is a Japanese Kanji and represents the human body incorporating the chakras and the five elements.

Dai Koo Myo

The Dai Ko Myo in Usui Reiki is known as the “Master” symbol. It is one of the most



powerful symbols in Reiki that can be used only by Reiki Masters. The power of the Reiki Master symbol combines the power of the first three symbols, Cho Ku Rei, Sei He Ki and Hon Sha Ze Sho Nen. When the individual symbols of the Reiki master symbol are translated, it symbolizes the energy it carries. While “Dai” means great or big and “Ko” means smooth or glossy, the word “Myo” means bright light (Hays, 2015). The symbol also translated to evident or clear and is a verb for knowing or understanding. The Dai Ko Myo basically

means “Great Enlightenment” or “Bright Shining Light”. This Reiki symbol represents inner knowledge, truth and enlightenment. When using the master symbol with Reiki it creates a very noticeable boost of strength in the energetic channel between the physical self and the higher self. Allowing for more flow of unlimited power and wisdom of the Divine to manifest on the physical plane. It not only protects the healing work that it does, but focuses the Reiki energy, and intensifying its ability to bring about positive, definite, and permanent results.

The 7 Major Chakras

As Reiki is pure healing energy, it always connects to the energetic system of the body first, then works its way through the physical body and the mental/emotional bodies of the aura as well. This energetic system of the body is referred to as the chakras. The

word chakra is Sanskrit for "wheel" or "disk" ("What is a Chakra?", 2016). Each of the seven major chakras has its own distinct character and relates to a unique aspect of our being. The chakras correlate to levels of consciousness, body functions, colors, elements, sounds and much more. The blockage or energetic dysfunction in the chakras is believed to give rise to physiological, psychological, emotional and spiritual disorders.

Anatomically, the seven major chakras are located either along or just in front of the spine, following a central energy line, called the Sushumna. Associated with the chakras, is a latent subtle energy, called kundalini. At the base of the spine lies the first chakra, called the Muladhara. Within the first chakra, latent consciousness-energy called the kundalini-shakti exists. The Kundalini-shakti can be aroused and directed up the Sushumna. This energy can ascend through each chakra until it reaches the seventh or crown chakra, called the Sahasrara. Within the crown chakra, the kundalini shakti unites with Paramashiva, the Supreme Shiva, bringing one to a state of oneness with the Absolute ("The 7 Chakras for Beginners", 2016).

Each chakra is usually represented by a specific color, and can be associated with different systems of the body. The hand positions used in Reiki are focused on connecting the chakras.

The Root Chakra

The Muladhara or Root chakra is the chakra of stability, security, and our basic needs ("The 7 Chakras for Beginners", 2016). It is associated with the color red and its location is near the tailbone between the anus and genitals. The parts of the body ruled by the root chakra are spinal column, feet, hips, adrenals, colon and external sexual

organs. The root chakra represents our foundation in life, and our ability to be grounded in our bodies. It controls our consciousness to survive, and stimulates our urges to care for ourselves in order to stay alive and well. This is the energy center that tells you to eat, sleep, and to protect yourself. It also drives a concern to money or financial stability, as our current system requires money for survival. The root chakra also tends to hold the energy of Father or the Divine Masculine.

Some symptoms of an over active root chakra: paranoia, self centeredness, aggression, workaholic habits, nervousness, or self indulgence. This may display itself as overeating due to the need to feel safe and nurtured. Or it can cause a person to fall into addictive behaviors with drugs and alcohol to help diminish feelings of paranoia, insecurity, or vulnerability.

Some symptoms of an under functioning root chakra: it can cause a person to be depressed, passive, and they may be completely out of touch with the physical body, leading to a serious lack of self care. This can cause abusive behaviour towards one's own body, like self inflicted wounds, starvation, and overuse of drugs (both prescription and illegal) and alcohol.

When the root chakra is balanced and flowing with healthy energy, the person feels grounded and secure in their life and in their body. They pay attention to what their bodies are telling them, and do well in providing the correct environment and nutrition that the body needs.

The Sacral Chakra

The Svadhishtana or Sacral Chakra is associated with the color orange and is located between the pelvis and the belly button (“The 7 Chakras for Beginners”, 2016). It is

sometimes referred to as the chakra of emotions. The parts of the body ruled by the sacral chakra are the hips, lower back, testicles, vagina, reproductive organs, bladder, and pancreas. It is most closely related to issues of creativity, sexuality, emotions, desires, appetite for sensation, and determines our ability and awareness to experience joy in feeling on both the physical and emotional level. The sacral chakra is where the pleasure in our gifts of the six senses comes from. It encourages us to enjoy our human experience in our physical bodies and relish how rich being in body can be. The sacral chakra is the power center for women, and holds the energy of Mother or Divine Feminine energy.

Symptoms of an overactive sacral chakra: selfish, arrogant, power seeking, overly proud, uses sex to manipulate, will sacrifice well being of self or others in order to experience feelings of pleasure, and desires constant and intense stimulation of the senses.

Symptoms of an under active sacral chakra: mistrustful, anti-social, follower, introverted, unable to express emotions, uncomfortable or needy sexual energy, denying one's self to feel physical or emotional pleasure, and desires a sterile environment lacking in sensual stimulation.

When the sacral chakra is balanced you feel secure with your sexual energy and preferences, you are a nurturing person, fitness and eating healthy is important, comfortable in your own skin, find joy in experiencing healthy physical sensations, and enjoys discovering through feeling.

The Solar Plexus Chakra

The Manipura or Solar Plexus chakra is associated with the color yellow, and is located in the center of the belly just below the rib cage and sternum (“The 7 Chakras for Beginners”, 2016). The solar plexus chakra most closely relates to issues of self confidence, self esteem, personal power, will power, making your own decisions, creative expression, physical vitality, and how you project yourself out in the world. It acts as an energetic bridge between the lower chakras of physical consciousness and the higher chakras of Divine Consciousness. Body parts ruled by solar plexus include: adrenals, digestive system, liver, and spleen.

Symptoms of an overactive solar plexus: judgmental, stubborn, critical, craving conflict, constant change, allows ego alone to guide choices, stuck in past events, locked in fear of what could be in the future, and is passive aggressive with others.

Symptoms of an under active chakra: aloof, unable to learn, psychosomatic problems, feels deprived of recognition, feelings of isolation, overly tired, inability to make choices, no follow through on choices made, and lack of focus.

When the solar plexus is balanced, you will feel joyful, powerful, confident, inspired, full of vitality, and in tune with your own senses of inner feelings, or inner knowing. The solar plexus chakra is the power center for men, and a major psychic reception area associated with clairsentience (clear inner feeling). Providing the courage and awareness to follow your gut instinct.

The Heart Chakra

The Anahata or heart chakra is associated with the color green and located in the center of the chest ("The 7 Chakras for Beginners", 2016). The heart chakra unites the lower chakras of matter and the upper chakras of spirit. The fourth is also spiritual but serves as a bridge between our body, mind, emotions, and spirit. The heart chakra is our source of love and connection. The heart chakra is most closely related to issues of giving and receiving unconditional love, acceptance of others, trust, forgiving of self and others, abundance, healthy relationships, compassion, and healing. The heart chakra is the energy center that links the body to the Spirit, and to the inner child. This chakra is the center for empathy and empathic abilities, and acts as the initial opening for psychic and healing abilities. Parts of the body ruled by the heart chakra: heart, lungs, circulatory system, shoulders, upper back and thymus.

Symptoms of an unbalanced heart chakra: lacks true compassion, needs confirmation of self worth, possessive, feels unloved, resentful of others, trouble openly receiving from other, gives to others out of obligation rather than genuine goodwill, bullies, worries all the time, unforgiving, uses worries to manipulate others, and co-dependant.

When the heart chakra is in balance, you are naturally loving and accepting of self and of others, full of compassion, and can easily forgive. The heart chakra is very important for healers as the healing energies flow through the hands from the power of the heart chakra. An open heart senses the Divine in all life.

The Throat Chakra

The Vishuddha or throat chakra is associated with the color light blue and is located in the center of the throat ("The 7 Chakras for Beginners", 2016). The throat chakra most closely relates to issues of communication, hearing and being heard, telepathy, communication creativity, sound, and is the energy center for clairaudience (clear inner hearing), speaking one's own truth, and channeling Divine truth. This chakra is also the energy center that connects you to the subconscious records of all life and all events, known to us as the Akasha or Book Of Life. Parts of the body ruled by the throat chakra: Throat, neck, thyroid, vocal cords, and trachea.

Symptoms of an overactive throat chakra: domineering, fanatical, talks over others, tunes others out, hyperactive, overly talkative, obsessive or obnoxious with words, has many voices going on within all at the same time, inability to quiet inner voices, and intense inner self talk.

Symptoms of an under active throat chakra: resists change, slow to respond, stubborn, non communicative, apathetic, suppressed ability to express one's self honestly and confidently, tuning others out, going silent when expressing displeasure with others, and intense negative inner voice about self and others.

When the throat chakra is balanced you feel creative, and convey those inspired feelings through words both spoken or written. It may be a wonderful communicator speaking honestly and flowing with Divinely guided knowledge, telepathic, or may have a great appreciation for music, or may be a musician. Many famous teachers, religious leaders, artists, actors and musicians have very powerful throat chakra energy.

The Third Eye Chakra

The Ajna or third eye chakra is associated with indigo blue and is located in the center of the forehead ("The 7 Chakras for Beginners", 2016). The third eye chakra is mostly related to issues of intuition, visualization, and is the energy center for clairvoyance (clear inner seeing). Parts of the body ruled by the third eye chakra: eyes, ears, pineal gland, and the parasympathetic nervous system. When the pineal gland is fully awakened, active, and healthy, it allows the third eye to be completely open and leads to opening up clairvoyant abilities. It allows a person to see through their inner vision into the past, present, and future by allowing them to glimpse the seeds of probable events, as they begin to grow and take form. Clear inner vision through an open third eye, allows the person to see auras, chakras, angels, and spirit guides. This chakra works in powerful connection to both the crown chakra and the throat chakra.

Symptoms of an unbalanced third eye chakra: fearful, worried, impatient, oversensitive, belittles the behaviours of others, self doubt, envious, superstitious, refuses to look at uncomfortable truths around them, avoids eye contact with others.

When the third eye chakra is balanced you'll have a very vivid imagination, can easily experience visual journeys during meditation, enjoyment of colors, light, vivid dreams, vivid visual memories, and may have the ability to see psychic vibrations in the form of spirit guides, angels, animal spirits, and the souls of humans who have made their transition through death.

The Crown Chakra

The Sahasrara or Crown Chakra is associated with the color violet, and is located at the crown or top of the head ("The 7 Chakras for Beginners", 2016). The crown chakra most closely relates to issues of consciousness, higher knowledge, connection to universal energy, flowing with divine wisdom, and connection to the universal mind.

The crown chakra is the energy center of our connection to our higher selves and to oneness with the Divine. The crown chakra is a major psychic reception area for drawing source energy, divine wisdom, and accessing the Akasha.

Symptoms for an unbalanced crown chakra: need to feel indispensable, needs sympathy, extremely erotic imagination, feelings of being misunderstood, shame, negative self image, lacks tenderness, and self-denial.

When the crown chakra is balanced, you'll feel a sense of oneness with all life, knowing and understanding your place in the world, open to learning and understanding new concepts, can see and understand the mysteries of life, knows the soul history and fully understands their own Divine purpose and the Divine plan of others, is one with Mother Earth and Source.

A Typical Reiki Session

The Reiki Practitioner will ask you what you would like to focus on during the Reiki session. You are fully clothed lying on a massage table. A pendulum (chain with a crystal on it) will be used to read the flow of each of your seven energy centers (chakras). The Practitioner will lightly lay their hands on or above your body. Typical positions of the Practitioner's hands are on your: head, shoulders, stomach, arms, legs,

and feet (or you may prefer not to have touch). Your energy field (aura) will also be treated with Reiki. Reiki is not a massage.

All patients feel deep relaxation and peacefulness. Patients may feel warmth in specific areas, tingling, sensations of releasing negative energy, see colors, or experience feeling lighter. After a Reiki session, it is recommended to drink plenty of water to wash away toxins released during the session. Let your body do whatever it needs - allow yourself quiet time or return to your life's activities with a sense of wellness and increased energy.

Reiki Testimonials

Although every one's Reiki experience and results will vary, there is evidence through various testimonials of healing that can be accomplished by just a few Reiki sessions. Many of them are documented by before and after medical tests and the observations of licensed health care providers. Please note that while Reiki can cause miraculous healing, it does not always do so however most patients receive some level of healing with the minimum benefit being relaxation and stress reduction.

"Prior to my session I was on the edge of going into another depression. In the days after my session, the peacefulness stayed with me for a week and I walked away with a strengthened sense of myself." - L.W., Pittsford, NY ("Reiki Stories, 2016)

"A friend of mine went into the hospital for some reconstructive surgery due to breast cancer. After a couple of weeks, I saw her husband and inquired about her health. He was devastated and told me that she had developed a severe infection and had been running a fever of 104 degrees for several days and the doctors did not know where it was coming from. He said they believed her organs could begin to shut down. I asked

permission to visit her the next day, which he later called to tell me she accepted, and I began to send Reiki to her immediately. Upon my arrival the next morning, she looked wonderful! I asked her how she was and she said it was amazing. She woke up that morning and her temperature was completely normal. She felt great! The doctors had no explanation for her healing. She then asked me to explain Reiki to her and before I had finished, she took my hands and placed them on the site of her infection, closed her eyes and said, "Just do it." My friend is now home recuperating with her family. I thank God everyday for her health and this beautiful gift of Reiki." — Kathleen ("Reiki Stories, 2016)

"I recently had a patient who suffered from having a stroke. He experienced a mild weakness on his left side and great difficulty walking because he could not balance, was dizzy and had double vision. He fell a lot and couldn't walk outdoors. He also reported that he felt like worms were crawling in his head. He saw a neurologist, neurosurgeon, and a balance therapist with no improvement and in fact his symptoms got worse as he began vomiting. I started giving him Reiki treatments and craniosacral therapy, followed by balancing exercises. After four treatments, this 83 year old gentleman recovered completely. Now he can drive, and go for walks with no complaints - no double vision and his head is back to normal. Each time he received a treatment, he went into deep relaxation within 30 seconds and said it was a heavenly feeling. Reiki can do miracles." — Hima Dalal, Lexington, S.C. ("Reiki Stories, 2016)

"I had a skeptical friend, who, after I took Reiki, rolled his eyes and said, "Sure, you can Reiki me, whatever that is!" As I was scanning his body, I was particularly drawn to his left chest area, and particularly his areola. My hands, in an instant, turned to ice. It was

a feeling I can't really describe. I couldn't ignore this. I stopped and my hands continued to be ice (which he felt and was stunned). I had to put my “nurse hat” back on and begin to palpate and assess, and much to my amazement, there was a very large mass in his chest wall. Although he felt the cold, he was reluctant to go the doctor, so I dragged him kicking and screaming. The surgeon brought in his resident, as he had “never seen anything like that.” They immediately scheduled surgery and removed a very large mass that if it had been left any longer, it would have put pressure on his heart and he would have died. This was my first (and most memorable) experience with Reiki. It still amazes me, and this was over a year ago. I know we crossed paths for a reason. Light and love,” — Lyn Martin RN, BSN, LMT (“Reiki Stories, 2016)

Conclusion

Reiki is a complementary, not an alternative method of healing. It complements, but does not replace, traditional medical practice and should never be used in lieu of traditional medicine. However, studies have shown that Reiki speeds healing and lessens pain, making it ideal for hospital and other medical settings.

Reiki is increasingly offered in hospital, hospice, and private practice settings, applied to a variety of illnesses and conditions. It is seen as an effective and cost-reducing method to improve health outcomes and quality of care. Hospital staff, such as physicians and nurses, are adding Reiki treatments to their work. Those who receive such treatments report relief of symptoms from numerous health challenges, including mental health issues. Research shows that Reiki primarily helps in the reduction of stress, anxiety and depression, as well as relief of chronic pain — the last of which can bring on anxiety and depression, or make episodes worse. Scientific validation of Reiki’s effectiveness have

helped bring this method to the mainstream, where it is able to aid patients in all realms. I am a Reiki master and I perform Reiki daily while working with my patients during their physical therapy treatment. I have seen the difference it has made in their recovery in as quick as a hour or when treating them the next day. It is an amazing way to bring light, love, and healing energy to people in need.

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