

A Beginners Guide To

Reiki Energy Healing



Reiki treatment is a superb relaxation and energy healing approach by Japanese spiritual researcher and teacher Mikao Usui.



Reiki was created by Dr Usui as a technique to restore the natural balance of an individual's energies and realign those imbalances.

Reiki can be utilised as a spiritual practice to maintain peace of mind and personal well-being for those who wish to use it that way.



Meaning of Reiki

Reiki comprises of two smaller words: "Rei" refers to universal spirit energy, Gods wisdom or higher power, and "Ki" refers to your spiritual energy or life force energy. You may already know it as "Ki" in Japanese, or possibly "chi" in Chinese, and "prana" in Hinduism.

The term "Rei" is important in Dr Usui's teachings since it alludes to the life energy that animates and provides life to all forms. Each of us is animated by the same force known as the subtle energy body, which surrounds and infuses us with life.

When we are worried or traumatised, our aura can become depleted and out of balance, leading to sickness and 'dis-ease'.



Because it operates on all of our energy "bodies" - physical, mental, emotional, and spiritual, Reiki can be thought of as a way of cleansing and harmonising our overall energy field. An imbalance in any of these bodies will frequently appear as a physical disorder in our bodies.



THE ROLE OF REIKI IN THE HEALING ARTS

Reiki is frequently utilised in both the U.S.A. and Europe to complement traditional Western medical treatments. Reiki techniques are being used by an increasing number of nurses and nurse practitioners as part of their patient care. However, in a medical setting, it's not meant to be utilised as a primary healing therapy or to diagnose medical issues. It can of course be used as a stand-alone treatment in alternative or holistic settings and often is.



Reiki is known for its fundamental virtue of energy healing and balancing.

Despite being an excellent stand-alone treatment, Reiki healing is frequently combined with other recognised supplementary healing techniques, such as acupuncture, massage, and even self-hypnosis, around the globe. These various disciplines are put together under the basic banner of "alternative healing" or "complementary healing" for the sake of simplicity.

Because the medical establishment has classified these specialities in an unduly simplified manner, it is critical to understand the true differences.

The majority of alternative healing techniques can be used alongside one another without causing any conflict (as opposed to conventional medical practices, which can sometimes clash with each other). This is actually a positive thing because Reiki therapy may be used in conjunction with other techniques as mentioned above such as self-hypnosis and acupuncture without any adverse effects.

However, people must understand that Reiki healing is not the same as acupuncture or the other disciplines mentioned. Reiki healing is based on concepts and procedures that are unique to it and has its own advantages.

Who Can Benefit

Reiki is most effective for people who are stressed out, whether at home or at work,



who have emotional problems or suffer from physical ailments. Reiki Masters and Practitioners are educated to assist anyone seeking assistance with a condition (physical, mental, emotional, or spiritual) that requires adjustment. Chronic illnesses may necessitate multiple treatments. Face-to-face contact with a Reiki Practitioner or Master at his/her office or at a location of the patient's choice, frequently with Reiki healing music playing in the background, is the most common method.

Because face-to-face treatments are not always available, a Practitioner or Master trained to undertake this type of work can provide distance healing (one who has second-degree Reiki training as a minimum).

This necessitates the Practitioner's capacity to fully tune into Source or Universal energy (Rei) and properly channel it to the individual who is not present. The benefits can be just as potent as an in-person treatment for achieving energy healing.



How Reiki Can Help You Heal

Reiki is a type of energy healing that employs the application of powerful spiritual energy. However, the term 'healing' is used loosely here, as Reiki is not limited to treating physical ailments.

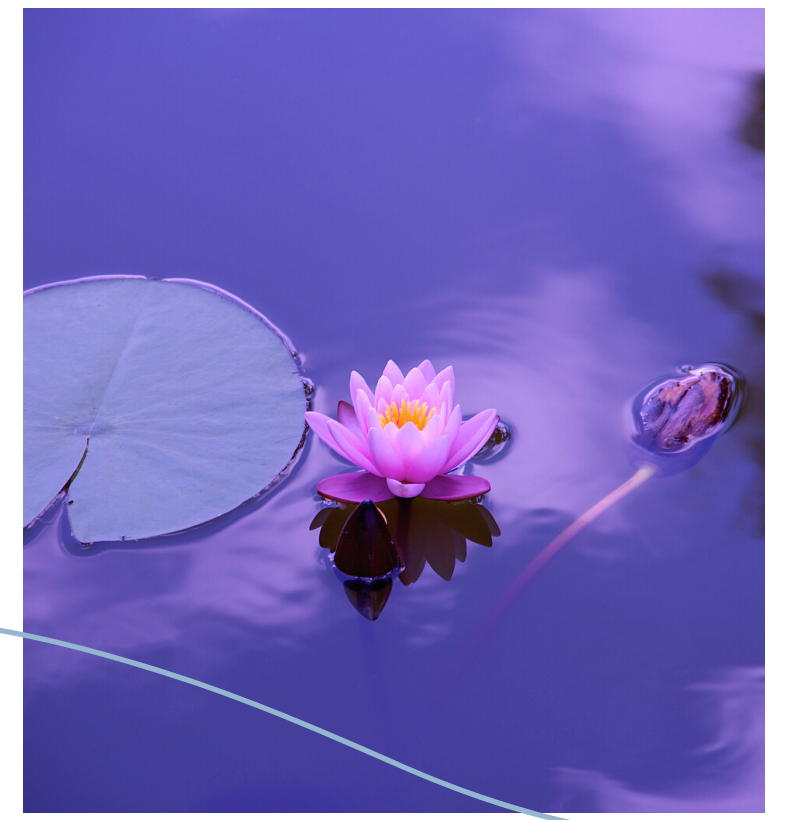


Body, Mind and Spirit

Reiki can heal all areas of your being: body, mind, and spirit. It is also based on Buddhist medicine and incorporates Taoist masters' knowledge as well as Chinese medicine. Every ailment, according to these beliefs, may be traced back to an energetic imbalance. To put it another way, if your mind is sick, your body and spirit are sick as well. Likewise your body and mind will become ill if your spirit is ill. When your body is sick, it affects your soul and mind as well.

EVERYTHING IS INTERCONNECTED.

While Western medicine focuses primarily on physical symptoms and associated therapies, it rarely addresses the root of the disease. That is why holistic medicine is becoming increasingly popular. Patients are increasingly looking for long term healing and to understand why they are becoming unwell in the first place rather than the quick 'symptomatic fix'.

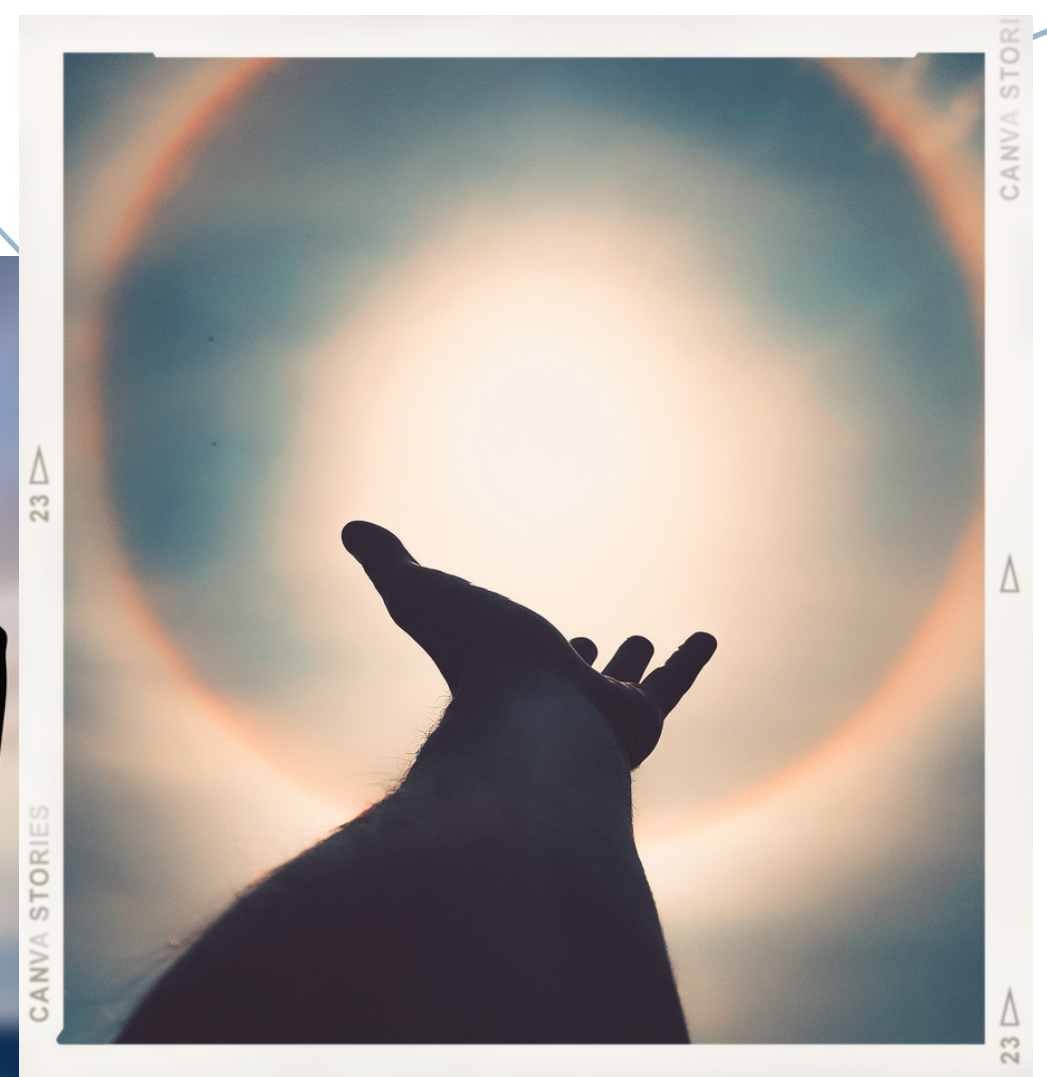
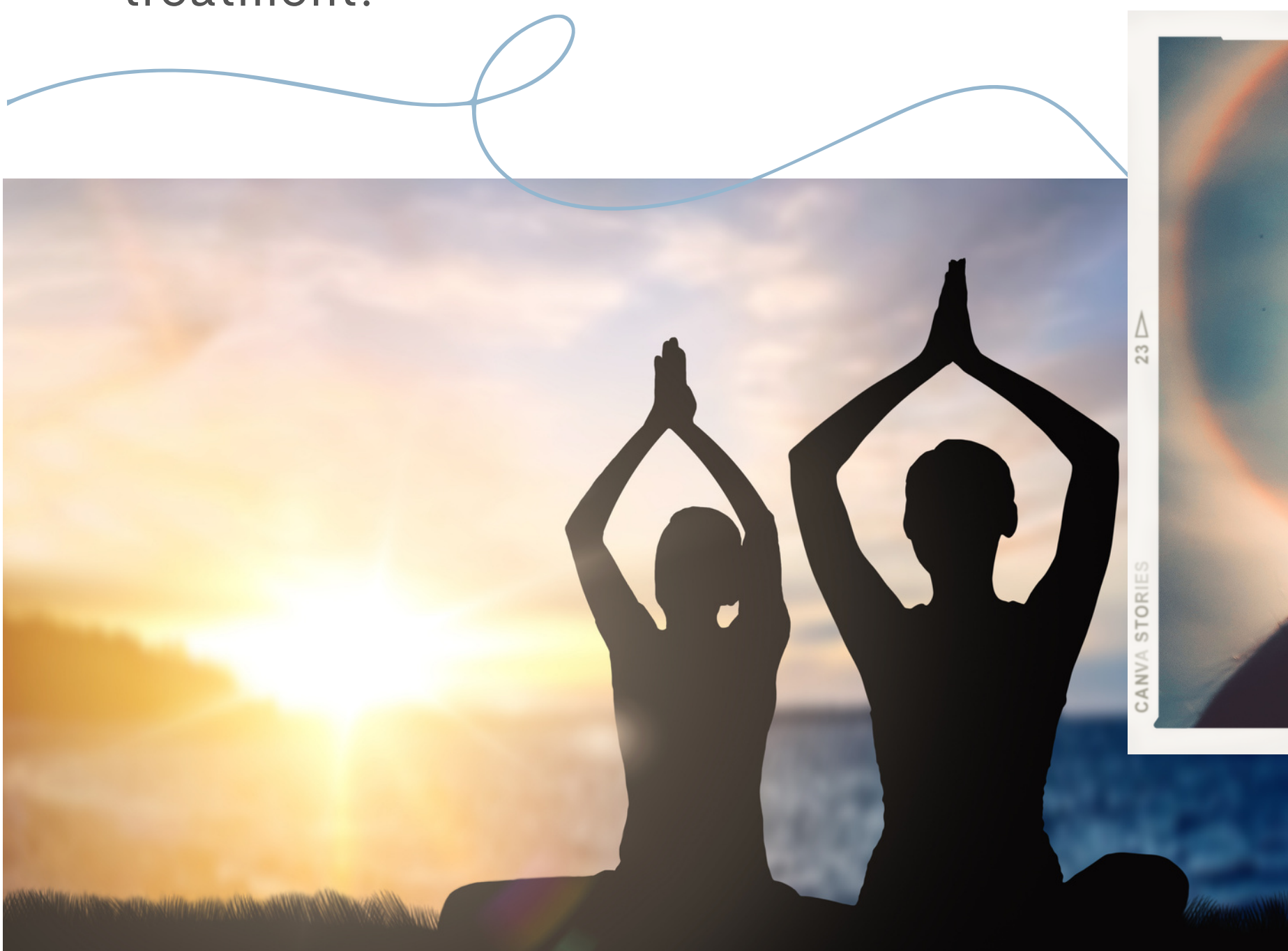


In many cases the patients have ensured their total recovery by combining traditional Western medicine with Holistic treatments such as Reiki treatment. Holistic Practitioners take a wider view, looking at not only the symptoms of the client but also their lifestyle, nutrition, energy levels, sleep patterns, social interaction, relationships and so much more. All of these situations and more attract energy blocks. So it is important to address them before starting.

Balancing with Ki

As we now know, Reiki is a spiritual energy that can be used to help people recalibrate and correct imbalances. You must get rid of negative energies that grip the body and recharge yourself with positive, life energy – Ki or Chi – to bring harmony to your body, mind, and soul.

This is precisely what Reiki seeks to address. It helps to clear negative energies and obstructions from the body-mind and soul, allowing energy to flow freely. Reiki also recharges your "batteries," restoring your strength and health. In this approach, Reiki can treat physical pain as well as other ailments. However, it can also be used to treat bad habits such as smoking or drinking alcohol. It can truly help you to release your negative emotions, such as long held wounds and pain you've been carrying around in your subconscious mind and causing a heavy heart. Stress, anxiety, worries and fears can all be alleviated with Reiki. It works in the same way even if you aren't a Reiki practitioner yourself but are simply a consumer receiving a Reiki treatment.



THE ENERGY FLOWS FREELY AND GOES TO WHERE IT IS NEEDED.

Reiki has the same impact on practitioners although Reiki, could possibly be considered more powerful in the hands of practitioners. Because it is constantly flowing through the practitioner, they must first heal themselves before treating others. Reiki is a strong spiritual healing technique. It can restore your entire life, allowing you to enjoy it once more.

Who can learn this?

Reiki Healing is the process of employing universal positive energy to heal your own body and soul and therefore, self-healing is available to everybody who has been given the ability to channel this energy via their body.

They can also study hands-on healing and the incredible healing potential of energy treatment. Reiki can be learned by anyone regardless of faith, college degree, meditation level, or general ability. Anyone can learn self-healing.

You'll need an open heart and mind and the capacity to channel energy correctly, which you may learn through special Reiki preparation sessions that will show you how to do so.



Who Teaches You Reiki and Self-Healing?

In times gone by, One would have to seek out a Reiki Master to understand the skills of self-healing, energy treatment, hands-on healing, and all other parts of the teachings. This was a person who had been trained to teach you how to use your inner powers in the most effective way possible. However, Reiki experts now believe that seeking these teachings through the books and studies that are available to us is absolutely feasible.

The main difficulties some may encounter with finances and the time it takes to find a Reiki Master can both be solved by learning these techniques on our own.

Having said that, there is no training quite like the training you will receive by being side by side with a trained Reiki Master. So if you are very serious about training to the best of your ability and maybe even becoming a practitioner yourself then finding a Master trainer would be highly important. If you are happy to stick to healing yourself, family and friends, then books and online courses may very well serve the purpose you need.



Doctor Usui created the first Reiki preparations. Reiki principles, breathing techniques, and everything else needed to prepare yourself and your body to receive healing energy and self-healing abilities were included. You were initially taught how to keep an open mind when it came to gaining healing talents. Then you'd continue your studies and learn about hands-on healing as well as distance healing.

'One of a kind experience'

Attunements

Learning the Reiki technique is a one-of-a-kind experience in and of itself because, rather than being taught in a traditional classroom setting, the ability is handed down or passed on to the student by the Reiki Master in an "attunement" session, and the student is then able to draw on the life force energy to improve one's quality of life.

The Reiki healing system differs from other types of healing in that it requires the client's active participation. The decision to become better and enhance one's health and acceptance of that decision is an important part of the Reiki healing process.



Reiki Levels

Reiki comes in three levels

- **First degree** - a Reiki practitioner who has completed the first degree has the power to heal both himself and others.
- **Second degree** - can heal people even if they are not in the same place as the practitioner. It's also referred to as "distant healing."
- **Master/Teacher degree** - possesses the abilities of the first two degrees and can teach and train people who wish to attain any level of the Reiki healing system.

There is no requirement in this curriculum that you become a Reiki Master. If you only want to study self-healing and not how to heal others, you can stop there.

However, after many realise the abilities they gain from self-healing, they want to go on to aid others. To become a Reiki Master, you must understand that you must follow the teachings to the end if that is your aim. Self-healing has the potential to benefit you both physically and spiritually.

6 Reasons Why You Should Try It

Reiki has many advantages since it focuses on finding the proper balance between all of the body's and soul's aspects. Because this method considers problems holistically, it has several advantages, including:

- **Pain management** People who suffer from chronic pain could benefit from this drug free approach, as they would also potentially be avoiding the overuse of pharmaceuticals, which can lead to addiction.
- **Enhances relaxation and well-being** By filling the body with endorphins, it becomes easier for people to cope with pain.
- **Assisting in the treatment of dis-eases** People with serious conditions (cancer, hypertension, diabetes, etc.) benefit from this therapy since it boosts their immunity and improves their bodies' ability to heal themselves. Naturally, one must continue with medical treatment as advised by doctors since natural therapy is not a replacement for this but more an addition or support. There's no real way the two could have a bad relationship.



- **Reduces Anxiety** This treatment helps to calm the heart rate and regulate breathing. This not only makes you feel less anxious, but it also helps you sleep better. Anxiety is reduced even more by better sleep.

- **Weight loss** There is a clear link between weight loss and reduced anxiety, and better sleep. To reduce weight, one must still exercise and eat a healthy diet, but this therapy provides an additional benefit.

- **A good attitude** People who have a positive outlook on life are more likely to succeed in businesses and relationships. People with this mindset are also more likely to attempt new things. As a result of their successes, they gain positive self-esteem. Even in downturns a good attitude supports their recovery better.



As you can see, the correct Reiki practitioner may assist you in many positive life changes. It is usually necessary to have a number of sessions with the practitioner to achieve the desired benefits. However, positive outcomes can frequently be seen as early as the first session. Surprisingly, this spiritual exercise can be used on individuals of all ages, as well as pets. It is also sometimes combined with crystal therapy, colour therapy and angel therapy.



Reiki Symbols

Once upon a time these symbols were hidden away and one might ask why Reiki masters wanted to keep these symbols and their meanings hidden from the rest of society if they were so healing.

So, what exactly are the Reiki symbols, and what do they mean?



It was nearly impossible to know the answer to this question several generations ago unless you were a Reiki third-degree practitioner yourself. The solution to this issue can now be easily found by reading Reiki literature or just surfing the internet.

These symbols, which were formerly veiled in mystery, have been exposed to the public and can be used by any level of Reiki practitioner who understands them well. Master Reiki practitioners use three main symbols.

Traditional names for these extraordinary symbols include Cho ku Rei, Sei He Ki, and Hon Sha Ze Sho Nen.

Cho ku Rei (Symbol for Reiki Power)

"Place the power of the universe here," says Cho ku Rei. This Reiki symbol is often used to help Reiki practitioners focus their energy on a specific purpose. When a Reiki master visualises or draws the Cho ku Rei symbol, it briefly improves the practitioner's healing power.

Cho ku Rei can also be used to boost the potency of any other Reiki symbol if it is used first. In addition to these functions, the Cho ku Rei sign is frequently invoked for its protective qualities. Simply picture this symbol and send its energy onto a specific person or group of people to protect them.



Sei He Ki (Mental or Emotional symbol)

The Sei He Ki symbol is used to help the body and mind align. Psychological issues cause many illnesses and other health difficulties. The phrase "God and man become one" is the most common translation for this symbol. Sei He Ki is the most commonly used sign for healing someone who is addicted to anything, such as alcohol or drugs. This symbol can also be used to find anything significant that has been misplaced. This symbol can be easily visualised or drawn by a Reiki Master.

Hon Sha Ze Sho Nen (Distance Healing symbol)

In English, Hon Sha Ze Sho Nen means "No past, present, or future," or "The Buddha in me touches the Buddha in you." This symbol is typically utilised for distance healing, in which a Reiki master directs their positive healing energies towards a person to heal them of all dis-eases.

During this period, the person is not required to be near the practitioner. A Reiki master can just envision this symbol before concentrating their energy on the person who is afflicted.

Reiki symbols can aid Reiki Masters in their work and whilst they are available now for all to use at any level due to their accessibility,

it is advised that the symbols should not be utilised by individuals who are not advanced practitioners, according to Masters in this field, because they are ineffective when used by those who do not have their advanced understanding.

Reiki Masters of healing have determined that using these priceless Reiki symbols is best left to masters of healing because untrained people will not be able to harness their magnificent powers and may cause more harm than good. This is probably a difficult situation sometimes as of course one could ask, how can a new practitioner learn to become more aware and practise better if they are discouraged from using the symbols. Again this may be where an actual training in person with a Master Reiki practitioner would potentially solve this issue.



Is Reiki Safe?

This is a frequently asked question. Reiki, according to most sources, is completely safe. I agree, except that some situations remind us that we must be extremely cautious when mending, healing and working in the spiritual realm.

Some people, for example, are terrified of ghosts without knowing if they exist or not, and are especially sceptical of something like Reiki, which they may feel, but not see or be able to explain. Many sensitive people especially inadvertently or consciously take negative energy from people, spirits, or the environment, which can negatively impact them.

Reiki is not harmful in and of itself.

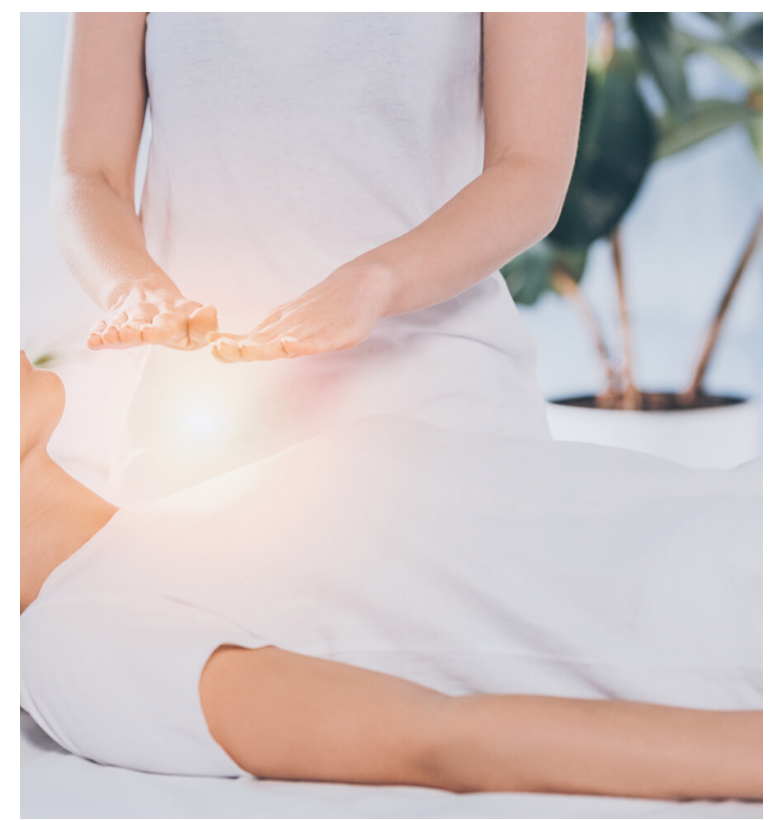


During a Reiki session, the most common danger is that the healer pulls up unpleasant energy or feelings from the patient. It's vital to remember that healing is to increase a patient's energy level and remove unwanted energy or emotions from their hearts; however, this does not mean that the healer should absorb those energies.



How do we know how open to the world we should be?

A healer must be receptive to energy flow. Coming into contact with unpleasant emotions or psychic attachments is one example. If you're prone to picking up on other people's negative emotions, examine your own heart to see why you're picking up on them. Are you looking for validation or reflection in the feelings of others?



It seems natural to seek out people who exude pleasant emotions that we share, but what about bad emotions? Do negative or stressful feelings from a crowded room or busy airport resonate with feelings hidden within your shadow self? You can learn a lot about your unconscious self by using these experiences. What situations, places or people bring up difficult feelings, if any?

This way we can discover more about ourselves and heal those parts which may still feel fragile. Don't worry though that feeling sad or negative energies may be a block to you being a Practitioner, quite the opposite, see it as a way to heal yourself first and that way you can better understand your patients, Reiki energy and its powers, and become a better practitioner.

Is it necessary for us to be vulnerable as healers?

Yes, we must accept vulnerability in the same manner that we must open our hearts to love. "Tis better to have loved and lost than to have never loved at all", stated Tennyson. So, sure, you are vulnerable during healing, but it does not imply you set yourself up as a target for all energy lurking in the shadows. What matters is that you are conscious of your energy and feelings, whether they are positive, negative, or undefined.



Maintain an openness to all forms of energy, but this does not mean you should consume it. Be aware of which energies are beneficial to your well-being and the well-being of your patients, and make a conscious, educated decision. Always remember to have a clearing and grounding session before and after a Reiki session to stay in balance.

In conclusion, Reiki is quite safe. However, it is always prudent to exercise caution. Keep your heart open while monitoring what passes through it, in a similar paradox.

Above all, enjoy the magical universal energy and the healing power, that is Reiki.

Blessings, safe and happy healing.