

# REIKI

## What is Reiki? (Pronounced ray-key)

Reiki is a wonderful, safe technique for activating, balancing and increasing the life-force within every living being. We are all born with a natural ability to take in and use this universal life energy for growth and to maintain health. During the course of life, however, injury, stress and trauma constrict and reduce our ability to make use of this energy. Reiki is a peaceful, non-intrusive way to increase this energy's flow again.

## What is a Session Like?

In a Reiki session, the client lies down on a massage table fully clothed except for shoes. There is no need to say anything but you are free to let the practitioner know about issues you are working on or health problems. The Reiki practitioner will gently rest her/his hands on your body in a pattern which covers you head, trunk and legs to allow universal life energy to flow through the hands and into your body. You can fall asleep without interfering with the energy transfer.

## What will I feel?

Reiki is experienced differently by each individual. Some do not experience any physical sensations while others feel heat, a pleasant tingling or a twinge of pain as tension is released. Reiki may be working on a physical, emotional, mental and/or spiritual level. Some people have visual memories and some become teary from emotional release. You will have a chance at the end of the session to discuss thoughts or emotions which may have arisen.

## Where does Reiki come from?

Reiki is an ancient knowledge which was rediscovered in the mid 19th century by a Japanese scholar and Christian minister, Dr. Mikao Usui. It was brought to the United States by a Hawaiian woman of Japanese descent, Hawayo Takata, who learned the method after she had been healed by it in the 1930's she began a concerted effort to select and train Reiki Masters in the United States.

気  
REI

霊  
KI

