



# Reiki - An Introduction

Reiki, pronounced "ray-key", is a Japanese word meaning universal life energy. "Rei" is the essence of the Source of Life; "Ki" is the energy or power which brings it into form. The Reiki process is a simple, ancient method of healing rediscovered by Dr. Mikao Usui of Kyoto, Japan in the early part of the 20th century. Reiki was introduced to the USA in the 1930's by Mrs. Hawayo Takata. Today, Reiki practitioners and teachers are found all over the world. While Reiki is expressed in a variety of forms, the healing quality of the energy remains potent..

In Chinese, energy is called chi, which is the same as the "ki" of Reiki. This energy is vital to our health. The amount and balance of "ki" within us determines our overall state of wellness. Any imbalances can result in dysfunction of our physical, emotional, mental, or spiritual levels. Disease is the result of an imbalance of "ki" energy. Reiki, like acupuncture, acupressure and yoga, attempts to increase and balance the flow of energy in the body.

During a Reiki treatment the practitioner channels Reiki by placing his/her hands gently on or over the client's fully clothed body and head in different positions over the major chakras ( energy centers ). A full treatment takes approximately an hour. Reiki acts to speed up innate healing process. The client is not actually healed by the practitioner, but by the balancing effects of the life force energy, and his/her inherent capacity to heal him/herself..

Reiki works on all levels of being - physical, mental, emotional and spiritual. A Reiki treatment is relaxing and at the same time revitalizing. It relieves pain and acute problems quickly. Chronic illnesses may take many treatments. Often, emotional releases may be experienced during a treatment. Unexpressed emotions can be thought of as blocked energy held in the body. Reiki helps unblock and release those feelings. It assists in relieving depression, resentment, fear and mental confusion. It can be used with other therapies or methods of conventional and alternative treatment without any interference. The most commonly reported benefits of Reiki, are increased and smoother energy, greater calmness and a more loving and peaceful spirit.

Reiki is often also an impetus to spiritual growth. It has a cumulative effect. As you continue to receive and practice Reiki, the connection with the Higher-Self and a sense of interconnectedness with the universe may grow stronger. There is no limit to the personal growth and transformation to be achieved with Reiki.

Anyone can learn Reiki. The desire to learn and the energy activations (attunements) are all a person needs. Once activated, anyone can be a channel for Reiki energy. There are three levels of Reiki available to those wishing to acquire them. The first level training involves tapping into the energy and directing it through the hands. The second level includes a greater access to this energy, and enables the practitioner to do mental/emotional and absentee healing. The third degree is taught in two parts - Advanced Reiki training for practitioners and Reiki Master training for those who are interested in teaching and activating the Reiki energy in others. Each level requires approximately 18 class hours in 2-3 hour sessions in a weekend intensive or over a month.

The Five Reiki Principles are an integral part of the Reiki teachings:

**Just for today: let go of worry; let go of anger; show gratitude; work hard; be kind to all creatures.**

The Reiki Principles Workshop and Workbook provides an opportunity for personal reflections on your own life in relation to these principles.

---

To find out more about Reiki, to schedule a Reiki session or to register for classes contact:  
**Suchinta Abhayaratna (Reiki Master) - E-mail: [chisuchinta@yahoo.com](mailto:chisuchinta@yahoo.com)**