

What is Reiki?

Reiki is a Japanese form of healing that is becoming increasingly popular worldwide. What makes Reiki unique is that it incorporates elements of just about every other alternative healing practices such as spiritual healing, auras, crystals, chakra balancing, meditation, aromatherapy, naturopathy, and homeopathy.

Reiki involves the transfer of energy from practitioner to patient to enhance the body's natural ability to heal itself through the balancing of energy. Reiki utilizes specific techniques for restoring and balancing the natural life force energy within the body. It is a holistic, natural, hands-on energy healing system that touches on all levels: body, mind, and spirit.

Reiki (pronounced ray-key) is a Japanese word representing universal life energy, the energy which is all around us. It is derived from rei, meaning "free passage" or "transcendental spirit" and ki, meaning "vital life force energy" or "universal life energy".

The Benefits Of Whole-Body Reiki

A Reinforcing Effect

The whole body Reiki is used to treat the whole body to achieve relaxation. It facilitates the removal of blockages in energy flow and the dispersal of toxins.

Long-term practice of whole-body Reiki will restore the general condition of the body. The energy channels are opened to allow the body to deal properly and naturally with both stress and the build-up of toxins. It will help you to cope with anxiety and depression.

Reiki therapy is also useful when you are recovering from an illness. Reiki will provide the additional energy required to recover from the illness. It will also reinforce the effects of any other method of natural healing. It can be used as a supplementary therapy as it is a truly complementary system of treatment.

Reduction Of Side-Effects

Reiki therapy can be a very useful adjunct for anyone taking a course of drugs. It can help reduce some of the side effects of drug therapy. Reiki helps the body in the recovery after drug therapy, after surgery and after chemotherapy. In all these cases, Reiki therapy supplies the body with extra life energy, enabling the body to bounce back more quickly from the burdens of surgery and chemicals.

In some cases, use of Reiki therapy after an operation will lessen pain. It will accelerate the natural healing processes. The key to success is that the therapy be undertaken on a regular basis. When a person is enjoying good health, the regular therapy increases the body's built-in defense which manifests itself as a confidence and outward harmony in dealing with everyday events. It bestows a greater ability to deal with stressful situations. You will gain a positive outlook on life. Once the blockages and toxins have been removed from the system, the scope for personal advancement and growth becomes available. In general, the better metabolic functioning afforded by Reiki therapy means that benefits and improvements may be experienced in many ways.