

What is Reiki?

Reiki has been defined as “The Universal Life Force Energy” that is within us and surrounds us. If we break it apart “Rei” is our spirit, soul, divine and sacred. “Ki” is the energy that composes, permeates and moves through everything that exists.

Reiki can help us on many levels as I have both witnessed and experienced over the last 10+ years as a Reiki practitioner. The day following my Level 1 training, I remember being at work when my hands started vibrating and heating up. I showed this to a close friend I was working with, and she asked me to meet her at a nursing home later that night to practice Reiki on her husband at the time. He had stage 4 cancer and we both knew he could only benefit from this, so I agreed and went to visit him. As I started the treatment I was almost in disbelief at the amount of energy I was feeling radiating out of his body. I stopped a few times to recharge myself so I could continue, what I was feeling was making me nauseous. I could only imagine what he was feeling; my heart went out to him. Later that night when I was home, I was thinking about this experience and what I could do to help him and also my friend. I decided to meditate on it and ended up having one of the most memorable meditations of my life. I started performing Reiki on myself for him (something you learn in level 2 as I found out later). As I went through each of my chakras I spoke to him as if we were sitting at a table talking, I told him what each chakra represented and its possible life lesson and to take that knowledge with him on his journey. I remember telling him that his family and friends love him and that he did not have to stay here and suffer anymore. It was Ok to move on to heaven. As I finished my meditation I could still feel its intensity at work. My friend’s husband passed within a few days following, and to this day I truly feel we had silently spoken to each other...

Something we must remember is that Reiki can help those of us living and those of us transitioning to heaven. One of my greatest comforts came when I checked the energy of my sister as she was close to death, and found that the majority of her Chakras were in balance. I realized at that point that she was already transitioning to heaven and that she was OK and ready to move on. Being able to let go of a loved one is the hardest thing we have to do, but I know in my heart that she made the transition and that her soul is in heaven.

**What a Reiki treatment is and does can be many things to many people,
And it’s all good.**

Reiki balances and works on 4 levels; Physical – The body and its manifested pain, Emotional – What you are feeling, Mental – What you are allowing yourself to think, and Spiritual – Your capacity to love yourself and others. We work on the cause rather than the effect. You will feel relaxed as the energy begins to flow through your body, you may even fall asleep. For some that relaxed feeling turns into a wonderful place of peace, allowing your mind and body to rest for awhile, and for some it may be quite emotional as old patterns surface. Either way rest assured that within the hour your Chakras (energy centers) will come into balance, and from this balance your body and or mind will begin to heal. I have seen healing transitions take place within the first treatment, and some will continue with their treatments for a longer time. There are hands on treatments available as well as distance treatments, both are effective. We offer private or group sessions at the studio, as well as certification. I would like to send thanks and blessings to ALL my Reiki teachers for sharing this ancient art with me. Namaste.