

The Reiki Method of Natural Healing

Reiki

Q: What is reiki?

A: Reiki (pronounced “ray-key”) is a gentle, powerful, and effective method of natural healing that is both a form of bodywork and of energy medicine. Reiki relaxes, soothes, comforts. Reiki relieves pain, reduces symptoms and accelerates healing.

Q: How is a reiki treatment given to a person?

A: Reiki is often given quite informally. This happens when a trained practitioner applies his hands to his son’s knee, bruised during an after-school game, or to his wife’s shoulders, after she has had a stressful day at work, or to himself, as he relaxes and drifts off to sleep and dreams.

In chiropractors’ offices, clinics, spas, hospitals and other health care settings, reiki is given as a formal treatment. As the client rests, comfortably clothed, on a bodywork table, a trained practitioner applies her hands in a series of standard positions that cover the front and back of the torso and the head. This focuses healing energy to the major organs of the body. The client may request treatment on other areas as well.



Receiving reiki is so relaxing that many clients fall asleep during a treatment.

Q: What occurs during a reiki treatment?

A: There is a transfer of healing energy through the trained practitioner’s hands to the client. This may be perceived by the client as warmth or tingling or pulsing or as other sensations of energetic activity. The experience of receiving a reiki treatment is usually a very gentle one and brings many health benefits.

Q: What are the health benefits of reiki?

A: When a person is already in good health, reiki is good preventive medicine. Most people who learn reiki use it on themselves and their family members for just this reason. It deeply relaxes tense muscles, alleviates stress and helps the body maintain wellness.

Reiki is also effective treatment for minor injuries and illness. It can quickly relieve the pain of a headache

and staunch the flow of blood from a cut. It can also ease symptoms of a cold, allergies or flu.

Q: Can reiki help more serious illnesses and chronic medical conditions?

A: Yes. Reiki accelerates the healing process. When an individual is seriously or chronically ill, regular reiki treatments can gradually restore the body’s natural state of balance, normal function, and wellness, especially when used as a complement to conventional medicine. Even when someone is terminally ill, reiki can ease suffering and enhance the quality of life.

Many traditional health care providers have learned reiki and integrated it into their practice, and more are doing so all the time. Books like *Reiki Energy Medicine* by medical social worker Libby Barnett and artist Maggie Chambers and

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Reiki and Medicine by physician Nancy Eos, which describe the authors' experiences using reiki at Massachusetts General Hospital and in other hospital and hospice settings, have called attention to reiki as a complementary method of patient care. In some states, nurses now take reiki classes to fill continuing education course requirements.

Q: Can anyone learn reiki?

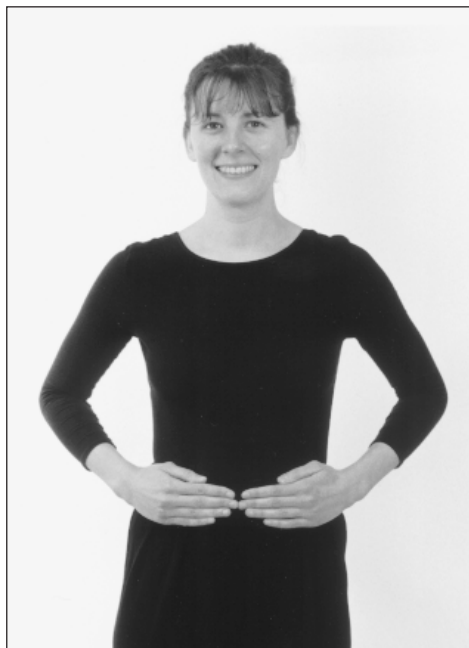
A: Anyone can learn to treat himself or others with reiki, even without any previous training in the health care field. In fact, a child can learn the reiki method of natural healing and appreciate its value enough to use it every day. The basic course in the reiki method requires ten to twelve hours of time and is often scheduled as a weekend class.

Q: The name sounds Japanese. Does reiki come from Japan?

A: Where the reiki method of healing was first practiced is uncertain,

but the method was rediscovered in Japan in the early twentieth century by a man named Mikao Usui. Reiki is now

"ki" are usually translated as "universal life force energy" or as "spirit-guided life force energy."



Most people who learn reiki use it on themselves to maintain wellness.

practiced around the world.

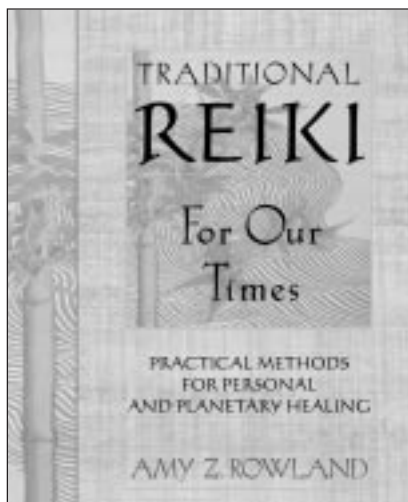
The calligraphy on the other side of this flyer shows how reiki is written in Japanese. The two ideograms "rei" and

Q: How could I get more information?

A: Your health food store manager may stock books on reiki. If not, ask if you can place a special order.

Another way to get more information is to talk to reiki practitioners and teachers. The bulletin board in your health food store probably carries the business cards of massage therapists and other bodyworkers who list reiki among the modalities they use. You may also see flyers advertising reiki classes given by a teacher (or "reiki master") in your area.

Call to ask questions, to make an appointment to receive a treatment, or to talk to an instructor and learn more about taking a class. Your health food store manager may be able to recommend a certified practitioner or teacher near you.



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Yvonne DeVastey, Amy Levin and Amy Rowland are certified teachers of the Usui Reiki Method of Natural Healing. All three practice and teach in southeastern Pennsylvania and at other locations, as students request.

Would you like to learn more about reiki?

Look for *Traditional Reiki for Our Times* (ISBN #0-89281-777-1) on the bookshelves of your health food store. Or order directly from Inner Traditions (800) 246-8648; (802) 767-3726 (fax); or www.InnerTraditions.com