

The Healing Power Of Reiki



Reiki is a hands-on form of energy healing that originated in Japan in the late 1800s. The name Reiki comes from the Japanese words rei (universal) and ki (life energy). The most common form of Reiki practiced today was developed by a Japanese Buddhist and Reiki teacher named Mikao Usui.

Your Reiki practitioner will slowly move their hands over your seven chakras, starting with the crown chakras and ending with the root chakras.

When a person has suffered physical stress, an injury or emotional loss, trauma, or pain, the energy levels can become unbalanced and over time, illness can manifest.

The energy flowing through the practitioner's hands balances the energy flowing through each of your chakras, so your energy fields are even and balanced after the treatment. When the energy is flowing naturally, your health improves.

Reiki can be beneficial to anyone. You may be run down from lack of sleep and an unhealthy diet. Reiki can give you an energy boost and get you back on track with just a few sessions. Or you may be suffering from deeper emotional or physical issues that would need a series of sessions. Before your first treatment, your Reiki practitioner will discuss any health concerns with you.

The benefits of Reiki can continue for many days after treatment. Try to be present and aware of your body's feelings after a treatment and you will notice changes and improvement in your health and well-being on many levels.

Reiki is used to treat all kinds of health issues, including physical, emotional, mental and spiritual issues. Many people who are perfectly healthy use Reiki as a form of preventative treatment against illness or to boost their energy levels. This is sometimes called a tune-up session.

Reiki is an intuitive form of healing, so the Reiki power will go directly to where it's needed. The practitioner will often feel increased heat in their hands when they get to a particular chakra and also, the patient can experience many sensations, including warmth, tingling, emotion or sleepiness. Some people relax and feel calm, some fall to sleep, some people cry and some laugh - these reactions occur as the energy in your body changes and are normal and natural.

There is no limit to the conditions Reiki can help with including:

- severe disease and illnesses such as heart disease
- allergies
- grief
- fertility problems
- stress and anxiety
- muscle pain
- headaches and migraines
- depression

After a Reiki session, many patients report increased energy levels, improved sleep, mental clarity, uplifted mood, increased creativity and more.

There is no medical proof of Reiki's effectiveness, but it is used by millions of people in countries all over the world. Many medical doctors use it as a complementary treatment combined with traditional medicine, and farmers use it on their animals.

One of the magical things about Reiki is it finds you when you need it. You probably have been thinking about Reiki for some time and are feeling drawn to it. When the time is right, you will take the next step to have a Reiki treatment or even learn to do Reiki yourself for personal reasons or as a career.

