

acb

Beauty

magazine

**YOUR
FREE
BEAUTY
GUIDE**

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What your beauty therapist can do for you

Are your hormones working for you?

Spa heaven

Bring your body back to life

The lowdown on the ultimate in spa relaxation treatments

Japanese stress-buster

CALM YOUR BODY AND MIND. *BRONWEN AND FRANS STIENE*, REIKI MASTERS FROM THE INTERNATIONAL HOUSE OF REIKI, EXPLAIN HOW

Balancing our lives has become one of today's major concerns. Because with balance comes a calmer way of life.

But to achieve this, we need to explore our spirituality. The system of Reiki is one method of doing this.

Reiki originated in Japan in the early 1900s and crossed to the West during the early 1940s. It is a system that uses energy to promote healing of the body on a physical, mental, emotional and spiritual level.

The energy used to do this is translated from Japanese as 'spiritual energy'. Or, in the West, it is more commonly called 'universal energy' - the energy of everything.

During a Reiki treatment, the Reiki energy used by the practitioner washes through you, clearing obstructions - which could have built up due to stress or over-work, and strengthening your own energy flow.

Reiki not only speeds up the physical healing process, it is also energy for the spirit. When the spirit is energised, the body responds positively in all other areas - emotional, mental and physical.

From a physical point of view, Reiki works on all chronic and acute illnesses, including serious problems like heart

disease and cancer, as well as skin problems, flu, fatigue, headaches and back pain. This is because the immune system is strengthened, allowing the body to fight off illnesses.

Mentally, practising Reiki will encourage your mind to become calmer, which in turn reduces feelings of stress. If you think more clearly, you will be able to see more clearly and you will be able to answer your own questions knowing that you have the answers.

As far as your emotional well-being is concerned, a calmer mind means your emotions will be less erratic. This should help to ease conditions such as depression, insomnia, lack of confidence, addiction and fear-based illnesses.

Spiritually, increased intuition should lead to a more purposeful direction in life and feeling in tune with the universe.

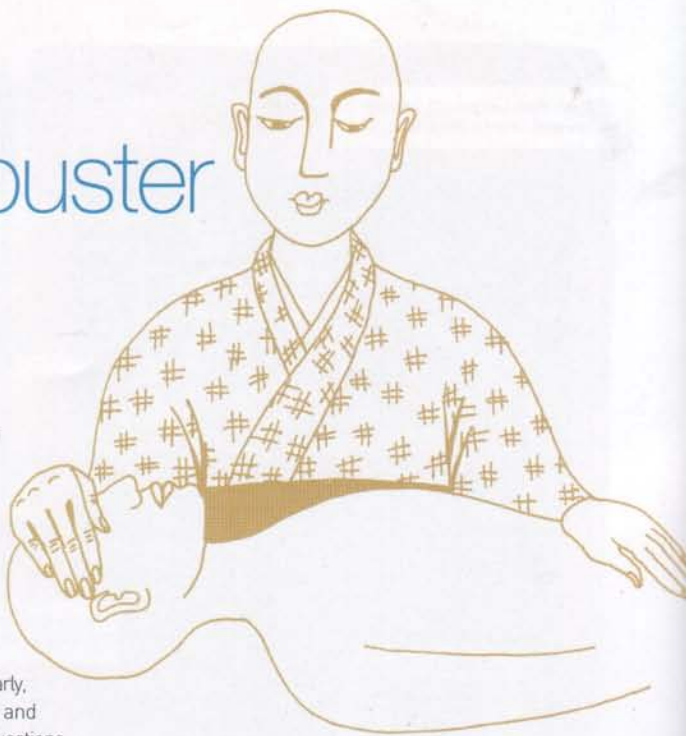
There are infinite varieties of Reiki courses, all of which depend on the teacher's own interests and motivations. It can be carried out as a relaxing one-hour treatment with a Reiki practitioner, or you can learn how to practise Reiki yourself by taking a Reiki course.

Traditionally, there are three levels in the system of Reiki and they are all independent of each other. This system was originally based on the Japanese martial arts system since its founder, Mikao Usui, was born into a samurai family in the late 1800s.

The first level will teach you how to use Reiki on yourself and others. The second will provide you with the tools to work with Reiki. And the third will show you how to become a teacher or simply how to further your own interest in Reiki.

Since the system arrived in the West, many individuals have added New age beliefs and techniques, thereby altering the system. In recent years there has been a return to the original techniques and more traditional Japanese methods have re-surfaced with the discovery of traditional teachers still practicing in Japan.

A first level course is taught over at least two days and students are then asked to practice on themselves until they feel confident and experienced enough to



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move onto another level. You must only move up a level when you feel ready to do so - some people never reach level II but still achieve wonderful results for themselves and others. The body's energy cannot differentiate between you receiving a Reiki level I, II or III certificate.

It is also valuable to learn with a school that offers on-going support through practise evenings, as it can be difficult to maintain a regime of practising on oneself.

One of the most wonderful aspects of working with Reiki is that it is safe. It cannot harm and has no dogma attached to it. This is the energy of everything and everything has its own natural flow. Practising Reiki helps remind us of our natural connection and gives us the faith to let go and to reap the benefits going with the natural flow of life.



International House of
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