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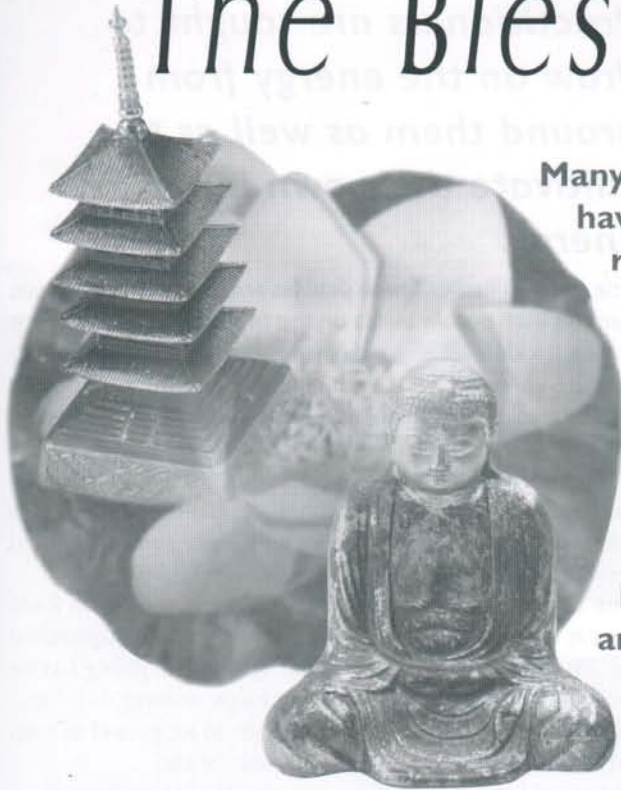
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# The Blessings of Reiki



Many people have heard of the word 'Reiki' but have no idea of what it actually is. Is it a religion, a massage procedure or could it even be dangerous? 'No,' is the answer to all three questions. It is neither a belief system nor a physically manipulative technique and it is completely safe. Bronwen and Frans Stiene, authors of the internationally acclaimed "The Reiki Sourcebook" and founders of the International House of Reiki, have written an article to help readers understand that working with the system of Reiki allows the body to clear itself, leaving you feeling lighter, healthier and happier.

**What is Reiki?** The system of Reiki is a spiritual system developed in the early 1900s in Japan by a martial arts practitioner called Mikao Usui. It crossed to the West at the time of the Second World War and has become one of the most popular self-help methods available today. This article will look at what constitutes the system of Reiki, how energy works in the body and what the resulting benefits are.

The system of Reiki uses energy to promote healing in the body on a physical, mental, emotional and spiritual level. The energy used can be translated from the Japanese word 'Reiki' to mean 'Spiritual Energy'. In the West it is more commonly called 'Universal Energy' - the energy of everything.

The system is unique as it makes good health and balance possible for both the self and others. Therefore, not only treatments but also courses are available for those interested in the system.

During a Reiki treatment, the client remains fully clothed at all times. No private parts of the body are touched and hands are placed on or just off the body. Sex, age and condition are of no concern, as the client's own body controls the process. During the treatment the client's body draws the amount of energy it requires at either a physical, mental, emotional or spiritual level.

Traditionally, there are three levels of study within the system of Reiki and they are all independent of each other.

The first level will teach you how to use Reiki on yourself and others. The second will give you tools to work with in the system and looks at becoming a professional practitioner. The third, and last level will teach you how to become a teacher or simply how to further your own interest in Reiki and is often called the Reiki Master level or Shinpiden ('inner teachings' in Japanese). Since the system came to the West, many individuals have added New Age beliefs and techniques - altering the system. In recent years, there has been a backlash and the more traditional Japanese methods have

resurfaced with the discovery of traditional teachers still practicing in Japan.

**To learn the system of Reiki five essential elements are taught throughout the 3 levels. These are:**

- Physical hands-on practice on the self and/or others for the purpose of healing
- Spiritual and mental development using 5 Precepts
- Techniques/meditations for building inner energy in the practitioner
- Four mantras and four symbols
- Attunements or reiju (an initiation ritual or blessing performed by the teacher)

Practitioners are taught to draw on the energy from around them as well as to cultivate their own inner energy. They can then enjoy a stronger natural connection to the universal flow of energy. Practitioners also learn to practice hands-on healing for themselves and others as they channel the energy through their bodies, allowing it to be drawn on.

To understand the role that energy plays in this form of healing it must be understood that everything has energy or 'ki' in it - even a piece of paper or a plant, every item in the room, the building itself, the city, the country, the world, the universe and on and on. Gradually, comprehension dawns that there is an unlimited amount of energy. This energy may seem invisible or elusive but it is, instead, all encompassing. It is this energy that makes, not only humans, but worlds function. It is the fuel that drives humans and gives ultimate structure and purpose in life. This is Reiki, spiritual energy.

Occasionally, humans get a bit of dirt in the fuel line or a better way to explain it is perhaps by envisioning a free flowing river. This beautiful river is like energy flowing easily down through the body. Occasionally a pebble, or even a rock, will fall into that river making the flow of the water a





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Frans and Bronwen Stiene are founders of the International House of Reiki and authors of the internationally acclaimed **The Reiki Sourcebook**.

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## Practitioners are taught to draw on the energy from around them as well as to cultivate their own inner energy.

a little more difficult. These pebbles are human worries, fear, anger, and each pebble builds on top of the other. Soon there is only a trickle of water running in that once beautiful free-flowing river. And so it is with energy in the human body. At this point physical pain may also be experienced. By practising Reiki more energy is offered to the body with the body naturally drawing on this resource and taking it to where it is needed. This extra energy is like a flood that washes down through our energetic rivers removing and dissolving obstacles in its way.

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 of being in the natural flow of life.

The tangible benefits of Reiki are that it not only speeds up the physical healing process but it is also energy for the spirit. When the spirit is energised the body responds positively in all other areas (emotional, mental and physical).

### Physical

- Reiki works on all chronic and acute illnesses, including serious problems like heart disease and cancer as well as skin problems, flu, fatigue, headaches, back pain etc.
- The immune system strengthens allowing the body to fight off illness easier.
- First Aid (as it speeds up healing)

### Mental

- Your mind becomes calmer
- You no longer feel stressed
- When you think clearer you can 'see' clearer
- You will be able to answer all your own questions knowing that you have the answers
- Emotional
- The mind calms and becomes less erratic.
- Eases depression, insomnia, lack of confidence, addiction and fear-based illnesses.

### Spiritual

- Increased intuition leads to a more purposeful direction in life.
- Feel connected and in tune with the universe

As everything consists of energy it is understandable that Reiki can be used to heal and balance all.

Bronwen and Frans Stiene Authors of *The Reiki Sourcebook*  
Reiki Master/Teachers and founders of the International House of Reiki Freecall 1800 000 992  
[www.reiki.net.au](http://www.reiki.net.au)

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