

INSIDE: YOUR 18-PAGE ASTROLOGY SECTION

april 2004

prediction[®]

UK's original mind, body, spirit magazine

£2.80

Life on Mars?

Win
a ghostly
weekend
p22

Hawaiian
magick

Are you
spiritually
evolved?

Reiki Healing

How does it work?

Plus:

Alternative health
Tarot
News & Views
Dreams
Ghosts investigated
Psychic Advice
Diary Dates
Revelations

AOL Keyword: Prediction



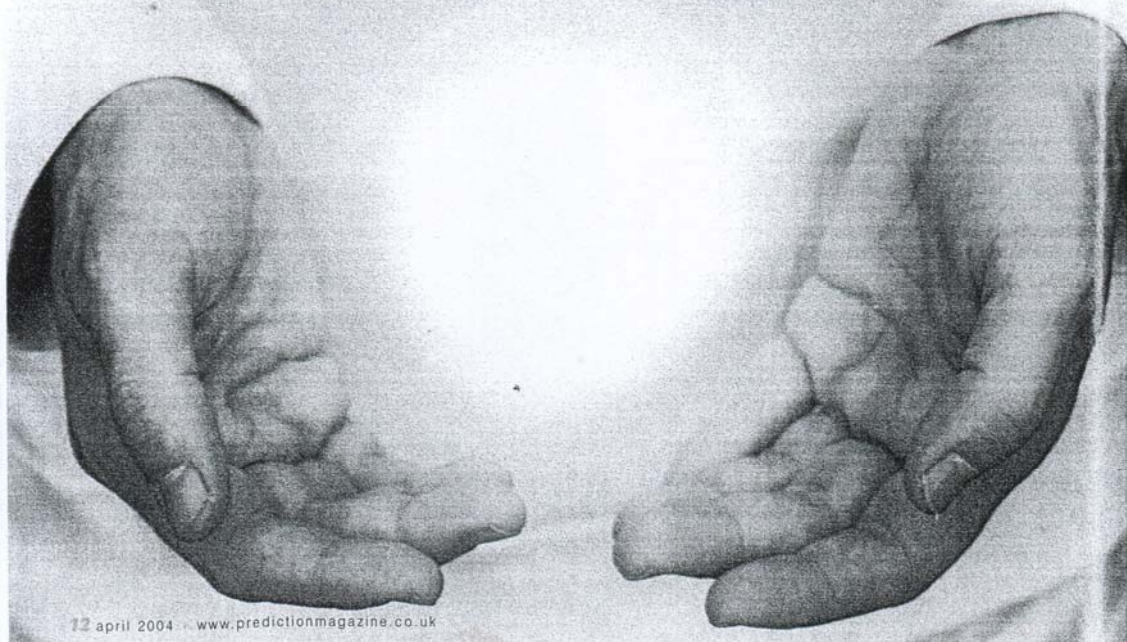
www.predictionmagazine.co.uk

reiki

Healing Hands

Just about everyone you meet in mind, body, spirit circles has something to say about Reiki but what is it all really about? We find out with two highly acclaimed authors on the subject...

BY BRONWEN AND FRANS STIENE



Reiki, the word, is Japanese. It is written with two Japanese *kanji* and means 'spiritual energy'. *Rei* means spiritual or sacred and *ki* is energy. To pronounce the word, Reiki, in Japanese it is necessary to forego any preconceptions about language. The first sound in 'rei' is neither an 'R' nor an 'L', as some Westerners believe. In Japanese the sound is in fact somewhere in between the two letters. The Japanese language has no correlation with English or its pronunciations.

A SYSTEM OR AN ENERGY?

The word, 'Reiki' is used in the West to also represent a healing system. Mikao Usui (1865-1926), the founder of Reiki, (see page 16 for a table of lineage connecting the various schools of Reiki to Usui) did not call his teachings by the name. 'Reiki' appeared written in conjunction with his teachings but this was merely to point out that the teachings worked with spiritual energy. Generally, his teachings were called 'Usui do' meaning 'the way of Usui', and his healings were known as 'Usui teate' translated to mean 'Usui hands-on healing'.

Hawayo Takata was the first student of these teachings in the West. Chujiro Hayashi, her teacher, came with her to Hawaii to help her set up her practice. At his farewell dinner he presented her with a westernised certificate. This official gesture ensured that she was seen as a legal teacher and practitioner in the Japanese system. The certificate states in English that she was a 'Master of the Usui Reiki System of Drugless Healing'. Once again the term 'Reiki' is used to mean spiritual energy rather than any complete system. Included in the certificate though are other statements that appear to refer to 'Reiki' as a form of energy as well as a 'system'. This was 1938 and was the first time that there was any inconsistency in the use of the term 'Reiki'. This was probably due to the difficulty of translating Japanese into English. From that point on the word 'Reiki' jointly represented the system based on Mikao Usui's teachings as well as 'Universal Life Force Energy'.

The downside of using 'Reiki' to mean a system is that people are unsure as to what particular practices fall under that name. All the systems named Reiki today claim to use spiritual energy in their practice. There appears to be no other definition to the system than that. This leaves the door wide open for individual discrepancies.

Many traditional Japanese teachers call the system 'Ryoho' which means 'healing method' or 'Reiki Ryoho' which means 'spiritual energy healing method'. The word 'Reiki' to the Japanese is considered to be quite spooky. 'Rei' means not only spiritual or sacred but can also represent the spirit of dead people. For this reason in modern Japan today the *kanji* for Reiki is not used. Instead the word Reiki is written in *katakana* as this writing system is phonetic and holds no meaning.

HOW DOES IT WORK?

Reiki re-aligns one with one's true path, source and spirit. It must be conceived 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 just humans, but worlds, function. It is the fuel that drives humans and gives ultimate structure and



"During a Reiki treatment the pure flow of energy is re-aligned within the body"

purpose in life. This is Reiki.

Occasionally, humans get a bit of dirt in the fuel line or a better way to explain it is perhaps by envisaging 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 water 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 be experienced.

During a Reiki treatment the pure flow of energy is re-aligned within the body. It washes down, clearing obstructions and strengthening the flow of energy. This signifies a connection to the understanding of one's purpose on earth and the easiest, most successful way of achieving it.

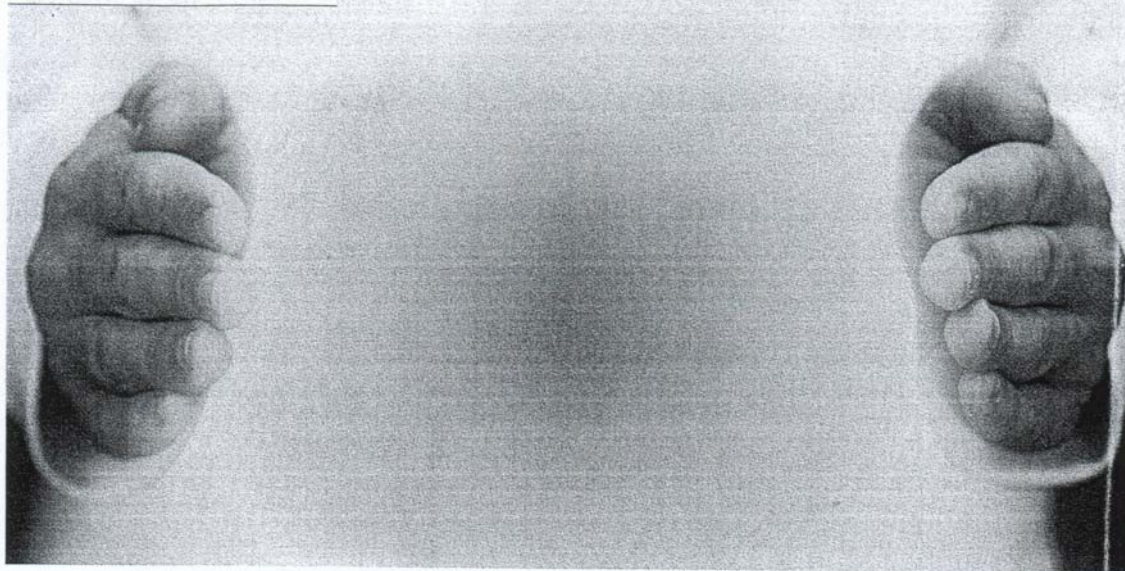
WHAT HAPPENS DURING A TREATMENT?

The client lies or sits and the practitioner's hands are placed on or just above the body. It is unnecessary for the client to remove any clothing and no private parts of the body need ever be touched. *There is no place for sexual contact or inference within the system of Reiki.*

A professional practitioner is someone who has generally completed at least the second level of a Reiki course. Ideally, a professional Reiki practitioner should have counselling skills, first aid skills, business skills and knowledge of physiology and anatomy. There is more to a professional practice than just placing the hands on the body. Most countries have Reiki associations that practitioners can become members of. These associations will have set standards of practice and ethics that practitioners must abide by or consequently lose their membership.

Quiet during a treatment is an asset for both the





practitioner and the client. The practitioner reaches a meditative state quite quickly and the client eventually lets go of the busy mind and tense physicality.

This sense of utter relaxation is, in fact, a healing state. It is often likened to being in the womb. There is consciousness yet the client feels separate and safe from all outside influence. It is also in this state that the client may glean spiritual guidance.

The practitioner has the intent that Reiki will move through the practitioner's body, out through the hands and into the client's body. The hands do not manipulate the Reiki, they are just the vessel for the Reiki to flow through. Hand positions can be held roughly from one minute to half an hour or longer – depending on what the practitioner can sense in the body.

A general rule of thumb is that as long as the practitioner can sense something vibrating, moving,

– the non-conscious self may decide otherwise. Energy is drawn into the client's body by whichever area feels that it needs the energy. This may be an emotional, physical, mental or even spiritual area.

The system of Reiki is not a manipulative one. Energy knows its true path. Reiki is not different from one's own energy; there is no disconnection. There is a continuous flow of energy without beginning or end. A client simply draws on more of the same energy, building personal resources and clearing the meridians – balancing the body at all levels. A client will only draw the amount of energy that is needed or desired. Therefore if the client consciously or subconsciously does not want to draw on the energy then there will be little or no effect. This means that the client is continuously in control of what is happening with the Reiki even if it is in a non-conscious manner.

“The hands do not manipulate the Reiki, they are just the vessel for the Reiki to flow through”

heating up, tingling (or whatever the energetic interpretation is) then one stays there.

The client can generally feel 'something' happening too. These sensations are the side effects of clearing the energy in the body. They also serve to remind that Reiki really does work. Descriptions of the effect of sensing energy might be twitching or involuntary movement; the seeing of colours or a visual journey while the eyes are closed; the gaining of an intuitive knowledge or understanding. No matter whether something is sensed or not the Reiki is still working.

EXPECTED OUTCOMES

To hold expectations of what will happen in a treatment will only lead to disillusion. Although the practitioner and the client may think that they know what is needed

The beauty of this is that the client no longer works with the rational mind but allows the true self to do the healing. This cannot harm and always holds the client's highest good in mind. When people begin to bring fear into the system then it is their own personal issues that are involved. Remember – Reiki is the energy that

makes the universe function in all its perfection. Specific results are therefore impossible to rely on, though in the long term changes will occur – they may just not be the ones that are expected.

An example of this is where one practitioner regularly treated her father in the hope that it would improve his worsening diabetes. After one month they both believed there had been no improvement until her father realised that he was hearing better!

By letting go of making conscious decisions the pressure is taken off to perform, the ego is sent on vacation and the practitioner and client can get to work on what is integral to one's well being.

The practitioner does not need to work hard to make Reiki work. The intent is there once the thought to place the hands on the body takes place. It is this intent which

→ the five precepts

For today only:

- **Do not anger**
- **Do not worry**
- **Be humble**
- **Be honest in your work**
- **Be compassionate to yourself and others**

This is a simple translation of the five precepts that are associated with the teachings of Reiki. They were introduced by Mikao Usui and are universal teachings.

These precepts should be kept in mind throughout each day. This is the beginning of the student's spiritual journey.

sparks the movement of energy. *Ki*, or energy, follows the mind.

As far as Reiki is concerned, if the practitioner intends to use Reiki in the manner one was taught, then that is what will happen. If a practitioner intends to treat a client with Reiki then that person will receive a Reiki treatment. If a practitioner tries to overly concentrate and force the energy to work then interference is taking place and the energy does not flow smoothly.

CHRONIC OR ACUTE

All illnesses can be treated with Reiki. As mentioned earlier – it is not possible to predict an outcome when using Reiki. Some practitioners will use other methods that are not Reiki to define the energetic information received. The Reiki itself will work away on what it feels is necessary at the time. This might be a physical problem, an emotional imbalance, a busy mind or the sense of a lack of connection to life.

A good example is of a client who has experienced a chronic illness over many years and is near to death. A practitioner cannot predict or calculate whether there will be recovery or how long recovery might take. Instead, the practitioner lets the Reiki do what is needed; it may be to emotionally settle the person, to relieve pain or to offer spiritual insight. The client and doctors may not expect recovery but a Reiki practitioner is always open to the possibility of a miracle. Depression, insomnia and fear-based illnesses and other non-physical illnesses can also benefit from Reiki.

Reiki works with acute problems that may arise too. As a first aid tool, it offers pain relief while attempting to return the body to its most natural state. Stress is a word that is familiar in all sectors of the community today. When stressed the immune system weakens leaving humans prone to ill health. Reiki brings about calm and thus deals effectively with stress. Reiki brings about clarity of thought and decision-making with ease.

Not only does Reiki help illness but it also enhances whatever it is used on – bringing everything back to its most natural state.

CONTRAINDICATIONS

There are no contraindications with Reiki. Reiki is simply about clearing and enhancing energy according to the needs of the body. To bring the body back into balance is all that can occur and this cannot be harmful. Listening to the body is in fact the most

sensible thing anyone can do for good health and the system of Reiki promotes that.

CLEARING

After a treatment, it is advisable to drink lots of water to continue the clearing that was initiated by the Reiki. The client may also find that the body reacts to the Reiki in a 'negative' way. Some symptoms may be slightly exaggerated. This is, in fact, a very positive sign indicating that the Reiki is moving things in the body. If this is the case, it is good to receive more Reiki to follow up on the work already done.

ANIMALS, PLANTS AND THE REST

Animals, plants and other 'things' can also draw on Reiki. Science tells us that everything has energy in it. Whether it is a human, a cat, a coffee mug or a thought form. When Reiki is drawn in, it clears and enhances the existing energy. This is beneficial to all things.

For animals, it is practiced in much the same way as on humans. Of course, an animal cannot be asked if it wants Reiki. Be assured that an animal will signal if it does or doesn't want the Reiki. Generally, animals are attracted to energy and will attempt to get into whatever position is best to draw the Reiki's maximum benefits. If it just walks (or runs) away, an attempt later might be more successful. The animal may then feel less nervous about this new experience.

Plant life flourishes with Reiki. Treating the seeds is just the first step. As the plant grows, the hands are placed above the leaves or wrapped around the pot. A trick to using Reiki in a house filled with potted plants is to first use Reiki on the bucket of water. This can then

“Science tells us that everything has energy in it. Whether it is a human, a cat, a coffee mug or a thought form”

be used for watering the plants.

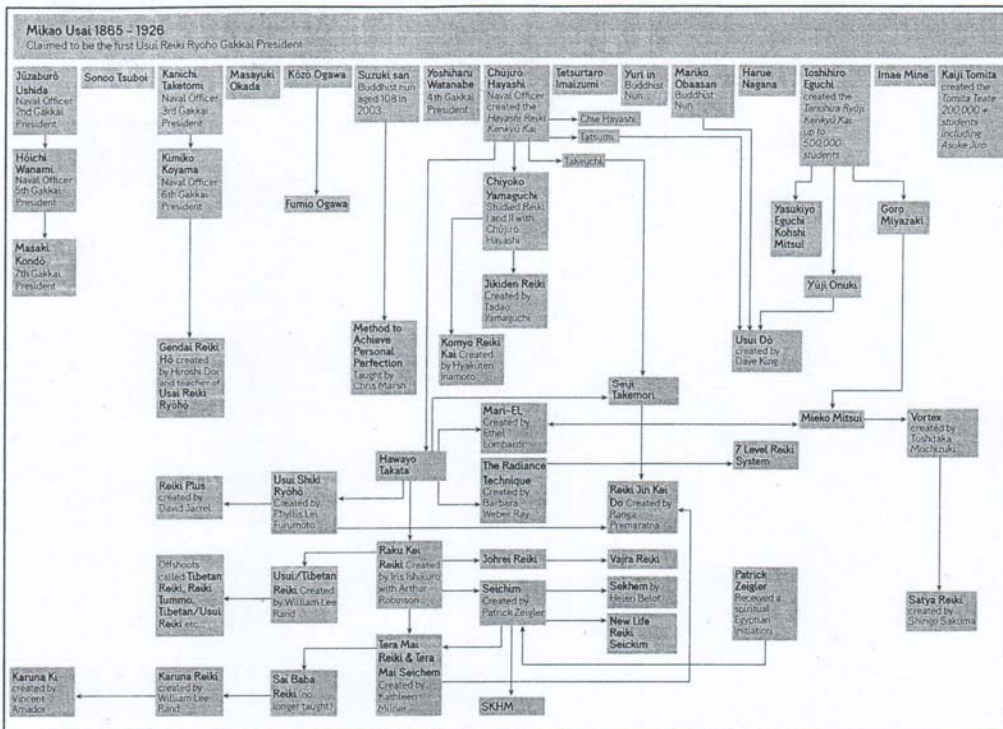
Food and drink can be enhanced energetically with Reiki too. Imagine eating food that is energetically heightened? Many people say it immediately tastes better. Its energetic vibration is lifted and therefore improves any elements that may be less than fresh or have stayed too long on the shelf or in the freezer. Each day that a piece of fruit or vegetable is away from its plant it is fast losing nutrients and goodness.

Stone, crystals and other natural elements can often be felt to draw great amounts of energy. Reiki does not take away from their own natural abilities – it just enhances them. People have also been known to use Reiki on computers, batteries, wallets and the list goes on. All that limits us is our own imagination.

COURSES

Treating the self is the most important aspect of Mikao Usui's teachings. Learning to treat one's self is actively taking our health into our own hands. Self-responsibility changes how a life situation is viewed. We are no longer victims to our circumstances but choose to live optimally at every level. Life becomes easier as stress dissolves and perceptions alter. The immune system strengthens and illness takes a backseat in life. Most importantly the connection to our true spiritual nature is re-established.

Feeling strong in ourselves also gives us the ability to help those around us. Reiki courses teach not only



→ reiki associations

National Federation of Reiki Practitioners
T: 01709 545002
E: info@nfrp.info
www.nfrp.info

The Reiki Association
T: 01270 812829
E: Julia@reikiassociation.org.uk
www.reikiassociation.org.uk

UK Reiki Federation
T: 01264 773774
E: enquiries@reikifed.co.uk
www.reikifed.co.uk

how to heal oneself but to help others too. Before beginning to work with Reiki, the student will need to find an appropriate teacher.

TEACHERS

Some lineages of the system of Reiki will say that they are the only ones who can really use Reiki or that 'their Reiki' is better than that of others. This elitist attitude is generally used to promote insecurities in the minds of students so that they join or remain with the teacher.

There are definitely different styles of systems of Reiki and according to the amount of practice undertaken by the teacher different levels of energy. As with anything in

this life – the more one practices, the better one becomes. One teacher explains this by writing that people are 'higher vibrations' while systems are not.

Don't be fooled by teachers who say they no longer need to work on themselves. Enlightenment is not so easily come by.

What is the difference between a Reiki Master, a Reiki Master/Teacher, a Reiki Teacher, level 3b or *shinpiden*? These are names used by different branches to show that the individual has the ability to perform attunements on students. This is the minimal requirement to becoming a 'Reiki Master'. An

attunement is where a teacher completes a physical ritual around a seated student.

COURSE CONTENTS

The system of Reiki as it is taught today can roughly be broken up into Western or Japanese methods. There are differences between the two and it is the Western method that has swept across the planet over the last couple of decades.

There are three levels to the Western system of Reiki. A basic level course (generally called level 1) in Western Reiki will teach one how to practice healing the self and the basics about helping others. Students will receive between one and four attunements (four being the most common). Level 2 is where students learn three mantras and three symbols that aid the student in focusing the energy. Students receive between one and three attunements at this level. Level 3 is occasionally broken up into two sub-levels and has one attunement. The first sub-level focuses on personal development and one symbol. The second sub-level teaches the student how to perform the attunement on others.

There are infinite varieties of Reiki courses in the West depending on the teacher's own interests, motivations or beliefs. Therefore the number of levels and what is taught within them can vary quite extensively. ■

Extracted from *The Reiki Sourcebook* (O Books, £12.99) by Bronwen and Frans Stiene.

