

Reiki

History of Reiki

What can Reiki do for me?

- ❖ Reiki restores and maintains balance, health and harmony at all levels.
- ❖ Eases stress, creating a calmer and more relaxed attitude to life.
- ❖ Helps to clear out the “mental dustbin” of past upset and distresses.
- ❖ Reiki can help with problem solving.
- ❖ Relieves all physical ailments.
- ❖ Provides comfort and ease during grief.
- ❖ Brings calm to the hyperactive child, and peace to the terminally ill.
- ❖ Promotes self-awareness and personal growth.
- ❖ Brings mental clarity and focus
- ❖ Reiki can be used for distant or absent healing.

What is a Reiki session like?

Reiki is a very simple, non-intrusive process. The treatment lasts for about 1 to 1 ¼ hours, according to individual needs. The client may lie down, fully clothed. Relaxing music may be played. The therapist places their hands lightly on the body or just off the body for about five minutes and then moves to the next position. A sensation of warmth, cold or tingling may be experienced, and a general feeling of well-being. The whole body is treated, not just an isolated area. This enables the energy to go right to the source of the imbalance, and not just to the manifesting symptoms. The Reiki session sets in motion the body's own self-healing process, which continues after the treatment is over.

Reiki improves all body systems: circulation, neurological, digestive, respiratory and endocrine. So much for the physical self. Reiki also moves in the deeper levels of the mind and spirit, easing out stress and uplifting the depressed, bringing rational thought and a joy to life.

Reiki was rediscovered in Japan at the end of the 19th century by Dr. Mikao Usui. He was researching for the healing methods of the great teachers; Jesus, Buddha etc. Through extensive travel, research and meditation, he evolved the Reiki system of Universal Life Energy. Dr. Usui dedicated the rest of his life to the practice and teaching of Reiki. Before Dr. Usui's death in 1926, he recognized one of his students Chujiro Hayashi as a Master of Reiki and charged him with keeping the essence of his teachings intact. Dr. Hayashi founded a clinic in Tokyo where people could come for treatment and learn Reiki. One visitor to the centre, a young woman from Hawaii called Hawayo Takata had come to Japan to have an operation for a tumor. Mrs. Takata's illness led her to Dr. Hayashi's clinic and once her tumor was healed, she stayed in Japan and studied Reiki. Mrs. Takata eventually returned to Hawaii to practice Reiki. In 1938, she was initiated as a Master of Reiki in the Usui System of Natural Healing, and went on to teach Reiki all over America. Since Mrs. Takata died in 1980, the practice of Reiki has spread all over the world.

My Personal Reiki Story

In 1992, I experienced a deep desire to learn about healing from a holistic perspective. At the time, I was introduced to my first teacher, Elizabeth Hammond. Elizabeth was at the time and continues to be a powerful healer in many healing modalities. Elizabeth is a Reiki Master in the Usui System of Natural Healing and was initiated by Phyllis Lei Furumoto, Hawayo Takata's granddaughter. In 1993, Elizabeth initiated me in the art of Reiki healing and since then, I have practiced this healing art on myself, friends, family and those seeking assistance on their healing journey.

As a result of practicing Reiki, I feel that I have been able to live life more fully, with more joy, vibrancy and health. My family and I have been blessed with good health and happy family relations and very dear friends. I attribute the peace and insight, which has been accessed through Reiki for gently guiding me in the direction of my life's purpose.

It will be my great privilege to facilitate you on your healing journey through Reiki.

The Reiki Principles

Just for today, I release all worry

Just for today, I release all anger

Just for today, I shall earn my living with integrity

Just for today, I will be kind to every living thing

Just for today, I give thanks for all my many blessings

Reiki Healing

with

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