

A DESCRIPTION OF REIKI

REIKI is a Japanese word representing *universal life force energy*, the energy that is all around us. Reiki, when activated and applied for the purpose of healing, addresses the body, mind, and spirit as a whole. It accelerates the body's natural ability to heal physical ailments and open the mind and spirit to the causes of disease and pain. **Reiki** also opens one to the necessity for taking responsibility for one's life and facilitates a choice of balance and wholeness. The Usai System of Natural Healing is an art, which uses **Reiki** in these ways.

Reiki is pronounced "Ray-key." Rei means universal, transcendental spirit, mysterious power, and essence. Ki means the vital life force energy, very similar to the Chi of Chinese, the Holy Spirit to Christians, and the Light to others. Combined, these characters represent the concept of *universal life force energy*.

Reiki is a healing energy that is transmitted through the hands of a person who has been more directly linked to the universal life force energy through an initiation or attunement. **Reiki** energy comes from the Divine Spirit of the Creator or whatever phrase or name you would like to use. The person giving the energy is simply a vessel, conduit allowing the light or energy to pass through them to the client. **Reiki** is never sent or controlled; it is drawn through the vessel or conduit. When you lay your hands on a person to do a treatment, that person will draw appropriate amounts of energy to whichever areas of the body that needs it.

The energy enters the crown chakra and passes through the upper energy centers to your heart and solar plexus. It then passes through your arms and hands to the person that you are treating. You are never drained in the process, as a certain amount of energy is stored in you. **Reiki** brings the body into balance so it can heal itself. The person who receives **Reiki** is simply made better physically, mentally, and spiritually. They are brought closer to wholeness. One does not have to be sick in order to benefit from **Reiki**.

REIKI is not a religion. It holds no doctrine, creeds, or contradictions to the Universal Laws of consciousness and love. No matter where the person may be at this point in their lives, Reiki will harmonize and embrace their philosophical center point, adding it to Divine Presence. Reiki is always present, but we are unaware of it until the contact is made through the attunement process. After this training it can be received and converted into healing energy.

Once you have been attuned to Reiki, you are permanently linked without the need of conscious alteration of the mind. Reiki initiations open certain inner centers of the body so that the energy can be channeled easily and safely. Simply by placing your hands on yourself or someone else, the energy starts to flow into the individual who is receiving the healing.

Reiki comes from the Divine Spirit and is an extremely powerful healing energy. It is one of the few forms of healing that can be used to heal one's self. Reiki does not conflict with other health care, but enhances its results. It does not interfere with traditional medical treatment, but facilitates the benefits of the treatment. Reiki speeds the recovery process and provides a source of restoring energy while one is ill. Reiki energy is pure energy form. It is pure white light. When it is combined with a sincere desire of the client, who is willing to effect a cleansing within their emotional and special consciousness, a total healing is possible.

The Reiki practitioner is an instrument and must not allow the ego or will to desire the client's healing to play a part in the treatment.

Reiki is a tool for use at any moment, any where for stress relief, pain relief, and quick energy. Reiki is a holistic, self-help technique for directing natural life energy. There is no special equipment or environment needed. It is available to all age groups.

Reiki is harmless and cannot hurt anyone. It does not destroy, but enhances and protects your body, mind, and spirit. It can work with all forms of life: animals, fish, plants, and humans from babies to seniors, it is a good thing!