

What is Reiki?

Reiki is a loving technique that uses laying on hands to promote calmness, Relaxation and facilitates healing. It is an ancient technique that was reintroduced and developed by Dr. Mikao Usui in 1922. As universal energy, it brings harmony to an unbalanced life.

Reiki is the highest level of energy healing. It comes from the Universal Life Force that is wired into human genetics and is available to anyone who wants to activate it.

Reiki's spiritual energy healing encompasses all facets of our everyday lives. Reiki recognizes that the body is an illusion and that our negative thinking causes illness.

Therefore, Reiki heals the mind, clears our chakras of negative vibrations, and corrects our negative thoughts. Reiki connects to our higher consciousness regardless of faith or belief. It produces a subtle energy flow, which activates once we quiet our minds. A subtle energy flow is soft flowing, barely recognizable unless one sits still and listens. Subtle energy does not scream at you, but its strength is powerful enough to have strong healing powers.

Reiki is a Japanese word pronounced (Ray-Key). It is a combination of two words Rei and Key. Rei meaning Universal, and ki meaning life energy or life force energy. When combining the two words, the meaning is Universal Life Force Energy. During practice, the Practitioner uses a soft or light touch placed closed to the body or near the body to radiate energy. It is harmless and can only produce positive results. It is a natural energy healing, and no tools or equipment are necessary to activate its energetic powers.



What Reiki is not?

Reiki is not a religion or a religious practice, but spiritual. It is not a cult, a dogma, a

doctrine, or a belief. Reiki is not a form of mind control or hypnosis, nor is it psychic, or imagination, wishful thinking, or spirits' channeling. A practitioner may add these modalities to their Reiki, but they are not the core that makes Reiki, Reiki. Whether a person practices a religion or not, they will continue to receive the same benefits whether they receive a Reiki treatment or become a Reiki Practitioner. Reiki energy works the same no matter what. People of all faiths and beliefs practice Reiki. You do not have to be a Buddhist or guru to practice Reiki.



Distance Reiki

Distance Reiki is a method of Reiki that is requested by the client or an individual asking the Practitioner to send Reiki from a distance. The Practitioner and the client are typically in different neighborhoods, cities, states, or even countries. The method involves the Practitioner using a photograph, the name of the person requesting Reiki, or a stuffed animal to channel the healing process.

Distance Healing transcends time. One can use it to bless the future, road trips, to bridge time, or to bless essential activities, like job interviews, tests, surgery, or used to unblock a particular goal that one has not achieved due to obstacles. Practitioners can send distance Reiki from across a room or from a different room as well. There are no barriers, and the client who requests distance Reiki receives the same effects as if they were in the same room as the Practitioner.

How to send Distance Reiki

When using distance Reiki, please list your name or the person's name you would like to

send Reiki, along with the illness or situation. If the Reiki is for you, then list your name and issue. In Jikiden Reiki, a practitioner may request your birth date and ask that you set a time slot for them to perform Reiki on you, along with the information listed above. If the Reiki is not for yourself, make sure you have permission to send distance Reiki unless the person is unresponsive. Briefly list the details limiting your request to 30 words or less. A Reiki Practitioner blesses your request for 30 days; after that, we remove it, and if you continue to need a blessing, you will have to repost another request. After 30 days, the client can comment about the treatment results in the web page's comment section.

Reason for trying Reiki

1. to feel the bliss of deep Relaxation
2. to energize your body when you feel drained
3. it's an excellent revitalization tool
4. it promotes and facilitates healing
5. It gives your body a break from the pain
6. enhances the healing effects
7. help releases stuck or buried emotions
8. It gives you a pure sense of love



How does Reiki work?

Reiki works to heal one at the root of any disease, imbalance, or disharmony the body suffers at the energy level. It is an intelligent technique that consciously knows what the body needs. It draws the right amount of energy to the area that needs it the most. It works like a magnet as it moves the Practitioner's hands to a specific place, as the body channels the universal life force energy. It heals the body, mind, and spirit, which encourages deep Relaxation and calming that promotes a sense of well-being and balance.

Using Reiki

Using Reiki is very easy. After receiving an attunement, a practitioner can heal. During a treatment, a practitioner will treat a fully clothed client on a massage table or chair by gently placing their hands on or near a specific area of the body. At times, practitioners may do distance healing, wherein they will heal from afar upon permission or request by the client or someone close to the client. There is no pressure, massage, or manipulation of the muscles. At times, a Practitioner treats the whole person, whether than a particular symptom or the Practitioner may be asked to a specific area.



Reiki offers many healthful benefits

Reiki enhances personal growth, facilitates healing of oneself, a family member, a client suffering from a chronic illness or depression. Practitioners use Reiki on global issues, animals, and nature, such as caring for plants, flowers, or trees. Reiki revitalizes the body to reduce stress, ease pain, and release negative emotions, which can cause illness in the body. Many use Reiki to heal many diseases, such as chronic back pain, migraine headaches, asthma, fibromyalgia, depression, anxiety attacks, high blood pressure, burns, colds, broken bones, etc.

A research study conducted at Hartford Hospital in Connecticut indicated that Reiki improved patient's sleep by 86%, reduced pain by 78%, reduced nausea by 89%, and reduced anxiety during pregnancy by 94%. In addition, nurses reported that Reiki helped patients heal faster with less pain and reduced the adverse side effects of chemotherapy, radiation, and other medical procedures (International Center for Reiki Training).

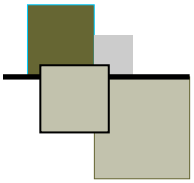
Reiki Experience:

Many people experience a different sensation during and after a Reiki treatment or Reiki attunement. During the Reiki treatment, people experience tingling, warmth, light or

extreme heat, or coldness. Others express deep sadness or Relaxation. Some cry or they sleep. The experience varies depending on the stress levels or the emotional state. When one gets attuned with Reiki, the experiences may differ between each individual. Some report seeing bright lights or colors (people experience this with Reiki, but also described during the attunement process). Others report incidences several days after the attunement. People began to rearrange their houses, or they become more intuitive. Their psychic powers are more prominent. For people who already could heal, their healing energy strengthens.

Different Types of Reiki are available?

There are 25 different types of Reiki. But all are based on the Japanese Reiki technique developed by Dr. Mikao Usui. His system was brought to the U.S. by Mrs. Hawayo



Besides the Usui Reiki System of Healing, other Reiki practices exist Jikiden Reiki, Lightarian Reiki, Psychic Reiki, Karuna Reiki, Holy Fire Reiki, Gendai Reiki, Rainbow, Five Element Seichem Shamballa Reiki, Kundalini Reiki, and Imara Reiki. The most popular Reiki used in the United States is Usui Reiki Healing System.

History of Reiki

Reiki is at least 2500 years old but maybe longer, considering that energy has always existed. Re-discovered in Japan by Dr. Mikao Usui in 1922, he reintroduced it into society by healing ailed people in Japan. He taught over 2000 people and 17 masters. Translates as universal life force energy that balances, relaxes, and energizes. It produces a state of blissfully deep relaxing energy. If one feels drained, it works as a revitalization

tool both physically and emotionally.

Who brought Reiki to the United States?

Mrs. Hawayo Takata from Hawaii. Dr. Hayashi, a student of Usui, taught her Reiki after she suffered from several ailments. Once she returned to the United States, she began her practice and later taught the healing system. She initiated 22 masters who would spread Reiki throughout the United States by teaching Reiki the first two levels. For a complete history of Reiki in the United States, visit William Rand's website, www.reiki.org. The International Center for Reiki Training or read Frank Petter.



What is a Reiki Practitioner?

A Reiki practitioner is a person trained in the Reiki Healing System and attuned to the work of Reiki energy. There are three levels of Reiki used in the West to train practitioners. During Reiki I, a student learns self-Reiki, or some Master teachers may teach the power symbol. During Reiki II, one becomes a Reiki Practitioner and learns the three symbols. Advanced Reiki and Reiki III are the third levels in which the Practitioner becomes a master or a master teacher. At the master level, the master teacher learns how to train practitioners and the Reiki Master symbol.

Reiki Training Levels

To become a Reiki practitioner, one must be trained and attuned by a Reiki Master. During the attunement process, Rei (Universal Consciousness) adjusts the student's chakra energy pathways to accommodate the ability to channel Reiki and then link the Reiki source to the student.

There are four levels of Reiki training practiced in the West. Reiki I (Shoden) level is the first level of Reiki training. Reiki I is a prerequisite to Reiki II. During Reiki I, the student learns self-healing, hand positions, how to treat family members and friends either on a massage table or in a chair. The student understands the origins of Reiki, history, and how to use Reiki on animals and plants. After the completion of Reiki I, the Practitioner receives a certification, and then they can proceed onto the next level. Reiki II or Second-Degree Level (Okuden) is often referred to as the practitioner level, is introduced to the sacred symbols: the power, the emotional, and the distance symbols. During Reiki II training, one learns how to treat a client on a Reiki table. The student learns how to scan the body, and many teachers introduce the chakra system and how to use crystals and anatomy. Practitioners may also learn modalities like Meditation or energy healing. Like Reiki I, Reiki II is either taught in a one-day session, over the weekend, or in consecutive evenings.

Reiki III or Third-Degree Level (Shinpiden) is like an apprenticeship with the student working alongside a Master for a year or more after learning Reiki II. Typically taught during a three-day seminar with Advanced Reiki Training (ART) conducted on the first day and the Master teaching level taught the next two days. In ART, the teacher attunes to the student to master symbols but does not teach them how to teach or attune other students. In the Master's course, the student learns each attunement level, attuned other students, conducted seminars, or opened a business. They also comprehend crystals and how to meditate using the symbols. (Note, one cannot become a master teacher until they have taught their first class.)

There are several Reiki methods available to students who want to learn more than one

Reiki method. There is Karuna Reiki, Holy Fire Reiki, Lightarian Reiki, and Authentic Reiki or Jidiken Reiki. William Lee Rand created karuna Reiki and Reiki Holy Fire. Mrs. Yamaguchi developed Jidiken Reik, which means unaltered Reiki, used in its original form.

Many practitioners teach Reiki I and II during a two-day weekend seminar, a one-day seminar, or over four consecutive evenings. I teach Reiki I during a one-day symposium, then six months later, I teach Reiki II. Teaching Reiki II six months later gives the practitioner time to adjust to the attunement process and practice self-reiki. I teach the Usui System of Reiki which emphasizes self-healing, and the Reiki Principals. Each day, devoting Higher Consciousness Reiki Meditation encourages students to practice self-Reiki, increasing their energy.

There are different types of Reiki training. One can train with a Reiki Master at a seminar or one can teach through an online class. This Practitioner does not recommend distance attunements, but others find it to be helpful. We are a Reiki & Meditation Service that specializes in Reiki treatments, training, and Meditation. Reiki Meditation combines Reiki and Meditation, which transcends the power of Reiki energy. Our goal is to bring Relaxation, mental clarity, clairvoyance, enhance healing skills, expands consciousness and intuition to their highest levels. We want to connect our clients to their true essence, which is their Higher Consciousness.

We believe Reiki Meditation can help one focus on the spiritual union that brings one closer to reality by revitalizing the body to reduce stress, ease pain, release depression, calm the mind, and clear the auras and chakras. Combining Reiki and Meditation can introduce one to their Reiki Guide once he/she is attuned. It creates the space and time

needed to detach from the world so that the user may become more conscious of his/her spiritual connection. Its healing is universal love.

Reiki can not harm. It can only heal.

Angela Newman is the founder and operator of Higher Consciousness Reiki Meditation (HCRM). She has earned her Advance Reiki Training and Reiki Master Certifications from Sister Ann Winters through Ursuline College in March 2011. Mrs. Newman began studying Reiki in 2009, under the direction of Rev. Maria Flaherty. She now initiates Reiki treatments and teaches Reiki to students who want to facilitate healing for themselves and others. She believes that we are all one with Universal Energy, and through Reiki and Meditation, we all can heal.

