

"The part can never be well unless the whole is well."
- Plato

Reiki FAQs

(Frequently Asked Questions)

This is meant to provide information on Reiki for people, for animals and about Reiki in general. You will have an opportunity to ask questions before the session begins.

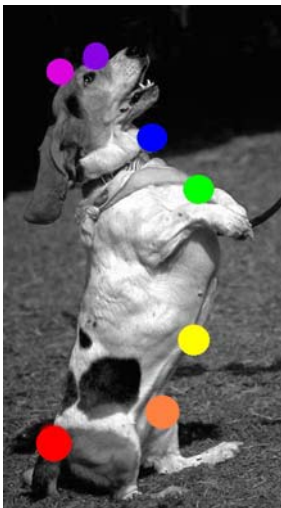
What is Reiki? The commonly accepted translation of this Japanese word is “Universal Life Force Energy”. The Reiki Kanji (or symbol) shown on the left is broken down into two parts. The Rei (Universal Life Force) and the Ki (Energy). The word Reiki is most often used to describe an energetic healing methodology. During a full traditional Reiki session for people, the fully clothed recipient lies on a table, (most often a massage table) while the Reiki practitioner places their hands on the recipient, often holding them in one place for about 4-5 minutes. A full session takes approximately an hour, as there are many hand positions. These hand positions are non-threatening and most people find them very respectful of personal boundaries.



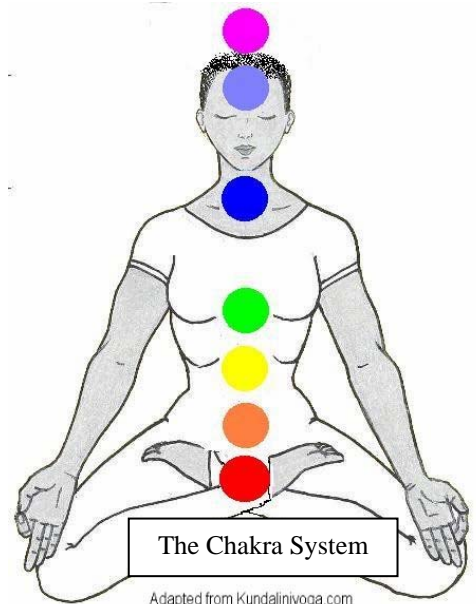
Reiki Kanji

For animals, the session is much less formal. Animals are much more aware of energy than people are more likely to show the practitioners where they would like their hands placed. They will also only sit for Reiki for as long as they feel necessary. Because of their increased sensitivity, they can absorb Reiki much easier than people and their sessions are often much shorter.

How does someone placing their hands on you, without even moving them, become a healing methodology? This is where the “Universal Life Force Energy” definition comes in. A Reiki Master/Teacher has attuned the Reiki Practitioner to this Energy so that they may become an effective energy channel. I often compare it to an electrical cord. The outlet is the source, the lamp is the final recipient, but it takes a cord, or channel to get it there.



But how does it work? Energy is all around us and within us. Human beings, animal, plants, and even places have an energy field or Aura. A quick way to recognize your aura is to pay attention to your “personal space”. In most cases, it is a great indicator of the “edge” of your aura. Working in conjunction with our auras are our energy powerhouses, called Chakras. (A diagram of the location of our seven Major Chakras is shown to the left, a dog’s to the right.) They work to maintain our health, physically, mentally and spiritually. They each have their own unique function and when they are asked to work overtime due to external stresses,



their functions are less effective and we often become ill. When the energy system is supported by a Reiki Session, the recipient is given sort of an energetic “boost” and this energy assists the recipient in balancing his or her energy field. One of the wonderful things about a Reiki session is that the recipient’s own inner wisdom knows where Reiki is needed. Even if the Reiki Practitioner “misses a spot”, the Reiki session will still benefit the recipient. Since all healing is self-healing, the recipient’s body knows where to take in and use Reiki.

How do I know it works? The best way to “prove” if Reiki works is to experience it. Unfortunately, very little research has been done on the effects of Reiki. The best research I have found that is specifically geared toward Reiki is a list of statistics.¹ Although Reiki has been around for centuries, it does not really lend itself to true double blind studies, traditionally accepted by the medical and scientific communities.² A recent study on Reiki’s effect on Fibromyalgia has been completed but the results will not be published until early 2005. However, a good amount of research was done on, what was commonly known as “psychic healing.” Based on what I’ve read, this “psychic healing” is not much different than many of the energy therapies recognized today.

"Unlike much of orthodox medicine, alternative approaches to healing typically honor the wisdom and capability of the human body. Their goal is often to support and strengthen the powerful healing forces already at work within us." — John Robbins, Reclaiming Our Health

So what does it feel like? A Reiki session will evoke different responses from different people. Generally speaking, Reiki imparts an overall feeling of relaxation. During my first Reiki session as a recipient, I was sure that the practitioner had hot water bottles on me! Everywhere she placed her hands I felt warmth that seemed to penetrate right through to my bones. My entire body relaxed. As a practitioner, my clients have reported feeling warmth, coolness, tingling and sometimes nothing at all!

Some pets may, at first, be a bit overwhelmed by Reiki because of their heightened sensitivity to energy. They may not be able to tolerate actual “hands on” Reiki. Usually after a few minutes, the animal will usually settle into the session, or be willing to accept Reiki from a distance. Reiki is not limited to physical touch since our auras extend beyond our bodies.

Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are

-- Rachel Naomi Remen

Because Reiki works on a physical, emotional and spiritual level, sometimes old or unresolved emotional issues may come up during a session. In these instances, it is not usual for the recipient to experience a physical response (such as tears). The recipient may or may not be aware of what issues are being addressed. In either scenario, the Reiki session, and the practitioner will support the recipient in this clearing out of old energy. Tears or mild discomfort should not be viewed in a negative light, as it is usually a

sign of our energetic system purging itself. Think of it as pulling a splinter. Sometimes, the process of removing it is painful but the end result is that of relief. .

What it really doesn't feel good? Although rare, Reiki can elicit such a strong response as to make the recipient feel excessively uncomfortable. This could mean that the recipient is not yet ready to heal or would rather work with a different methodology. Anytime the recipient is uncomfortable and wants to end the session, all he or she need do is say so. The Reiki practitioner may be so aware of the recipient's energy that they may ask if the recipient is all right before he or she brings it up. It is important that the recipient understand, before beginning a session, that it is perfectly all right to end early if he or she chooses. The Reiki practitioner's feelings will not be hurt, he or she will not get mad, and there will be no hard feelings. A Reiki session is about the recipient, not the practitioner, having a positive experience. Healing should never be forced on someone. We all have the right to choose our own time to heal. If your pet chooses to walk away from the session, this wish will be respected and honored

The most important medicine is
tender love and care

-- Mother Teresa

Can Reiki do harm? Reiki, if shared in a responsible, positive way, cannot do harm or make a condition worse. It is an unfortunate truth that some practitioners are working with Reiki in order to feed their own ego or boost their self-esteem. Although a session with these practitioners won't necessarily harm the recipient, most likely there will be very little benefit from the session.

This sounds like some New Age hocus-pocus. Won't this conflict with religious doctrine? Although Reiki can be viewed as a spiritual experience, it is most certainly not a religious one. Practitioners are varied in their religious beliefs. If religion is an important consideration for the recipient, they should be able to find a practitioner who shares in his or her religious beliefs. However, this is not a necessity. Some practitioners will incorporate their religious beliefs into a session. As with anything, it is important that you ask many questions and feel comfortable with the practitioner you are working with.

"A human being is part of a whole, called by us the 'Universe', a part limited in time and space. He experiences himself, his thoughts and feelings and something separated from the rest -- a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.

-Albert Einstein

¹. For a collection of statistics on Reiki please visit: <http://www.reiki-research.co.uk>

². Holistic Nursing Practice, April 2000 v14 i3 p21.

Title: The Empowering Nature of Reiki as a Complementary Therapy.

Author: Leslie Nield-Anderson and Ann Ameling

³. Vibrational Medicine, New Choices for Healing Ourselves

Author: Richard Gerber, M.D.