



## REIKI

### Definition

**Reiki** is a natural healing technique which is used by imposition of hands.

The word Reiki is composed of two Japanese words, "**REI**" which signifies an omnipresent and an omnipotent spiritual intelligence and "**KI**" vital energy. Therefore Reiki is the vital energy guided spiritually.

Reiki is an energy which comes from the highest spiritual source. It has its own intelligence and knows exactly where it has to go and what it has to do. It has a multidimensional character and will heal the cause of the problem at any level (body, mind or soul)

The existence of this "life force energy" has been verified by recent scientific experiments, and medical doctors are considering the role it plays in the functioning of the immune system and the healing process.

A treatment of Reiki consists of imposing the hands on the sides of the face and back of head, chest, stomach, knees and feet. The same process follows for the back. The person practising is free to follow other positions according to the needs of his patient. Each position lasts between 3 to 5 minutes, and a complete treatment can last for an hour or more. A minimum of four consecutive days of treatment is necessary to be repeated by one sitting every 3 to 4 weeks. For serious problems, a daily session of auto-Reiki is recommended.

### History

Probably originating in Tibet many thousands of years ago, Reiki was rediscovered by Dr. Mikao USUI at the end of the last century, after following studies of sacred literature of Japan, China and Tibet and Christian scriptures. At the end of ten years of study and after a mystic experience on the sacred mountain Kuriyama, he finally put together his "System of Healing."

### Benefits

Reiki is at the same time very powerful and very mild. Over the years it has healed all kinds of serious problems, as well as liver, heart, diabetes skin, wounds, fractures, insomnia, impotence, lack of self-confidence etc. One of the interesting principles of Reiki is that one can treat oneself according to one's requirements, whatever the place or time. It is enough just to impose one's hands on oneself, and Reiki flows and begins the healing process. Reiki is compatible with all medical and para-medical treatments. The efficiency of the medicines and remedies is reinforced at the same time diminishing secondary effects.

**Reiki is now recognised by the Swiss health insurances and some Reiki practitioners work in hospitals.**

## **Chemotherapy, radiotherapy and side effects**

REIKI has proven a very useful adjunct for anyone taking heavy drugs or undergoing long and tiresome treatments. It can help reduce some of the side effects and bounce back more quickly from the burdens of chemicals or surgery.

## **REIKI and Prescription drugs**

Many Reiki therapists have noticed that REIKI can readily affect the way in which drugs works in the body. Reiki makes the body more receptive to drugs while lessening their side effects.