



Facts about Reiki

What is Reiki?

Reiki is a type of alternative healing therapy. It was developed by Mikao Usui, a Japanese Buddhist, in 1922. The word can be broken down into two meanings. "Rei" means God's wisdom or higher power. "Ki" is the life force energy. When combined, Reiki is the spiritually guided life force energy.

How Does Reiki Work?

Practitioners of Reiki not only use their hands to massage your body, but they also have specific mantras and blessings they recite to clear negative energy from your body. The Reiki session is supposed to help clear your mind and soul from mental and emotional toxins as well as relax your body.

How Does Life Force Energy Affect You?

People who have high life force energy already have a body, mind, and soul free of blockage. The unrestricted life flows smoothly. However, if your life force energy is low, you can experience unwanted life situations. For example, stress can interfere with your life both physically and mentally, but Reiki can help.



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Is Reiki Part of a Religion?

No, Reiki does not come from any religion nor is it a religious practice. However, it does aim to help you spiritually as well as physically, mentally, and emotionally. You do not need to belong to any specific church to benefit from the positive healing benefits of Reiki. Reiki can help you spiritually by connecting you with your inner-self, which can help guide through life and give you clarity when faced with challenges or decisions.

What Happens During a Reiki Session?

It depends on your specific condition, but it might seem similar to other sessions you have with alternative healing doctors such as acupuncturists or chiropractors. You lie on a table fully clothed for up to an hour. Most treatment rooms play soft music to create a peaceful atmosphere. During the session, you might become so relaxed that you fall asleep. During treatment, you might be able to feel energy being unblocked. Some people even experience a warm, glowing energy whereas other people simply have an overall feeling of relaxation.



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How Can Reiki Help Physically?

If you suffer from chronic pain, Reiki can help. Reiki practitioners have become popular in hospitals. If you are experiencing pain either before or after a surgery, Reiki is a natural way to alleviate pain before medication kicks in. Your pain scale should go down by the end of the session. Depending on your condition, the inflammation may subside for a few days. After some time, it might be healed indefinitely.

How Can Reiki Help You Emotionally?

If you deal with negative life force energy emotions such as anger, jealousy, guilt, insecurity, resentment, or others, Reiki can help alleviate those heavy burdens from your mind, body, and soul. Feelings of depression are real and can occur for several reasons, but Reiki can help with all of them.

How Can Reiki Help Mentally?

People deal with stress on a daily basis. It can drain the body to cause fatigue as well as create an overwhelming mindset. Reiki has the power to remove stress from the mind and tension from the body without massage-like rituals. The experience uses calming and peaceful techniques to clear your mind rather than simply targeting your body physically. If you deal with anxiety or stress, try Reiki.



Faqs about Reiki

Does Reiki Help With Hospice Care?

As patients entire hospice care, they can benefit from Reiki. As a healing agent, it can be a peaceful transition into the afterlife. Not only can it help those who are about to depart from this earth, but the alternative healing practice can assist those grieving a loved one as well. It is an emotional, mental, and spiritual healer.

Who Can Benefit From Reiki?

Everyone can benefit from Reiki no matter the health condition. Even people who are seemingly healthy and happy can have a sense of peace thanks to Reiki. There are three levels of the healing practice, and anyone can become a practitioner. The first level targets the placement of the hands, the mantras, blessings, and so on to learn how to not only treat friends and family but also perform self-treatment, too. The final level is a Reiki Master Teacher.



Disclaimer

Energy healing, Shamanic healing, crystal and sound healing as well as Reiki are considered alternative, complementary approaches and do not replace the need for traditional medical care through your physician or licensed professional. You should not stop, add, or change any medication or traditional treatment, without the advice, consent and direction of your physician. You are advised to seek the care of a licensed professional for any physical, mental or emotional concerns.

Elise The Creative Intuitive

