

WHAT THE HECK IS REIKI?

by Thea Annya Nathan

Reiki is a Japanese, non-invasive healing technique that calms the nervous system and helps to restore balance to the mind, body, and spirit. Mikao Usui the founder of Reiki was born in 1865. He has healed many people and trained numerous students in the Reiki system that we use today. The word *Reiki* comes from two characters: *Rei*, meaning *universal soul*, and *ki*, meaning *energy*—thus Reiki is the *universal life force energy*.

Reiki is administered through the laying on of hands. The practitioner is a conduit for Reiki (life force energy). The healing energy of Reiki (loving energy) brings deep relaxation and healing to practitioner and recipient. I experience universal love and compassion when I share Reiki during a session. It is not my compassion, it is the energy of compassion/love/Reiki flowing through me.

When sharing Reiki with an end-of-life client, there is an increased energy of love and compassion. This is the closest I have ever felt to God/Spirit. It is 100 times stronger than falling in love. It is very powerful and a great honor to experience and witness.

Reiki gives the practitioner permission to be loving and kind to people through touch. Ideally, the practitioner is not thinking of anything and gently moves into a place of meditation while sharing Reiki. We live in a touch hungry culture. I have found that through the loving touch of Reiki, people open and blossom, and they become less afraid to give and receive love. They open into truly being themselves and often report feeling empowered.

Many of us walk around through life with emotional wounds. Due to many challenges, we put up blocks to protect ourselves from pain, unfortunately, these blocks can keep out interactions of love as well. Reiki offers a supportive environment in which we can soften and let go. When we feel safe enough to soften and let go, healing naturally starts to occur. This is where miracles both large and small can happen and an appreciation of life emerges.

Reiki is a very powerful integrative medicine technique, and it can be used in conjunction with Western medicine. Reiki is used in over 800 hospitals in the US, including Cedar Sinai.

Mikao Usui encouraged his students to live a spiritual life and to follow 5 precepts.

Just For Today Only:

Do not Anger

Do not worry

Be Humble

Be Honest in your Work

Be Compassionate to Yourself and Others

Mikao Usui died on March 9th, 1926, yet his practice thrives today.

Thea Annya Nathan

Reiki Master