

THE ART OF REIKI

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This overview offers an introduction to the heart of Reiki through the exploration of nine essential constructs.

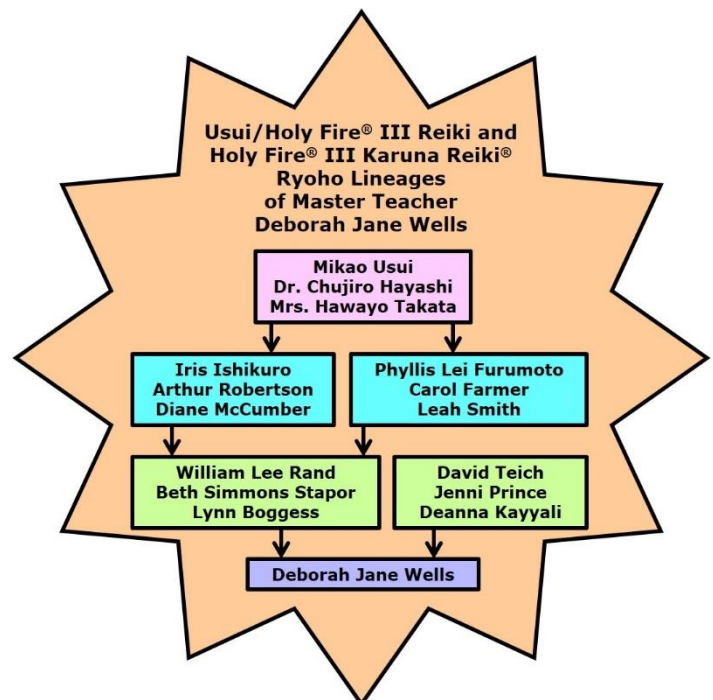


Reiki Fundamentals

Reiki is a form of mindfulness-based energy work focused on enhancing life experience in all areas. It reduces stress, increases relaxation, fuels creativity and fosters healing. I liken Reiki to a form of energetic mindfulness meditation or prayer with the Reiki practitioner serving as a consecrated channel for the flow of spiritually guided Universal Source energy to support insight, healing and empowerment.

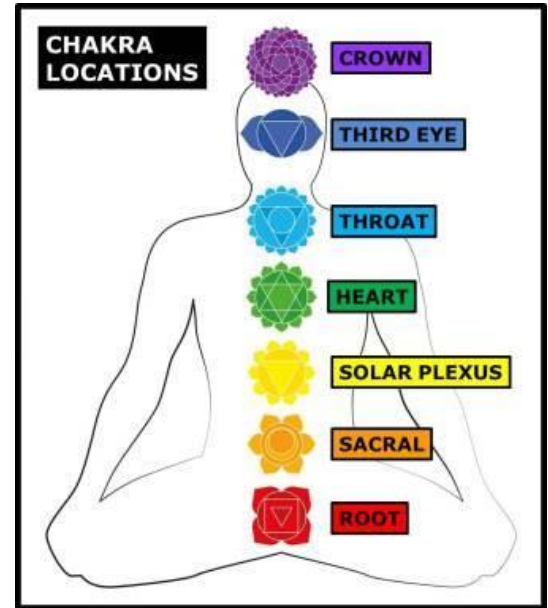
Master Teacher Accreditation

A professional Reiki master teacher is one who has substantial experience and has received training and attunements through another professional Reiki master teacher. I am a Professional Member of both the Reiki Membership Association of the International Center for Reiki Training (ICRT) and the International Association of Reiki Professionals (IARP). My Reiki master teacher credentials were acquired through Karuna Reiki® master teachers David Teich, Jenni Prince and Deanna Kayyali and ICRT licensed Reiki master teacher Lynn Boggess of the Usui/Holy Fire® Reiki and Holy Fire® Karuna Reiki® Ryoho Lineages.



The Role of Energy

People who practice any form of prayer or meditation attest to the subtle energy they feel flowing through them. Ancient wisdom traditions speak of this Life Force (often called Chi, Qi or Ki) as that which originates in the Infinite Source of All—flowing through and energizing every aspect of existence. Many scientists recognize this energetic force as both tangible and powerful. When people demonstrate skepticism about the importance of free-flowing energy to optimal health, I remind them that when our hearts stop, medical professionals use massive jolts of electricity to restart them. Energy is a life-sustaining and health-restoring essential.



CHAKRA SUMMARY

Chakra	Focus	Colors
7 Crown	Oneness, Spirituality, Divine Wisdom	Purple, White
6 Third Eye	Reason, Intuition, Discernment	Dark Blue
5 Throat	Choices, Self-Expression	Bright Blue, Light Blue
4 Heart	Love, Compassion, Self-Acceptance, Saying Yes	Green
3 Solar Plexus	Courage, Self-Esteem, Vitality, Saying No	Yellow
2 Sacral	Joy, Play, Relationships, Creativity, Flexibility	Orange
1 Root	Stability, Belonging, Self-Preservation	Black, Brown, Red, Pink

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Book Figure 7

The Stress Response

Our bodies comprise physical, mental, emotional, spiritual and energetic elements. A system of 12 energy meridians functions as an energy super transit system connecting every cell, tissue, organ and function. Seven chakras, or energy substations, empower our thoughts, feelings and actions by regulating optimal flow of Life Force energy through our physical, mental, emotional and spiritual being. When internal and external stressors, such as chronic stress and environmental toxins, generate energy anomalies in the 12 meridians, the chakras are thrown out of balance thereby compromising body and brain functioning.

How Reiki Works

Reiki helps your body “remember” and return to its balanced state. By identifying and removing stress- and toxin-induced energy blocks, Reiki treatment helps you realign your energy and restore your sense of wellbeing. Reiki practitioners do not “heal” others. They help others heal themselves by establishing an energetic environment in which understanding, balance and harmony can be restored. The Reiki practitioner supports re-balancing the chakras, allowing the body to return itself to a state of equilibrium and optimal experience.



The Magic of Reiki

While I hold great respect and gratitude for the Reiki tradition and symbols, for me, the "magic" doesn't reside in either. The ability to facilitate physical, mental, emotional and spiritual healing lies dormant in each one of us from birth, waiting for the moment when we are ready to "remember," reclaim our power and step into our greatness.

Invoking the Reiki symbols reminds us to employ the full range of abilities that always dwells within each of us. Every time we do so, we return home to our innermost truth of wholeness characterized by

Love
Respect
Curiosity
Compassion
Gratitude
Faith
Hope
Prosperity
Peace
Joy



When we are free of all fear and aligned with love as our Source, our very presence raises the constructive energy of every being and situation we encounter.



Walking the Reiki Path

Though as a master teacher, I offer Reiki meditation programs, treatment sessions and classes that train and attune others in the practice of Reiki, my primary focus is "walking the Reiki path." That journey is eclectic, intuitive and trans-denominational. As such, my responsibility is to keep myself free of fear as a clear channel for Divine love and light. In that sacred space, I always, and in all ways, facilitate the revelation and advancement of the highest good for all, in all, through all.

Reiki and Religion

While the focus of Reiki is spiritual, it is not a religion. The practice of Reiki is in harmony with any religious tradition or spiritual practice that recognizes a Universal Source or Higher Power (by whatever name) and promotes unconditional love, respect and compassion. Indeed, many religions around the world embrace some form of Reiki as a respected component of their healing practice.



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