

Reiki Therapy

Reiki (Ray-Key) is a Japanese technique for stress reduction, relaxation and general healing using Universal Life Energy of God consciousness. The word "Rei" means universal and represents wisdom that comes from a higher consciousness, which is all knowing. A God Consciousness that exists in the higher levels of the (UEF) Universal Energy Field. The word Ki, pronounced Chi in Chinese represent the life force or energy that exist within every living creation and represents the lower levels or earth bound levels of the UEF. The Reiki techniques of "lying of hands" have been practiced for thousands of years in the orient.

Reiki also uses ancient Japanese symbols that help channel different energies for strength, physical healing, emotional healings and overall well-being, as well as balancing of the chakras.

Reiki is passed from a Master teacher to the student and is easy to learn and use. The Reiki healing ability never leaves the person regardless of how often the healing energies are used.

The Reiki energy is a very powerful, clean and life-fulfilling energy that stays with a person once they have completed a Reiki attunement and the cleansing of energy blocks. It is an energy that comes from a higher intelligence; it can do no harm and its higher conscious knowing works on all levels of the human energy field. It does not require the healer's assessment and direction and is very beneficial for healing on all the levels of the human energy system.

Reiki sessions are approximately one hour long and involve non-invasive touch to your body from your head to your toes while lying quietly on a massage table. A wonderful sense of calm and relaxation is experienced. This energy process can continue for 24 to 48 hours and toxins can be released into the field. Rest and water are a great way to support this healing process.

Reiki classes are also being held: <http://www.belovedspirit.com/events.htm>

Additional Reiki Resources:

Wikipedia: <http://en.wikipedia.org/wiki/Reiki>