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Reiki: The Healing Power of Touch

August 8, 2018

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So what exactly is Reiki? Where did it come from? Reiki has been used as an alternative form of medicine since 1922. Originating in Japan, Reiki was developed by Mikao Usui. Reiki is based on *qi* (“chi”), a universal life force energy that falls under the concept that everything is energy and that energy flows through all things. Reiki Practitioners are however different from other types of healers in the fact that their ability to use and manipulate this energy can only be done by someone who has been attuned to it by way of a Reiki Master.

Those who have not gone through the proper training and special attunement are not actually using Reiki but other life force healing energy. You might be asking yourself what is an attunement? An attunement is the process in which powerfully channeled energy is passed to the student through their Reiki Master. In a sense it’s the formal way of activating a person’s ability to use their healing energy on those in need.


Previously, this spiritual healing art had been considered a pseudoscience as there isn’t solid proof of its effectiveness to treat a disease or condition. However, today more hospitals are embracing this practice and are hiring and training nurses to

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provide this alternative health care option. In the very near future you will most likely start seeing this covered by more insurance companies.

Understanding Reiki

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and are hiring and training nurses to provide this alternative health care option. In the very near future you will most likely start seeing this covered by more insurance companies.

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What happens During a Reiki Session?

A Reiki session is typically 60 to 90 minutes long. It begins with the practitioner describing what will take place and discussing any specific issues or problems the recipient might be facing. Practitioners have their clients lay down fully clothed with the exception of your shoes. You will be instructed to close your eyes and to relax. The Reiki practitioner will begin moving through standard hand positions beginning at the top of a person's head all the way to their feet. They may place their palms directly on your skin or hold them above your body. Their touch should never feel invasive or make you uncomfortable in any way.

The ambience is usually like that of a spa, with pleasant scents, soft music, and dim lighting. Since every BODY is different, not everyone will have the same experience. I personally have experienced an unbelievable amount of heat being generated from my practitioner's hands. Some people feel tingling sensations, while others feel instant relief from pain. It's hard to say

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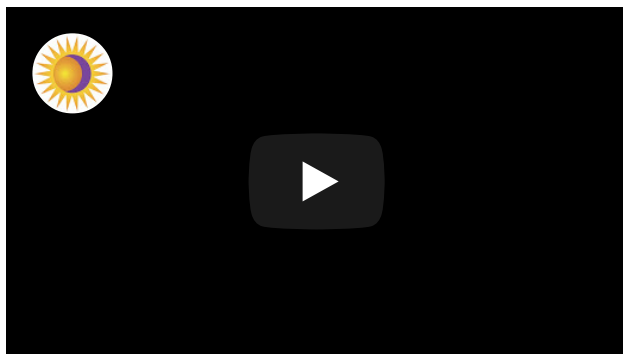
what you will feel. It depends on your mindset and expectations. Most recipients of Reiki find the entire process relaxing, revitalizing and pleasant!

Benefits of Reiki

The wellness benefits of Reiki include stress relief, deep relaxation, reduction in pain, and many claim a faster rate of healing after a session. There are no distressing side effects with Reiki.

Many within the medical community agree Reiki can be a powerful tool when used in conjunction with traditional medicine.

Would you like to know more about this type of energy healing? Tune in [Best Psychic Site's](#) video about Reiki for any additional questions you might have about this alternative form of medicine!



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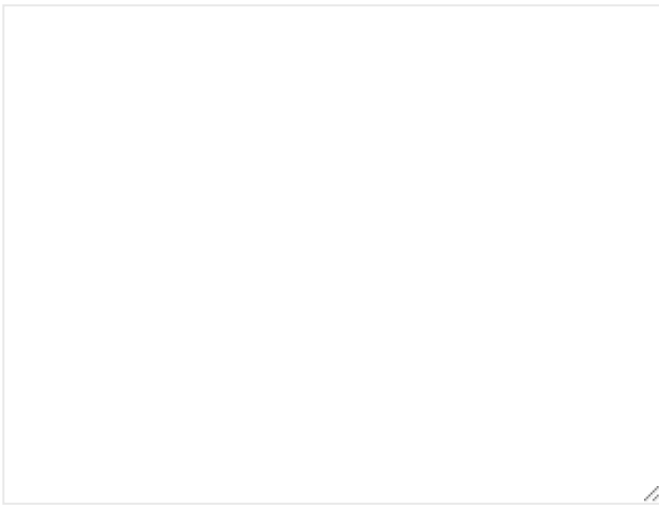
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