

The Healing Art of Reiki

By Lakshmi Devi of
Supatha Yoga & Pilates
A Place for Health & Healing

Reiki is one of the more well known forms of energy healing which involves direct application of Chi for the intention of fortifying the clients' energy system (aura). Chi is the term used by the Chinese mystics and martial artists for the intrinsic force the Universe is constructed of; an energy quality commonly known as vibration. This term vibration is widely used to refer to the range in experience between the dense or low vibration of the physical world to the high vibration of the highest spiritual expression; that which can ever and only be experienced and known on a level that is before and beyond the mind. The term is descriptive of how the energy transference feels between practitioner and client.

Reiki, Pronounced: "Ray Key," is the spiritually guided (Rei) life force (Ki) energy, which is channeled through the healer and received by the body of the recipient as gentle supportive healing energy. A Reiki healing practitioner places his or her hands upon the person to be healed with the intent for healing to occur, and then the energy begins flowing. Please know that the recipient of Reiki is always in control of the healing experience. There is no need to disrobe ever. You may elect to be touched or not, as you see fit for your highest good.

Stop and consider for a moment the implications of the universe around us made from energy which can be shaped and manipulated by thoughts. The underlying form of something, which the physical universe is made of; in as much as present-day physics' analysis is now recognizing the Universe consists of energies which are subject to and/or affected by thought; and that we create our own reality from our thinking and the thoughts we share between each of us every day. In 2004, the movie "What the BLEEP Do We Know!?" introduced the work of Masaru Emoto, a Japanese man who discovered a way to visibly demonstrate the effects of thought on water. This concept of Quantum Physics presented some very fascinating ideas.

Reiki is capable of healing anything because it works at very fundamental levels of reality. Even though the capability is there, this is not what always happens. The limits to Reiki seem to be in the recipients' willingness to cast off old habits

and patterns, to accept change and to accept healing. The level of reality where Reiki operates is the underlying energy structure of matter, as the physical matter we see around us is a solidified form of energy as expressed in Einstein's famous equation which says that "Each unit of mass is equivalent to a certain amount of energy."

Since the word Reiki means Universal Life Force Energy, it refers to the energy ONLY and not the specific techniques taught by Reiki Masters. The techniques are more properly called the "Usui System of Natural Healing" after the founder, Dr. Mikao Usui. To learn more about the founder and the lineage of the Usui System read the following books...

1. Reiki, The Healing Touch...Dr. Mikao Usui by William Lee Rand
2. Reiki: Hawayo Takata's Story by Helen J. Haberly



Lakshmi is a certified Advanced Reiki Practitioner and Master offering Healing Sessions by appointment... call 908-996-6428 or visit www.SupathaYoga.com for additional information.

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-TUESDAY 1-26-2010 @ 6:45pm

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- YOGA for DEPRESSION WORKSHOP**
-TUESDAY 2-9-2010 @ 6:45pm
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