



## What is Reiki?

Reiki is a Japanese technique for stress reduction, personal growth and spiritual insight that also promotes healing on mental, emotional and physical levels. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful, glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

## Who can utilise Reiki?

Reiki is a very simple technique to learn and is not dependent on one having any prior experience with healing, meditation or any other kind of training. It has been successfully learned by over one million people from all walks of life, both young and old. It is easily adapted by a student as the ability to practice Reiki is simply transferred from the teacher to the student through a process called an "attunement" that takes place during a Reiki class. As soon as one receives an attunement, they have the ability to do Reiki and after that whenever one places their hands on themselves or on another person with the intention of doing Reiki, the healing energy will automatically begin flowing.

It is an excellent, **complementary practice** for other holistic practitioners, for example: nurses, acupuncturists, & massage therapists. More than 60 U.S. hospitals (including Johns Hopkins & Harvard) have adopted Reiki as part of patient services, according to a UCLA study, and Reiki education is offered at 800 hospitals. The Healing Touch Professional Association estimates that more than 30,000 nurses in U.S. hospitals use touch practices every year. To learn more, visit: [www.wynonahdove.com](http://www.wynonahdove.com)