



Article submitted by Trish Dennison, Mindworks

Reiki is a common word today compared to when I began over 20 years ago. As much as Reiki awareness and Reiki teaching has grown over the years, it seems there is still a bit of confusion of what Reiki is. To that end I offer some insight.

Reiki is number one - a relationship. The Sanscrit name of Reiki expresses the concept of Universal Life Force; One Life Force that is Universal and Absolute. This energy is immeasurable with present scientific instruments, yet every living thing receives its blessing every day. Every culture has a relationship with this Vital Force and has been compelled to find a word to express it. It is Chi in China, Ki in Japan, Pneuma in Greece, Prana in India, Elan Vital in France, and Bio-Plasmic Energy in Russia. Hippocrates called it Natures Life Force, Kahuna's call it Mana, Native Americans the Great Spirit, The Force in Star Wars, and Jesus called it the Light. These are all terms of endearment for the One Universal Vital Life Force.

Modern science has analyzed the world with an amazing degree of sophistication. Matter has been broken down into smaller and smaller particles, only to discover that at the sub atomic level everything is energy. We call it Reiki.

Reiki is being taught by many different Reiki Masters coming from varied traditions and teachings. As is the truth for each and every one of us, we teach and pass on what we were taught and what we have experienced. Plain and simple. You will encounter versatile formats of teaching with differing classroom time, practice and follow up support. It may be beneficial to have a fuller understanding of the Foundation of Reiki Teaching to help you choose your path.

Reiki is an ancient teaching that encompasses principles, practice, and techniques to focus on this loving relationship you have with all things. It all begins with you. On the physical level, the energy of Reiki addresses the Sympathetic and the Para-Sympathetic Nervous System. The Para-Sympathetic System is the one system responsible for rejuvenation and regeneration of cell life in the entire body. The Sympathetic System sustains all the functions of the body. Reiki practice is putting your loving hands on yourself every day. A little time of Reiki everyday is a simple and effective way of releasing daily stress before it accumulates into dis-ease and a way of enhancing physical, mental,

emotional, and spiritual vitality. As Reiki addresses aspects of our whole being, we create an opportunity to heal, to make whole, all areas of our lives. Reiki accelerates healing on all levels by addressing all levels.

To truly heal we need to be able to accept what is without judgment, be kind and supportive to ourselves, incorporate the necessary physical support including nutrition, exercise, and stress release, and literally love ourselves through it. Reiki teaching is a full package to bring to any healing journey and anyone can learn to embrace this practice of self care their way. Hands on practice can give you permission to spend quality time with yourself, a requirement of all healthy relationships. Reiki focus can enhance your meditations, visualization, and goal setting, blessing your journey consciously with light.

Reiki can help you heal your wounds, calm your mind, and even bless your food.

Practicing the Reiki Principles is practicing awareness. You practice being aware of your thoughts, feelings, and reactions so that you can consciously choose how to respond to your word in a softer, gentler way. Reiki principles teach you how to live from your higher self with integrity.

Reiki is a Relationship with yourself, your source, and your world. Relationships develop over time, not in an instant or a weekend. Do yourself a service and take the time to embrace this relationship as a daily practice and grow within the teaching before you reach to the next level. Find your way with it one step at a time. Mastery is of the self and we are all on that life long journey. Remember a true Master is one who practices one thing a thousand times or more. Master the relationship within yourself and move forward with the teachings as you are ready to embrace each step for what it brings you ,whatever that might be. Reiki has something to offer everyone and it is, as always, an individual experience.

For some people Reiki is physical, for some it is spiritual and for still others, it is both. Reiki is not based in belief system and therefore adjusts to the needs of the individual. Reiki is a relationship and a partnership which implies that you also bring something to this relationship. Practice, experience, and the energy itself remain the best teacher. ✨



**COMPUTERIZED
HEALTH ANALYSIS**

Niki Lucas, D.I. Hom
(Pract) Biofeedback Therapist

Appointments available at
The Health Hut, Prairie Mall, Grande Prairie
(780) 539-4339