

Can Someone Explain This Therapy Called Reiki?



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Article by Darby Yarlott, LMT, CRM, CCHM
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Reiki is a non-invasive healing energy therapy that was formally given its name as a system of healing dating back to the early 1920's in Japan. The word Reiki is Japanese and means Rei – universal, and Ki – life force energy or chi. Mikao Usui developed Usui Reiki Ryoho, one of the more current foundations that Reiki principles are based upon. But people have had an awareness of energy flow of all living matter for thousands of years. So, one should not say energy therapy has been in existence for only 100 years.

In this article I will not dissect the entire history of Mikao Usui, the founder of the formal practice of Reiki, and its development up to the current times. Rather, the intention of this article is a brief synopsis of sharing information to better understand the connection of energy flow of all living matter. And that as humans, animals, living matter, energy can become stagnant and blocked. And then with the simplicity of tapping into the beautiful, infinite life force of energy, it is possible through Reiki to focus and set intention to shift energy flow, remove blockages, and raise vibration levels. Hopefully, this brings clarity to how Reiki can truly benefit individuals.

There is an abundance of information of measurable science that crosses over into the less tangible energy fields of auras, chakras, and meridians. Quantum physics explores the very basic properties of matter and energy to the most finite particle in nature. Einstein's equation $E=MC^2$ (energy is matter moving at the speed of light squared) is a spectacular merging of energy and matter. The basic building block of matter is light. Light is a bundle of energy which resonates with the entrapment of subatomic particles that vibrate. And vibrations can be measured along an electromagnetic spectrum. Everything around a person - what you see, what you feel, what you hear, your own body has subtle waves of energy. Vital energy maintains our physical body which is inclusive of our thoughts, emotions, spirituality, and intuitive awareness.

Getting back to science- radio waves, gamma rays, infrared rays, ultraviolet rays, etc., are measurable wavelengths of energy. And as humans- we have energy flowing through us, bouncing in and out of our being, all in an organized manner. Surrounding a body of energy, such as humans, is the less tangible aura which has seven layers. Inside these layers of energy

fields are chakras that move in out of the physical body. And then meridians are the channels of energy running through the body. The life force of energy is always feeding the cells that run through the meridians.

The aura is a live energy field constantly bombarded with information. It is all very organized. This information feeds into the chakras and meridians, and to the cells. It is important to note there is an ebb and flow of the energy transmission. Energy and information are circulating in and out from the universe to the aura, to the physical body, to the meridians, and deep within to the basic cell. Reiki is this connection, reaching for this life force of energy that vibrates all around us, and into our bodies, our souls, and deep to a cellular level.

From my perspective as a Reiki practitioner, I am blown away by the research on the many layers of energy extending from my single body all the way to the universe and back. And that we are all these threads tied together in this complex, organized movement of infinite energy, this life force. Reiki translates to a life force of vital energy and light that we all carry within us. There is *something* within each of us that allows us to grow, shift perspective, follow new paths, find faith, etc. There is a driving life force that is common in all of us. Some will follow this to a deeper level of subconscious awareness, and some may just skim the surface. It's ok to know in your gut that 'there is something that drives me, motivates me, tears me down, and yet I can't touch it'. This slides us into the skeptical Reiki belief of life force that cannot be physically held, so it is not always believable. But that inner belief of *something is driving me* may open the door to explore Reiki.

Reiki allows us to come into contact with the organized, informative vital energy that is infinite. Through Reiki practice we start to recognize our own body of energy that may become stagnant or does not feel like it is flowing freely. Perhaps this is tied to emotional weight, hardship, trauma, injury. One gains a new understanding of tapping into the infinite life force to revitalize, renew, change thought patterns. Quietly, all of us have moments when we wonder what am I doing here, why is this happening to me, am I the only one having such a hard time. We are more alike than we think. At some point on the journey, we all want our well being to be healthy as possible. And that may be physically, spiritually, emotionally, and/ or mentally at a conscious level of need.

Anyone can set an intention for a different or new outcome. One of the basic guidelines of Reiki is setting an intention. We all have the ability to direct out thought and actions. So where does intention and Reiki factor into this? An individual wants to set the best possible intention for the best intention for ones greatest good. If one's energy is stagnant, negative, it is tough to set that best possible intention. One of the main goals of Reiki is to bring in vital energy where the body needs it to go. But we want it to be the vital energy of the highest quality and vibration. Imagine an individual with the best possible life force energy flowing through the auras, body, meridians, cells and then being able to set the best possible intentions. They go hand in hand.

best life force energy + best intentions = best outcome.

How does one go about receiving this wonderful Reiki energy? We all have the ability to tap into the universal life force energy. There can come a time in your life when you have a curiosity about Reiki, possibly a journey of expansion and self-awareness. This journey may open spiritual

doors, religious doors, intuitive awakening. It is different for everyone. Some may just find it helps them shift with all the ups and downs of life, another tool to add to their toolbox that is carried throughout their life. Reiki seems to find individuals when they are ready. And it is a lifetime journey of exploring Reiki, deciding to become a student of Reiki and advancing to Reiki Master or being a recipient from an experienced practitioner's hand.

Reiki seems to be blossoming as people in this day and age want to know what their purpose is or how to wade through such rough waters of the present times. And there is an abundance of information to start the journey. If one is curious, begin with a Reiki session from a Reiki practitioner or Master. Every practitioner may present the session a little differently. But the common practice should be simplicity, setting intention, wanting to bring in that which is for the greatest good. The best intentions are very simple, pure and honest, and are felt deep within one's heart.

If one is considering a Reiki session it will be deeply appreciated in a peaceful, comfortable setting. The client can sit or lie down, fully clothed. The Reiki practitioner may have the client share the intentions for the session. The client will relax, be aware of breath, and let the mind go where it wants to go. One should not set an expectation or work hard to clear their mind. Most likely the client will feel very relaxed as the practitioner will have very warm hands, moving over the body or lightly on the body. The client and practitioner work together as the flow of energy shifts throughout the body. The practitioner may be compelled to sit with each of the seven chakras. The practitioner may find their hands hover over an area of injury. The practitioner acts as a conduit and receives Reiki as well. And energy flows freely From Reiki hands and into the body. It is such a peaceful and beautiful transfer of energy.

Reiki sessions can last from 20 minutes to 75 minutes. Actually, if time is limited, just a few minutes of Reiki goes a long way. The practitioner will close out a Reiki session like a lotus flower closes its petals. Clients typically feel refreshed, like a nap is needed, or maybe even buzzy. After all, a manifestation of positive intentions brings in a positive shift of energy. And this is energy vibrating throughout the client's body. Clients may carry this feeling for a few hours or for days. A client will know if they want to continue expanding with continued Reiki sessions. Making Reiki a part of one's life can bring a shift in perspective, set positive intentions, and live peacefully. It's up to each individual to decide if this is the path for them.



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