

healing journey options

UNDERSTANDING

REIKI

What is Reiki?

Reiki is a Japanese energy medicine technique that **helps balance the flow of universal life force energy (ki, chi, prana) throughout the body**. When this energy is flowing and balanced, your body, mind and spirit can begin shifting to greater levels of health, function and accomplishment.

Ki, or this life force energy, can become stagnant or even blocked when dis-ease or disease is present in the body. In Eastern traditions, ki is affected by many things - our thoughts, beliefs, diet, exercise level, stress, the amount of time we are able to spend in nature, as well as spiritual aspects of our lives. In fact, Rei means universal or spiritual, so literally Reiki means universal or spiritually guided life force energy.



How does Reiki work?

Reiki **enhances the flow of energy through stagnant areas and/or removes energy blocks** to help rebalance the flow of life force through the body and allow the body to heal itself naturally. These areas of reduced or “no flow” of energy can be located in your aura (in your energy field) or physical body and may be related to past emotional, mental or physical trauma. Chronic stress may also be a factor in reducing energy flow. In Eastern energy philosophy, slowing or blocking of energy flow in the body or aura results in dis-ease, and if this persists long enough it can progress to disease. Reiki can be given with hands on or off the body. As it makes shifts your subtle energy system, it improves the quality of your health - mind, body and spirit.

Benefits of Reiki

Reiki is a wonderful addition to any traditional or complimentary form of healing. Like conventional medicine or even prayer, **Reiki can help make a positive shift in your health by:**

- slowing or stopping the progression the issue,
- calming the symptoms of disease,
- reducing the mental, emotional or physical suffering,
- healing the situation,
- decreasing the stress reaction in your body,

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- freeing your energy to enhance your performance and experience of life. The mind-body connection has a strong influence on health - shifting or releasing an old belief, thought or story can frequently be a wonderful first step to healing or becoming more whole.

What is unique about Reiki?

Reiki is unique among energy medicine techniques because the practitioner is connected with this source or universal or spiritual energy through an attunement process during class - much like fine tuning the dial on your radio. As the practitioner is “tuned in”, their energy system is shifted to allow this universal, God-consciousness energy to flow through them. This makes Reiki easy to learn and practice. To share Reiki it only takes your intention to start the flow of Reiki after receiving an attunement in class. The flow of this subtle, healing energy is enhanced with practice and self Reiki. For me, Reiki feels like there is this gracious liquid love and light flowing as I work with the energy. Reiki always focuses on bringing about shifts that are for the highest good of the person receiving it.



Is Reiki Safe?

A very safe healing therapy with no known contraindications or serious side effects from a treatment, Reiki is safe and effective for adults, children and pets. Each Reiki treatment provides a very soothing and relaxing experience that enhances vitality and healing for everyone!

Many other energy medicine techniques involve using your own or psychic energy. This usually involves the non-Reiki practitioner using some method of building up energy within them, going into an altered state and/or guiding the

energy step by step in the session. This can take years of clairvoyant training and the practitioner needs to be careful not to impose their own will or ego onto the person with whom they are working.

Getting Started with Usui Holy Fire Reiki

Many people **start to explore Reiki by receiving a session**. A session may be done in a chair, on a massage table or even in the setting of an acute injury while awaiting standard medical care. Reiki clients remain fully clothed during a session. The practitioner may alternate between working in the aura or on the body with light touch, non-sexual touch. **Reiki is wonderful for** stress relief, relaxing tight muscles, shifting your state of mind, calming anxiety, enhancing healing after surgery, reducing pain, re-establishing energy flow after surgery...

Schedule a session with Robin at 509-432-6873 or <http://healingjourneyoptions.com/events/>



Some people become so interested in Reiki after a session that they decide to take a class. **The beginning level class is Reiki I & II**. I teach it as a 2 day weekend intensive. By the end of the weekend you are ready to give Reiki to yourself, friends and family. **The class is 2 full days and includes:**

- healing experiences for you as the student,
- explanations of what Reiki is and

- the basic energy system of the body,
- how Reiki has changed and evolved,
- standard hand positions for giving Reiki to yourself and others,
- Japanese Reiki techniques (JRT),
- practice time where you give and receive Reiki and use the JRT,
- an attunement each day, empowered by the new Holy Fire Reiki energy
- a 175 page manual plus additional handouts
- a certificate of participation from the International Center for Reiki Training
- 14 continuing education credits available for nurses, licensed massage therapists, social workers, marriage & family and substance abuse counselors, and documentation for other health professionals to submit on an individual basis to their licensing board

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A recent addition to Reiki is the Holy Fire energy in 2014. Holy Fire empowers the Usui Reiki and Karuna® Reiki energies and is a high frequency healing energy on its own as well. Reiki I & II students are noticing a stronger flow of energy in their hands and having healing experiences during class.

Robin's teaching schedule is found at <http://healingjourneyoptions.com/reiki/classes/registration/> Reiki is easy to learn and can take you on a lifetime journey of growth and mastery.

After practicing and gaining more confidence you can volunteer here in Bend at St Charles Cancer Center or First Presbyterian Church. The Reiki I & II manual also has detailed chapters on how to give a Reiki session and how to set up a Reiki practice when you are ready.

Reiki Makes a Difference!

Reiki has really given me an energetic edge in my life! It has helped me shift out of chronic pain into an active life style...even with two subsequent car accidents and several falls. Recovery from injuries is shortened and pain decreased. Meditating or praying or self Reiki can change my mood, ability to focus and outlook on life. I am a healing teacher joyfully helping others transform the energy in their lives!



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www.healingjourneyoptions.com

*Robin Fuerst, Senior ICRT
Licensed Reiki Master Teacher*