

Reiki The Healing Touch



The Japanese kanji for Reiki
Tensyo style

Rei -- Spiritual Wisdom

Reiki (pronounced ray-key) is a Japanese technique for **stress reduction and relaxation that also promotes healing**. It was discovered by Dr. Mikao Usui in the early 1900's. Reiki is administered by "laying on hands" and techniques such as this have been practiced for thousands of years. Reiki is a very simple yet powerful technique.

The word "Rei" means universal and this is the definition most have accepted. However, this interpretation is a very general one. Japanese ideograms have many levels of meaning. They vary from the mundane to the highly esoteric. So, while it is true that Rei can be interpreted as universal, meaning that it is present everywhere, there is a more meaningful definition that is worth exploring.

Research into the esoteric meaning of the Japanese kanji character for Rei has given a much deeper understanding of this ideogram. The word Rei as it is used in Reiki is more accurately interpreted to mean higher knowledge or spiritual consciousness. This is the wisdom that comes from God or the Higher Self and is the God-Consciousness which is all-knowing. It understands completely. It knows the cause of all problems and difficulties and knows how to heal them.

Ki -- Life Energy

The word "Ki" means the same as Chi in Chinese, Prana in Sanskrit and Ti or Ki in Hawaiian. It has also been called odic force, orgone and bioplasma. It has been given many other names in various cultures.

Ki is the life energy. It is also known as the vital life force or the universal life force. This is the non-physical energy that animates all living things. As long as something is alive, it has life energy circulating through it and surrounding it; when it dies, the life energy departs. If your life energy is low, or if there is a restriction in its flow, you are more vulnerable to illness. When it is high, and flowing freely, you are less likely to get sick. Life energy plays an important role in everything we do. It animates the body and has higher levels of expression. Ki is also the primary energy of our emotions, thoughts and spiritual life.

The Chinese place great importance on life energy, or Chi. They have studied it for thousands of years and have discovered there are many different kinds of Chi. *The Yellow Emperor's Classic of Internal Medicine*, which is over 4,000 years old, lists 32 different kinds of Chi or Ki.

Ki is the non-physical energy used by all healers.