

What is Reiki and where do I start?

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# What is Reiki and where do I start?

A universal gift of love and healing



*Your body's ability to heal is greater than anyone has permitted you to believe*

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### What is Reiki?



If you are reading this Ebook, I am assuming that you are exploring Reiki and exactly what the word Reiki means. You may have read about Reiki or heard someone talk about Reiki and want to know more about the healing energy of Reiki.

Reiki is a Japanese word that comes from two words - Rei and ki. In the Japanese language, these words can mean different things depending on how they are used and how they are combined with other words. When they are used together for the practice of healing, the word Rei means Universal Spirit, Higher Power or God. The word ki refers to the life energy that flows through all living things. Therefore, Reiki means life energy that is guided by a higher power.

The most simplistic explanation of Reiki is that Reiki is an energy healing technique that promotes relaxation, reduces stress, and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to the body and by doing so, improves the flow and balance of energy to support healing. It is based on the idea that all living things have energy flowing through them called life energy. When your life energy is high, you will feel strong, confident and more centred. When in this positive state of energy, your body's immune system is strengthened and it is less likely you will get sick. When your life energy is low, you will feel tired, easily affected by stress and you will find that you are less resistant to illness. Reiki aids in healing by helping people become energetically balanced, physically, emotionally, mentally and spiritually. Essentially, Reiki assists in healing the body by dealing with the person as a whole; mind, body and spirit. It is important to remember that one must also live a healthy lifestyle to counterbalance Reiki. If one has an addictive habit to smoking or any other unhealthy lifestyle, Reiki may help them feel better, but this boost in health will only last so long if the person is not also living their lives in a healthy way.

### Founder of Reiki

Mikao Usui developed reiki in the early 1900s, deriving the term from the Japanese words rei, meaning "universal," and ki, which refers to the vital life force energy that flows through all living things. There is much written about Mikao Usui and how he came to be the founder of Reiki. Some of what is written has not been authenticated as there are many stories that were passed down through generations. However, there are some very good sites to browse if you are interested in knowing more about the history of Reiki and Mikao Usui. William Lee Rand is the founder of Holy Fire Reiki and is the leader in North America in terms of the research he has done about Mikao Usui. You can read all about the History of Reiki [here](#). The [International Association of Reiki Professionals](#) is also a good site to research Reiki.

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### Benefits of Reiki

- Accelerate the body's healing abilities
- Assist the body in cleansing toxins
- Promote a deep state of relaxation
- helps with sleep issues
- helps with acute and chronic problems
- aids in the breaking of addictions
- removes energy blockages bringing the body into balance and harmony
- can assist in the side effects of drugs and helps the body recover from drug therapy and chemotherapy
- supports the immune system
- increases vitality
- helps spiritual and emotional growth

\*Reiki is an effective complement to all other holistic therapies and conventional medical treatment. It should be noted that Reiki is not considered a substitute for appropriate medical or emotional treatment. Reiki supports all medical methods.

### Can Reiki Cause Harm?

Reiki is guided by spiritual consciousness and it can never do harm. The energy will flow to where the recipient needs the energy and will adjust itself to ensure that the recipient receives the energy where they need it the most. Even though Reiki will not do harm, it is possible to feel emotional during a Reiki session as often when we find our balance and centre it can be an emotional experience. Reiki is very personal and works differently and independently with different individuals. The reactions that may be felt during a Reiki session: may be euphoric, joyful, a sense of peace, emotional or no feeling or sense of Reiki at all. In all cases, one can assure that Reiki is working and in the end the result is exactly what they need.

### Can Reiki be used to self-heal?

In addition to using Reiki to heal others and animals, Reiki can also be used to heal and treat yourself. The energy works just as well on you as it does on others. Students learn to self heal in Level I Reiki.

### Is Reiki a Religion?

Reiki is spiritual in nature in that the intention of Reiki is always love and compassion to the client, the environment, all beings and the world. However, Reiki does not have a dogma and does not conflict with Religious beliefs. Reiki also is a non-judgmental way of life and accepts all people, religious beliefs, cultures and sexuality.

### Is Reiki considered a Medicine or Counselling?

Reiki is not a substitute for medical, doctors or professional counselling. However, Reiki can work in harmony with all other kinds of treatment, including medical and psychological care. In fact, Reiki is starting to be more acceptable as part of regular patient care in hospitals in the US and Canada. It has been found that Reiki can decrease recovery time from surgery, improve mental attitude and can help reduce unwanted side effects of medications and chemotherapy, radiation and other medical procedures.

### Reiki and Animals

Animals can also receive Reiki. When giving Reiki to animals, it can never be forced. Animals are naturally connected to the source and they are very receptive to Reiki but will also tell you with their body language if they do not want Reiki. Animals will take as much energy as they need and they will walk away when they've had enough. There are many benefits and below is a list of the benefits of Reiki with animals:

- Alleviating anxiety, stress, nervousness and producing a state of calm
- Increasing energy levels and overall well-being
- Supplementing medical treatments
- Helping to heal after surgery, injury or trauma
- Relieving aches, pains, strains and allergies
- Addressing issues with the coat, skin or feathers
- Getting pets through depression or bereavement
- Owners benefit from knowing they are passing along loving kindness and healing, all of which strengthens the bond between you and your pet.

Select this [link](#) to see a short video of animal Reiki sessions

### Can anyone Learn Reiki?

The ability to learn Reiki is not dependent on intellectual understanding, it is not an academic form of learning, nor does one have to be able to meditate. It does not take years of practice, it is simply passed on through the teacher to student during the attunement process. This gives anyone the ability to learn Reiki. It is in the beautiful ceremony of the teacher passing knowledge to students through the attunement that one can learn Reiki. Once the attunement is complete, then the student starts his/her journey to develop Reiki and gain more confidence and experience through practice and study. Students of Reiki will find themselves on a personal journey of self discovery and it is in this nature that it can take years for this journey to come to a full circle. Reiki is a pure form of healing and is available for anyone who wants to step into the Reiki energy.



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### Levels of Reiki Classes(Traditional Usui System of Natural Health)

First Degree (Level I) Introduction

Second Degree (Level II) Expanding your knowledge

Master Practitioner (Level III) Deepening your connection

Master Teacher Level - A commitment to healing and empowering others

\*Students can start practising Reiki on others after they have completed First Degree(Level I). Each level will further your knowledge and deepen your practice.

### About the Author

Reiki and mindfulness have been a natural path for me as I have been practising yoga and meditation for years. As a child, I was drawn to the energy in nature and animals, finding peace and comfort in their presence. I instinctively knew as a child that there was a common chord in the connection with nature and animals and our existence.

The mind is a powerful tool and I believe that we can achieve unlimited results in our quest to remove stress and live a more purposeful life using our minds to create our own harmony. Reiki has the power to bring you to a more natural state of being by helping reduce stress and increase your vitality.

The journey is your portal to your soul and every step you take on your path brings you closer to your soul's purpose. Reiki can very much be a part of that journey.

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### DISCLAIMER

Reiki is not a substitute for medical treatment or medications prescribed by your physician.