



Reiki: Channeling the Universal Life Force for Healing

Reiki (pronounced "RAY-key") is a bio-energy practice based on the concept that, for you to remain free of disease and be healthy, energy must flow freely and evenly throughout your body. If for some reason there is a blockage or imbalance in this energy flow, disease or illness may occur. The purpose of Reiki is to reestablish this balanced free-flowing energy.

The Japanese word "Reiki," simply defined, means "the flow of Universal Life Force." The two Japanese Kanji characters which combine to form the word *Reiki* are *Rei*, which can be translated as *Universal Consciousness*, and *Ki*, which means *Vital Life Force Energy*. Your innate universal consciousness or intelligence (*Rei*) directs the life force (*Ki*) and does not need direction from the practitioner. As a Reiki practitioner I am a channel rather than generator of this energy.

It is not necessary to believe in the efficacy of Reiki for it to be effective. I have used Reiki to help animals, infants, and unconscious adults as well as aware adults and children.

How can Reiki help me?

Reiki can be utilized for a variety of conditions, although some of the most common goals for which I have used Reiki are to

- decrease anxiety
- increase relaxation
- decrease fatigue
- decrease pain
- relieve other symptoms, such as nausea
- improve tissue healing
- improve general health

As a Reiki Master, I might attune you to the Reiki energy if circumstances call for it, so that you can access the Reiki energy yourself.

Reiki also works well with other modalities, such as intuitive counseling and hypnotherapy.

What happens in a Reiki session?

A full Reiki session can take as long as an hour and would usually be done with you lying fully clothed on a Reiki table, usually face up for part of the session and face down for the rest. I would channel the Reiki energy into different parts of your body, usually starting with your head and working down to your feet.

In other circumstances we might just focus on one part of your body for a shorter session of maybe 10 to 20 minutes. In that case you might just be sitting comfortably in a chair or recliner.

In any case, you might or might not feel the Reiki energy directly. Some people feel a warmth or a tingling, or you might just feel yourself becoming very relaxed.

Whatever the length of the Reiki session, I guarantee that you will enjoy it!

To learn more about Reiki and how it might help you, contact me or see my links page for some good Web sites on Reiki. I would be glad to meet with you for a free consultation to discuss how Reiki might aid you in your quest.

As a Reiki Master I am also available to teach classes in both Reiki Level I and Level II. If you have a small group of friends or colleagues who would like to learn Reiki and are in the San Francisco Bay Area, contact me for more information.

Rev. Jenny Sill-Holeman, CHt, RM
bluerosehealingarts.com
650-369-6215 (phone & fax)
Redwood City, California

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