



What is Reiki?

Reiki (from Japanese words: Rei—spirit, soul, Ki – energy, mind) is one of the most popular energy healing practices in the world. It is also called "**hands on healing**". The main idea of Reiki is that all sicknesses are related to the lack of energy or excess of it in certain organs and systems of our body. When there is a distortion in human Aura, a Reiki practitioner uses his or her hands (that's why it is also called "healing hands" or "hands on healing") to fill that specific zone with the life energy -«Ki». This energy is synthesized and then channelled by a Reiki practitioner from the surrounding environment (Cosmos). It is commonly accepted that Reiki massage helps to create a channel of «pure» Reiki energy, which may be used to fill the injured organs and systems of the patient with Rei-ki. Through "healing hands" a Reiki practitioner recovers all the distortions in patient's Aura. There are different hand positions that are used during a Reiki session. Many people report relaxation and clear state of mind after a Reiki massage session. The result of such holistic healing process, as a rule, is quick recovery of health.

What makes Reiki so different from world famous methods like tai chi, reflexology massage and other alternative healing therapies? Common healer, as a rule, works using his or her own energy. It is considered to be a “fact” that Reiki masters and practitioners use «pure» (in theory ☺) spiritual energy of cosmos. Supposedly this energy is easily consumed by a human body mainly because it is «pure», which implies that it is not collared or polarized by the Reiki practitioner in any way. In this article we will explain why it is impossible for Reiki energy to be absolutely pure after it goes through hands of a Reiki master or practitioner.

So how Reiki therapy works?

It might seem that it is a magical pill that is very effective and has no side effects. There is one thing that we would like to say first! We have a very positive attitude towards Reiki as a whole and towards all Reiki masters, teachers, healers and professionals that help people using methods of energy healing. Their work deserves a lot of respect, since due to their work a lot of people are able to get rid of their sicknesses and learn from their own experience that physical body and visible material world is just a little part of what the Nature holds. There is another world that is hard to see with our eyes. Balance and harmony of these energies defines our health.