

Reiki Healing

by Bruce Butcher

Reiki is a generic Japanese word used to describe many types of healing and spiritual work.

The knowledge that an unseen energy, Ki, flows through all living things and is connected directly to the quality of health has been part of the wisdom of many cultures since ancient times. The existence of this "life force energy" has been verified by recent scientific experiments, and medical doctors are considering the role it plays in the functioning of the immune system and the healing process. Ki is present all around us and can be accumulated and guided by the mind. Ki is the life force. It is also called the vital life force or the universal life force. This is the nonphysical energy that animates all living things.

Ki is used by martial artists in their physical training and mental development. It is used in meditative breathing exercises called Pranayama, and by the shamans of all cultures for divination, psychic awareness, manifestation and healing. Ki is the nonphysical energy used by all healers. As long as something is alive, it has life force circulating through it and surrounding it; when it dies, the life force departs. If your life force is low, or if there is a restriction in its flow, you will be more vulnerable to illness. When it is high and flowing freely, you are less likely to get sick. Life force plays an important role in everything we do. It animates the body, our emotions, our thoughts and our spiritual life.

The life force is responsive to thoughts and feelings. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feelings about others or ourselves. These negative thoughts and feelings cause a disruption in the flow of life force. This diminishes the vital function of the organs and cells of the physical body.

Reiki heals by flowing through the affected parts and charging them with positive energy. Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student by the Reiki Master. Its use is not dependent on one's intellectual capacity or spiritual development and, therefore, is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

Please contact us if you are interested in a Reiki class.

Reiki sessions may be scheduled to be performed in-person or remotely over long distances (Absentee Healing).