

What is reiki?

Reiki is a Japanese energy healing method. It is a system to help promote healing and to maintain good health. It is a non-intrusive method of providing healing so there is no risk of aggravating any existing physical injury. It is NOT massage therapy! The premise of reiki is that the healing energy travels to you, the recipient, through the practitioner's hands. Reiki means "universal life-force energy" as well as refers to the healing system.

A Japanese man, named Mikao Usui, first introduced reiki to the modern world. He had a *satori* (spiritual epiphany) after a 21-day retreat into meditation. Upon discovering that he was able to heal, he began teaching others. There are many stories about reiki, but they usually trace the lineage back to Usui. Once reiki arrived in North America through a Japanese living in Hawaii, it grew in popularity. (Reiki found its way to Europe as well but the lineage may be different from North America's.) Reiki is now practiced all over the world.

How does reiki work?

As stated already, reiki is not a massage therapy. Reiki is energy that is passed to you through the practitioner during a treatment. Reiki works on all levels – physical, emotional, mental, and spiritual – and therefore heals on all levels. Physical ailments are often symptoms of problems in the emotional, mental and spiritual selves. Addressing these problems aids physical healing. This is why it is

important to heal on all levels. This is also why reiki treatments are available for everyone. It is not just for those with physical ailments. Reiki can help lift your spirits and make you feel happier.

Receiving reiki treatments regularly can help you achieve a balance and a good overall wellbeing in life. Reiki used on a daily basis can bring you peace and tranquility. A reiki practitioner may use reiki on herself. I have received inspiration at times when I used reiki on myself. Of course, I receive healing each time as well!

What is a reiki practitioner?

A reiki practitioner is a channel for reiki to pass through and heal. A reiki practitioner has gone through an attunement process to open various energy centers in the body through which reiki passes. She is taught the various hand positions used during treatments. Essentially, reiki travels through the practitioner's head and out through the hands. Since the reiki practitioner is only a channel for the energy, the practitioner does not use her own energy to aid in treatment. Reiki simply passes through the practitioner. Giving reiki is an intuitive process. A practitioner may be able to scan and sense where reiki is needed and will apply reiki in those areas. Reiki helps both you and the practitioner as the energy travels through both of us.

I am trained in Usui Shiki Ryoho. I practice reiki in combination with my own spiritual beliefs, so I tend to blend in these

ideas with my practice. Reiki, however, works regardless of a person's belief system. It does not depend on the practitioner's beliefs nor does it depend on the client's beliefs. It just works.

What are treatments? How do I get one?

A full body reiki treatment consists of a set of standard hand positions on the body. Through these hand positions, reiki energy passes to you through the practitioner. Each hand position is held for approximately 2 to 5 minutes. It really depends on how much reiki is being absorbed in each position. For example, I always receive the most reiki through my right knee as I have had an injury and surgery there. Everyone is different and may absorb more reiki in different areas. Reiki can be applied anywhere on the body. For example, the arms are often left out of a treatment, but reiki can be applied there. Some people may have hip issues - there is no problem with applying reiki there. A reiki treatment may focus on a specific ailment or illness. Thus, if you wish, you may request a specialized reiki treatment.

Reiki can also be sent as a treatment to anyone, anywhere, any time. This is called "distance reiki". While distance reiki is just as effective as in-person treatments, I recommend that people who are trying reiki for the first time receive an in-person treatment first from myself, or if you are not located near Toronto, another reiki practitioner. The reason for this is that some people may need the touch and

contact in a reiki session to help the healing process. After your first treatment, feel free to ask for distance reiki whenever you need it!

You can receive a reiki treatment by contacting me at cchow@brigid flame.com. I provide a reasonable rate for treatments. The rates for distance reiki are lower. If there is an issue with affordability, I can accommodate. The days of barter and trade have not gone by the wayside. I am willing to accept another form of payment so long as it is agreeable to both of us. A reiki practitioner has invested much energy into providing reiki – not just in the treatment but in the learning. It is energy well spent to help others, but a practitioner still needs to make a living. However, **THERE ARE NO HARD AND FAST RULES REGARDING MY FEES.** I am quite flexible and willing to accommodate to people's needs. (**Disclaimer:** I am NOT a licensed doctor or physician of any kind. Persons with serious illnesses and ailments should seek the advice of a professional medical practitioner.)

What are the benefits of reiki?

The obvious benefit of reiki is healing on all levels. For some, the healing may take a longer time than expected, but healing will occur. Often there are hindrances to healing and these need to be removed before healing takes place. Reiki will help with this as well. Sometimes unexpected things may happen which in the long term prove to be beneficial to healing. I believe that the best healing is gradual and not

rushed. Do not rush reiki healing, but do not try to slow it down either. Reiki heals at its own pace and of its own accord, but also pays attention to the needs of the person being healed.

Reiki also provides a balance and wellbeing in life. In the long term and with continued use and treatment, it can provide enlightenment. For a practitioner, reiki provides inspiration, peace, tranquility, and a sense of fulfillment. For both a recipient and a practitioner, reiki is a connection to a higher source, something greater than this world.

Contact Information



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REIKI – A PATH TO HEALING

PRINCIPLES OF REIKI¹

Just for today, be free and happy

Just for today, have joy

Just for today, you are taken care of

Live consciously in the moment

Be mindful of all you do

*Be thankful for the many blessings – known and
unknown*

Honour those who have gone before you

Be true to yourself – work hard

*Just for today, show love and respect for every
living thing*

Just for today, be at peace



¹ The principles of reiki are part of a meditation used by a reiki practitioner. The one above is my own re-written version of the reiki principles.