



Discover...

Reiki

Do you ever wish you had an endless supply of energy? As Dana Mrkich explains, you can tap into the universal flow and replenish your energy as fast as you give it away.

Reiki is a spiritual practice based on the idea that there is a natural, universal 'life-force' of energy available in us all that can be accessed any time. We can use this energy for self-healing and to transfer healing energy to others via our hands.

The word reiki is made up of two Japanese words: Rei (霊), which means higher power; and Ki (気), which means life-force energy – so it literally means 'life force energy coming from a higher power'. It is not associated with any religion or dogma, but is a spiritual practice used around the world by people from all walks of life.

How does it work?

Reiki is generally transferred to students via an attunement from a reiki master. Effectively, it opens up your crown chakra (the energy centre at the top of your head) allowing you to tap into this limitless and abundant supply of universal energy whenever you need it. The energy flows through you, helping to reduce stress, increase energy levels and give you a heightened sense of wellbeing.

Reiki works on all levels – physical, mental, emotional and spiritual – and has been known to improve health, ease and even heal all kinds of illnesses and issues. As an energetic form of healing, reiki has an innate intelligence, knowing exactly which part of you needs the healing energy most at any particular time. It doesn't require your belief or any logical thought process to work as very often it clears things that have their roots deep in your subconscious.

Who does it?

To access reiki energy you can either complete a reiki course or visit a reiki healing practitioner. The session is conducted with you lying on a massage table, fully clothed and usually warm under a blanket, while the practitioner places their hands on specific parts of your body, particularly those areas that need healing.

Reiki is most commonly used by healing practitioners, however it is also a beneficial practice for anyone who deals with lots of people and are giving out plenty of energy every day. This includes doctors, nurses, counsellors, teachers, hairdressers, beauty therapists, life coaches, retail assistants, etc.

When we are not open to this universal energy we tend to give energy from our own energy supply and at the end of the day find ourselves feeling drained and exhausted. When we are open, which a reiki attunement provides, we become like a vessel that is constantly accessing this universal energy, giving us a limitless supply all day that can then flow out to others. The effect on our personal energy of serving others is reduced not only because we are tapping into a limitless supply of universal energy, but also because by default we are being continually replenished as the energy flows through us. We are left feeling much more refreshed and invigorated at the end of the day.

Brief history

Reiki is only one of many ways to access universal energy, and even within reiki there are many pathways to access it. One of the

most popular pathways is Usui Reiki. Born in 1865 Dr Mikao Usui (known as Usui Sensei to his students) was the founder of this system.

In 1914, during a difficult time in his personal and business life, Dr Usui attended Isyu Guo in Mount Kurama, an intense 21-day meditation course. There is a particular meditation people do here where they stand underneath a waterfall, allowing the water to fall on and over the top of their head – a practice said to activate the crown chakra. Although we can't know for sure, it is widely believed that Dr Usui may have used this meditation during his time there. Regardless, it was during the Isyu Guo training that the reiki energy entered Dr Usui's crown chakra and he realised that he had received a wonderful gift – the ability to give healing energy to others without depleting his own energy. He created a set of principles, symbols, hand positions and attunement, which became the Usui system of reiki.

For a list of reiki practitioners or more information on reiki training courses, visit the following: www.reikiaustralia.com.au, www.naturaltherapypages.com.au and www.usuireiki.com.au. Also ask around your family, friends and colleagues, as recommendation often a great way to find a trained practitioner who best suits you. **em**

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