

What is Reiki?

by: Diane DelPiano, R.N., Reiki Master

As a practitioner of Reiki, I have been asked many times over, “What exactly is Reiki?”

Reiki is a word used to describe the Universal Life Force Energy that is within and around all things. In breaking the word down, “Rei” is the universal, mysterious Divine Spirit and “ki” is the life energy that is analogous to “light” in Christianity, or “Chi” to practitioners of acupuncture, or “Prana” to those routed in the Yogic traditions.

Reiki was founded by Dr. Mikao Usui, a practitioner of Japanese Buddhism who also had a broad background in many religious teachings and philosophies. Though Reiki is considered to be a spiritual practice used in complementary medicine, it is not a religion. Since there is no specific dogma inherent in the practice of Reiki, all people, regardless of background or faith, can participate in a Reiki treatment without worrying about compromising their religious principles. The purpose of the Reiki treatment is to facilitate the highest good for the client, in areas where he or she needs it most.

Reiki relaxes, rebalances and revitalizes while treating the person’s body, emotions and spirit as a whole. It is powerful, yet gentle and nurturing. It can speed up the healing process, assist in detoxification, release blockages in the energy field, awaken the healer within, help manifest goals, enhance creativity, heal relationships and assist in aligning one with their Divine purpose.

The Reiki system is comprised of techniques for transmitting this subtle energy to the client through the hands, eyes or chakras into the subtle energy system. Reiki restores energy balance and vitality by relieving the physical and emotional effects of unreleased stress. It gently and effectively opens blocked meridians and chakras and clears the energy bodies, leaving one feeling relaxed and at peace while promoting healing and health.

Reiki is not taught in the way other healing techniques are taught. It is transferred to the student by a Master teacher during an attunement process. This process opens the crown, heart and palm chakras which are energy centers in the body, and this creates a special link between the student, Master and Spirit source. The Reiki attunement is a powerful spiritual experience. The attunement energies are directed into the student by the laying on of hands and breathing on the crown chakra. The attunement can also increase psychic sensitivity. Students often report experiences involving increased awareness. Once you have received this energy you will have it for the rest of your life. You can never lose it.

What constitutes a healing session? The client will lie on a massage table fully clothed. A body/aura scan will be done to determine which area(s) need more Reiki energy. The practitioner will place her hands down above the client’s body and run them slowly from head to feet. There is a standard hand placement protocol to follow or the practitioner may go to areas intuitively. The session may last from one to one and a half hours. An aura cleansing completes the session. Fluids are given and the person is encouraged to continue drinking to help release toxins from the body. Meditations and affirmations are suggested.

As we reach towards and receive Reiki, it begins to open our hearts and minds, drawing us towards our own center, our True Selves. The path of Reiki, like all paths of personal and spiritual growth, is a lifelong practice. We become perpetual students as we continually discover that all that we truly need lies within. We each must make the choice, and at our own individual

pace embark on this most exciting healing journey. “When the student is ready, the teacher will appear.”

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