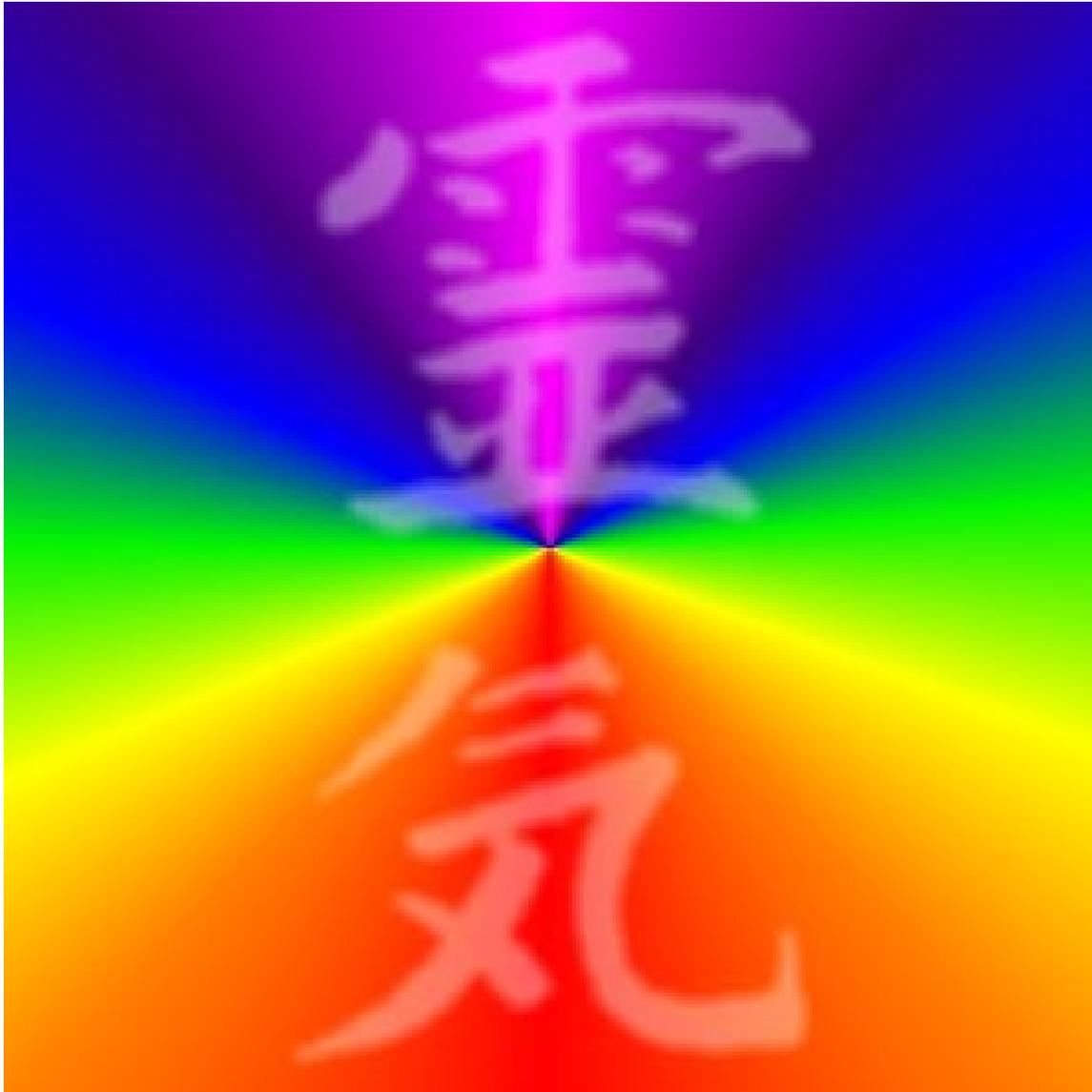


# Reiki Me

*by Regina Ann*



## What Is Reiki?

Reiki is one of the many Common Alternative Medicines (CAMs) recognized in the United States. Growing in popularity in the west, it has been a healing modality for many years in other parts of the world. Usui Reiki is the form I am certified in and teach and the form I wish to share with you this month.

When asked what Reiki is I like to use the analogy of your home. Your home is

supplied with energy in the form of electricity through wires. There is a source for the energy which comes into the home at a set location. From there it runs throughout the home via several wires. When you flip a light switch you see the energy in the form of light. There are many places in the system where energy has the potential to become disrupted. There may be a disruption between the source and your home, somewhere along the route of a wire or even at the light fixture.

Research has shown that our bodies are energy. Energy moves through our bodies making connections that enable them to function. Within the intricate pathways in our bodies there are many opportunities for energy to become blocked or stagnant. When energy does not flow properly through our body, our body does not operate at its full potential.

Very simply put, Reiki flows through the body system gently restoring the life for energy flow. The body is beautifully created and designed to heal itself. Reiki does not heal, nor does the practitioner who facilitates it. Reiki simply restores energy flow to enable the body to heal itself as designed. Since the source of Reiki is our creator, Reiki goes where it is needed and cannot cause harm. After all, who knows best where we need healing than our creator.

Stress is now listed as the number one cause of disease and death in America. Stress is also a common cause of being overweight. The number one side effect of Reiki is stress relief. By its nature Reiki relaxes and releases stress. Reiki restores the body's natural flow of energy allowing the body to function at optimal potential.



## The Founding Of Usui Reiki

As a boy, Mikao Usui (pronounced *you-soo-ee*) began to wonder if a healing method like Reiki existed. Born in 1865 in Japan, Usui attended a Tendai Buddhist school near Mt. Kurama where his studies included Kiko, the Japanese version of Qigong, a health and healing discipline based on the use of life-force energy (“ki” or “chi”).

Finding that this discipline required people to build up and then deplete their own life-force energy when giving treatments, Usui questioned whether it was possible to perform energy-based healing work without giving away one’s own “ki.”

Eventually, Usui became the Secretary to the head of Japan’s Department of Health and Welfare, a position that helped him become a successful businessman through the many connections he made. However, by 1914, Usui’s life was in disarray both personally and professionally. Long a spiritual seeker (he was a member of a metaphysical group dedicated to developing psychic abilities), Dr. Usui returned to Mt. Kurama, where he received his early Buddhist training, looking for answers.

He enrolled in a training program at the Tendai Buddhist Temple there that likely included meditation, prayer, chanting and fasting. Legend has it that Reiki came to Usui at the very end of this 21-day program. While meditating on

the mountain, he experienced intense white light shoot into his head's Crown Chakra, bestowing the power of Reiki. His resultant enlightenment revealed the nature of this gift—an easily passed-on healing technique enabling people to treat others with life-force energy without diminishing their own “ki.”

Dedicating himself to sharing this gift from above, Usui worked with the poor people of Kyoto for seven years. In 1922, he moved to Tokyo where he started a healing society called Usui Reiki Ryoho Gakkai (meaning the Usui System of Reiki Healing) and opened a Clinic. His presence was of huge benefit in 1923; when the great Kanto earthquake devastated the City—killing more than one hundred and forty thousand people and injuring countless others. Increased demand for his services led him to open a bigger Tokyo Clinic in 1925; and to travel around the country teaching and treating people. A recipient of the Japanese government's Kun San To award for his honorable work, Usui taught more than two thousand students and initiated sixteen Reiki Master Teachers in his lifetime. He became known to his Students as Usui Sensei.



**“I have to say I had a different impression  
of what Reiki is all about.”**

## Choosing a Practitioner

When choosing a Reiki practitioner I give the same advice as with any health and wellness tool...allow your heart to guide you. As you ask for guidance to find the practitioner which is best suited for you answers will be given. Look for someone who resonates with you, someone you are comfortable with.

Interview your potential practitioner. Check out their website, blog, social media pages. A practitioner who is comfortable in themselves will welcome questions about their practice, their training, and their method of practice. Practitioners who operate from the heart will readily acknowledge that they are a facilitator not a healer. Use caution if a practitioner tends to focus on themselves instead of you. Beware if they talk about their healing abilities instead of being humble and giving our creator credit for the healing which occurs.

Usui Reiki is not the only form of Reiki out there. As you search for the modality and the practitioner which is right for you remember to follow your heart and listen to your guidance. Just because someone comes along and says they can do Reiki doesn't mean they are the person for your highest good. If it doesn't feel right in your heart, keep on looking. I spent about a year searching before I found the right teachers for me. In that time there were others who offered to teach me but it didn't feel right in my heart. Understand that it doesn't mean they are not good, it simply means they are not the best fit for you. Be willing to allow the very best for yourself.

Whether you are beginning your journey with Reiki or you are a Master Teacher, the Reiki Principles established by Dr. Usui are beneficial every day. I leave you with these principles and my prayer that you may always feel love and always know peace.

~\*~ Namaste

## The Reiki Principles

As established by Dr. Mikao Usui:

“The secret method of inviting blessings, The spiritual medicine of many illnesses

*(Shôfuku no hihô, Manbyo no rei yaku)”*

*Just for today (Kyo dake wa):*

*Don't get angry (Okoru na\*)*

*Don't worry (Shinpai su na)*

**Be grateful (Kansha shite)  
Work hard (Gyo wo hage me)  
Be kind to others (Hito ni shinsetsu ni)**

## *about . . . Regina Ann*

Regina Ann is a Transformation Coach, Certified Usui Reiki Master Practitioner & Teacher, Trauma Release Master Practitioner & Teacher, Raindrop Technique Massage Facilitator, Whole Wellness Consultant, Shaman, Published Author & Poet, Speaker, Mother to 3 boys & Twin Flame Soul Mate to Rich Bentz.

Regina and Rich also host a Radio Talk Show on Blog Talk Radio *Empowering Transformation*

*Resonance Healing*

Regina's Blog

[918.695.5876](http://918.695.5876)