

# Reiki: Frequently Asked Questions

## What is Reiki?

Reiki is a Japanese relaxation technique that facilitates the body's ability to heal itself. It is accomplished through a gentle laying-on of hands or with the hands slightly above the body. A warm and soothing energy flows from the hands of the practitioner into the recipient, releasing tension, creating relaxation, and facilitating healing. The energy used is not the practitioner's, but the subtle life force energy that flows through and around all of life.

## How does it work?

Reiki works through the energy field that surrounds and flows through the body. A person is healthier when energy flows freely throughout his/her energy field. Energy can become blocked as a result of many factors. These blockages can cause or contribute to unhealthy physical, mental, or emotional conditions. Reiki removes blockages and helps to create a healthy flow of energy, resulting in improved health and well-being.

As with any health or lifestyle choice, the greatest benefits from Reiki are realized through consistent use over time.

## How do I know it works?

Although numerous benefits of Reiki have been widely reported, most evidence of its effectiveness is anecdotal. Scientific studies have been conducted over the last twenty years, and the research now available is posted on [www.centerforreikiresearch.org](http://www.centerforreikiresearch.org). The best way to know that Reiki works is to experience it.

## What are the benefits?

Some frequently reported benefits are: relaxation, stress reduction, alleviation of insomnia, pain relief, mental clarity, a sense of peacefulness, and decrease in anxiety.

## Is it possible for Reiki to cause harm?

There are no known dangers or contraindications for the use of Reiki. None of the research conducted to date has reported any negative effects resulting from the use of Reiki.

## A brief history of Reiki:

The system of natural healing known in the West as Reiki was developed in Japan early in the last century by Mikao Usui, a widely traveled man who was educated in many disciplines. Usui established Reiki clinics in Tokyo and traveled throughout Japan treating the sick and teaching Reiki. He died in 1926 at the age of 62.

In the mid-1930s, Hawayo Takata, an American of Japanese descent, visited the Tokyo clinic of one of Usui's students, Dr. Chujiro Hayashi. Following her complete recovery from several serious health conditions, she remained in Japan to study with Dr. Hayashi.

Mrs. Takata returned to Hawaii in the late 1930s and established a clinic there. She began teaching Reiki on the U.S. mainland in the 1970's and before her death in 1980 had trained 22 teachers (Masters). Reiki has spread rapidly throughout the world in the years since, and practitioners are now found in almost every country.

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**Resources:**

**www.reikiforliving.com** provides information about Reiki, my services, and free downloads of articles I have written for *Reiki News Magazine*.

**www.centerforreikiresearch.org.** The Center for Reiki Research lists and summarizes all research studies conducted to date.

**http://nccam.nih.gov/** National Center for Complementary and Alternative Medicine site has listings of funded Reiki research.

**www.iarpreiki.org.** The International Association of Reiki Professionals provides a directory of members. Members agree to abide by the IARP Code of Ethics and standards of practice.