

Reiki Energy

What is it? How does it heal?

by [William Lee Rand](#)

The word Reiki is composed of two Japanese words - Rei and Ki. When translating Japanese into English we must keep in mind that an exact translation is difficult. The Japanese language has many levels of meaning. Therefore the context the word is being used in must be kept in mind when attempting to communicate its essence. Because these words are used in a spiritual healing context, a Japanese/English dictionary does not provide the depth of meaning we seek, as its definitions are based on common everyday Japanese. As an example, Rei is often defined as ghost and Ki as vapor and while these words vaguely point in the direction of meaning we seek, they fall far short of the understanding that is needed.

When seeking a definition from a more spiritual context, we find that Rei can be defined as the Higher Intelligence that guides the creation and functioning of the universe. Rei is a subtle wisdom that permeates everything, both animate and inanimate. This subtle wisdom guides the evolution of all creation ranging from the unfolding of galaxies to the development of life. On a human level, it is available to help us in times of need and to act as a source of guidance in our lives. Because of its infinite nature, it is all knowing. Rei is also called God and has many other names depending on the culture that has named it.

Ki is the non-physical energy that animates all living things. Ki is flowing in everything that is alive including plants, animals and humans. When a person's Ki is high, they will feel strong, confident, and ready to enjoy life and take on it's challenges. When it is low, they will feel weak and are more likely to get sick. We receive Ki from the air we breath, from food, sunshine, and from sleep. It is also possible to increase our Ki by using breathing exercises and meditation. When a person dies, their Ki leaves the physical body. Ki is also the Chi of China, the prana of India, the Ti or Ki of the Hawaiians, and has also been called odic force, orgone, bioplasma and life force.

With the above information in mind, Reiki can be defined as a non-physical healing energy made up of life force energy that is guided by the Higher Intelligence, or spiritually guided life force energy. This is a functional definition as it closely parallels the experience of those who practice Reiki in that Reiki energy seems to have an intelligence of its own flowing where it is needed in the client and creating the healing conditions necessary for the individuals needs. It cannot be guided by the mind, therefore it is not limited by the experience or ability of the practitioner. Nether can it be misused as it always creates a healing effect. (It must be kept in mind that Reiki is not the same as simple life force energy as life force energy by itself can be influenced by the mind and because of this, can create benefit as well as cause problems including ill health.)

The source or cause of health comes from the Ki that flows through and around the individual rather than from the functional condition of the physical organs and tissues. It is Ki that animates the physical organs and tissues as it flows through them and therefore is responsible for creating a healthy condition. If the flow of Ki is disrupted, the physical organs and tissues will be adversely affected. Therefore, it is a disruption in the flow of Ki that is the main cause of illness.

An important attribute of Ki is that it responds to ones thoughts and feelings. Ki will flow more strongly or be weakened in its action depending on the quality of ones thoughts and feelings. It is our

Reiki Energy

What is it? How does it heal?

by [William Lee Rand](#)

negative thoughts and feelings that are the main cause of restriction in the flow of Ki. All negative or dis-harmonious thoughts or feelings will cause a disruption in the flow of Ki. Even Western medicine recognizes the role played by the mind in creating illness and some Western doctors state that as much as 98% of illness is caused directly or indirectly by the mind.

It must be understood that the mind exists not only in the brain, but also through-out the body. The nervous system extends to every organ and tissue in the body and so the mind exists here also. It is also known that the mind even extends outside the body in a subtle energy field 2 to 3 feet thick called the aura. Because of this, it is more appropriate to call our mind a mind/body as the mind and body are so closely linked.

Therefore, our negative thoughts are not just in the brain, but also collect in various locations through-out the body and in the aura. The places where negative thoughts and feelings collect is where Ki is restricted in its flow. The physical organs that exist at these locations are restricted in their functioning. If the negative thoughts and feelings are not eliminated quickly, illness results.

The negative thoughts and feelings that are lodged in the unconscious mind/body are the greatest problem as we are not aware of them and therefore, are we are greatly hampered in changing or eliminating them.

The great value of Reiki is that because it is guided by the Higher Intelligence, it knows exactly where to go and how to respond to restrictions in the flow of Ki. It can work directly in the unconscious parts of the mind/body which contain negative Ki-inhibiting thoughts and feelings and eliminate them. As Reiki flows through a sick or unhealthy area, it breaks up and washes away any negative thoughts or feelings lodged in the unconscious mind/body thus allowing a normal healthy flow of Ki to resume. As this happens, the unhealthy physical organs and tissues become properly nourished with Ki and begin functioning in a balanced healthy way thus replacing illness with health.

This non-invasive, completely benign healing technique is becoming more and more popular. As western medicine continues to explore alternative methods of healing, Reiki is destined to play an important role as an accepted and valued healing practice.