**WHAT IS REIKI?**

Reiki (pronounced ray-key) is not a religion. It is an ancient Japanese healing modality that has been practiced for centuries for stress reduction, deep relaxation, and physical, mental, emotional, and spiritual wellness. The word Reiki may be defined as *universal life force energy or spiritual energy.* It is a gentle hands-on or hands-off technique based on the principle that the therapist channels energy into receptive clients by means of touch to activate their natural healing processes for total well-being.

Reiki is a special kind of *Ki* (Japanese word for life energy) that is present all around us and can be "influenced by the mind. If you have positive healthy thoughts, your Ki becomes stronger (gengki). If you have unhealthy, negative thoughts, your Ki is weakened or becomes unhealthy (byoki)" (William Rand, *Reiki- The Healing Touch*, 1991). Reiki is self-guided; it flows where it needs to for the highest good of the client during a Reiki session.

We are alive because of the Ki flows within the physical body through pathways called chakras, meridians, and nadis and can also be present and pass directly through the organs and tissues of the body. It also flows around us in a field of energy called the aura. The free and balanced flow of Ki is the cause of well-being. It is Ki that animates the physical organs and tissues as it flows through them. Ki nourishes the organs and cells of the body . . . when the flow of healthy Ki is disrupted, it causes diminished functioning within one or more of the organs and tissues of the physical body . . . It is the disruption in the flow of healthy Ki that is the main cause of illness (Rand, 1991).

**BENEFITS OF REIKI**

* Alleviates Depression and Anxiety
* Detoxifies the body
* Offers deep relaxation
* Assists in physical, mental, emotional, and spiritual healing and wholeness
* Promotes Harmony
* Enhances Spirituality and Sacredness of Life
* Helps one to see life from a new perspective and offers energy to achieve goals
* Facilitates Healing of Plants and Animals- *and so much more!*

*Reiki is not a replacement for medical care; it is a complementary healing modality.*

**WHO DOES REIKI?**

According to a Washington Post article, Reiki is being used by over 60 hospitals and 30,000 nurses in U.S. hospitals (Washingtonpost.com, 2014). Reiki within the medical setting is often used to assist in the natural healing process of patients. Reiki therapists may work in stand-alone healing practices, in their homes, or in their communities with other practitioners that specialize in Reiki or other forms of natural healing modalities. They may also practice Reiki within their chosen profession- such as massage therapy, herbalism, chiropractic care, physical and occupational therapy, the medical and dental field, social work, pastoral care, psychotherapy, the veterinarian field, and forestry.

**TRAINING**

If you are considering Reiki as a viable career option, you will need to receive training. Reiki is usually taught in levels (I, II, III, and IV) by a Reiki Master Teacher *(some Reiki teachers may combine levels III and level IV)*. At each level instructions are given, an attunement is conducted- where students are attuned to the Reiki energy through a traditional ancient ceremony, and students are given the opportunity to practice their newly acquired gift on one another. After level one training, students may practice Reiki on themselves, family members, or close friends. After level two, students may begin to practice on the greater public, and open their own healing practice if he or she desires. Students may choose to not advance to level III (master level) or level IV (teacher level). However, it would benefit students to be life-long learners of the healing arts, so they might have numerous wellness options to choose from when working with clients.

**LET’S TALK ABOUT THE MONEY $$$**

As a Reiki practitioner, you are free to set your own fees for a healing session. Your treatment sessions may range from approximately twenty-five minutes to 90 minutes. The average fee that a Reiki practitioner may charge for a 60-minute session of Reiki may range from **$80- $120**. Fees may vary based on appointment length and the use of other healing modalities that may be incorporated into the client’s individualized treatment plan. Other modalities may include crystal, sound, or color therapy.

If you are interested in Reiki as career or as a compliment to another career path that you have chosen or are considering, you may want to read books on Reiki, watch videos, and do a Google search for Reiki therapists near you to experience a Reiki session for yourself. If you are feeling like Reiki is something you want to do, it would benefit you to look for a Reiki teacher who is compatible with you, informative, and who will mentor you as you begin your Reiki journey.