

Reiki: Its Influence on the Human Body's Energy System

Humans are comprised of energy as well as skeletal, muscular, nervous, respiratory, circulatory, reproductive, digestive, lymphatic, urinary, endocrine and integumentary systems. Universal life-force energy travels in channels in the human body, called meridians, which connect with the seven energy centers, also known as chakras; collectively this forms the human energy system. It is because of this energy system that the electrical charge of a defibrillator can either stop or start the heart and why the electric shock of a zapper can counteract the effects of snake venom. The human body is sustained by energy. Energy feeds all of the main organs, glands and ultimately every muscle, nerve, tissue and cell.

When stress in the body becomes imbalanced it can block one of or more of the chakras or even the meridians along which energy travels. When blockages occur, any of the body's systems may become compromised causing pain or the onset of dis-ease. If one system is affected often other systems are also influenced. Distress is caused by a number of factors including inadequate nutrition, exposure to environmental toxins and chemicals, drug dependency, alcoholism, lack of exercise, or even persistent negativity.

The human body has many natural defenses to deal with stressors. However, if the exposure to the stressor(s) is prolonged, the human body may be vulnerable to ill health. The ingeniousness of the human body is that if stressors are removed, the body engages in self repair. If the body becomes too imperiled, the combination of the right ingredients to eliminate the stressor(s) and to replenish depleted nutrients and life force energy can be therapeutic catalysts for successful healing.

Mental and physical disease may occur as a result of exposure to harmful environmental contaminants. Dr. Buttar, the Vice-Chairman of the American Board of Clinical Metal Toxicology states that "Every chronic disease process is related to one word: Toxicity." Toxins can inhibit the body's most basic functions. Generally, disease is a result of long term but perhaps even subtle exposure to what are often invisible impurities making early diagnosis difficult. There is no end of sources from which humans are regularly exposed to harmful heavy metals and/or hazardous chemicals - from the regular use of cleaning products, ingestion of pesticides on produce, flame retardants used in clothing, bedding, furniture, and electronics, additives in the water supply, off-gassing from paint in homes and work places, to air emissions being released by factories around the globe. The human body can scarcely keep up in this technological age in which toxic pollution has tainted the air, food and water supply. Minus the misgivings of traditional chelation therapy, there is a safe approach to removing harmful chemicals from inside the body. And while eliminating toxins is an important first step, remember that deficient nourishment is also often a contributing stressor adversely affecting a person's ability to heal or to experience vitality. Most people are well versed on the concept of replenishing the body with nutrients. The vitamin industry is a multi-million dollar business but is a vitamin pill the most effective way to ensure your body is getting the nutrition it requires?

Removal and restoration are basic concepts of healing. Logical reasoning reminds us that if we daily cleanse the exterior of our bodies, we should also daily cleanse the interior. Blockages to the human energy system may occur from imbalances in other body systems but also from energetic disturbances such as exposure to negative circumstances like noise, long lines, traffic congestion or emotional stressors of anger or sadness from witnessing or engaging in an argument as an example. Furthermore, our energy can become depleted over time as we experience over work, fatigue, or illness. How do we remove blockages from the energy system and restore depleted life force energy? Energy blocks can be cleared and pathways opened using energy medicine. Energy medicine offers a wide variety of modalities but one of the more popular forms of energy healing is Reiki. Similar to Healing Touch in that both methods rely on the same “Universal Life Force Energy” to center and restore a person’s energy system, setting the foundation for the body to do what it does best, to self heal, Reiki is distinctive from other forms of energy healing in that it relies on Divine Wisdom.

A trained practitioner merely acts as a conduit for the Universal Life Force Energy to flow from the heart of the universe through the hands of the practitioner to the recipient. The Reiki practitioner does not attempt to manipulate the energy in any way. Using light hand placements, Reiki promotes a sense of relaxation, peace, and well being. The Universal Life Force Energy is received and directed by the body’s own intelligence. The client may fall in to a deep meditative state as a treatment is delivered. In this state, the body is calling upon itself the energy it requires to stabilize any imbalance. Some times the recipient will report sensations of heat or tickling rhythmic waves, or pulsations of the vibrational energy of Reiki; other times the recipient may not physically be aware of any phenomena but will feel a gentle emotional calming. The depth of the healing of the Reiki energy is often overlooked in a single session but with repeated sessions the healing becomes tangible. This is similar to the slow progression of disease; we are often unaware of its presence until it builds in potency and we experience its demise. While the body responds immediately to varying dynamics, healing is a process over time; before the person feels vivacious, the body and its varying systems are collectively and methodically rebuilding strength sufficient for correction.

While energy healing has been around for thousands of years and was used by both Buddha and Christ in hands-on healings, its acceptance in Western culture is relatively new compared to its widespread acknowledgement in Eastern culture.

Reiki works with the physical human body as well as the human biofield, which is our vibrational or spiritual body. The biofield interacts with and affects our physical, mental, and emotional realities. The cumulative effect of Reiki treatments is transformational. Reiki releases stress from the biofield and hence relieves it within the physical, mental and emotional realm and nourishes the body with vital life force energy.

While Reiki is often used as a stand alone treatment, it is gaining momentum in the wellness community and more healers and physicians are incorporating Reiki as part of their agenda to help relax the client and facilitate healing. Reiki is a safe and simple practice that also fits well into the hospital environment. Because the Universal Life force Energy merely flows through the facilitator to the patient, the practitioner isn’t subjected to energy depletion as in other healing professions. Instead, the practitioner is often rejuvenated as a result of performing Reiki regardless of how impaired the client.

Michael Gnatt, MD, utilizes Reiki in many of his patient exams. “They’re so at wit’s end with what they’re dealing with; they can’t just talk about it and receive some understanding. If you can use Reiki, it sort of just shifts communication to a different level. They stop obsessing and deeply relax.” With one Parkinson’s patient, who was easily frustrated because his disease made communicating problematic, Dr. Gnatt would begin with Reiki. “It changed the whole interaction between us. He would totally relax; he would move better and speak better. It’s helpful in all different kinds of situations.”

James N. Dillard, MD, author of *The Chronic Pain Solution* and an associate clinical professor at Columbia University Medical Center in New York City is also a Reiki practitioner. “As someone who’s formally trained in three professions—as an acupuncturist, chiropractor, and physician—my experience of Reiki is that it can be a wonderful, deepening enhancement for anyone, but particularly for people in healthcare professions.”

While the benefits of Reiki are measurable, explaining how it works remains more ethereal. A trained practitioner does not rely on his or her own intuition to guide the flow of energy but rather relies on Universal Consciousness. The practitioner is the instrument through which Reiki streams. As humans, we are spiritual and energetic beings. Much like water will flow to its own level, Reiki, the Universal Life Force Energy, will flow from itself to itself. This is why a client who has a condition of decaying health as opposed to one who has a sense of decent health will often report more profound sensations than the latter. The more fatigued the body, the more energy it will draw to itself in attempt to correct the imbalance. This is not to say that a client that isn’t “sick” cannot benefit from the effects of Reiki but rather than being drawn for restorative repair, it may be drawn for replenishment to promote a better overall sense of health and wholeness. Reiki can benefit anyone regardless of age or state of health.

How does one find a Reiki practitioner? While referrals are perhaps the best means of securing a capable practitioner, the most valuable inquiry you can make is not how long the practitioner has been trained or to what level is their training, but whether or not the practitioner maintains a consistent self treatment and if so, with what regularity. The best practitioners are those that practice with the Reiki energy daily. It is through this repetitive action that the practitioner begins to gain insight on Reiki. As a practitioner performs self treatment not only does their conception of the Reiki energy expand but Reiki facilitates self healing in the self treatments.

“To embrace Reiki, one need not understand the how or why.
Reiki simply is and therein lies a certain beauty and grace,
as expressed by those with Reiki hands.”

Disclaimer:

These statements have not been evaluated by the U.S. Food and Drug Administration. Information is intended for the purpose of sharing information only and is not intended to diagnose, treat, cure or prevent any disease. Before beginning any supplemental or dietary regime, consult a licensed medical physician.

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