

What is Reiki?

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Reiki is a Japanese word meaning “Universal Life Force Energy.” It is one of the more widely known forms of energy healing. Energy healing involves direct application of qi for the purpose of giving the client’s energy system a “boost.” Qi (pronounced “chee”) is the term used by the Chinese to describe the underlying force of which the Universe is made.

Reiki is very easily learned and very simple to use. During a treatment, the practitioner places his or her hands near or upon the person with the intent for healing to occur. The Reiki will then flow to the client. Reiki can be used to treat both physical and emotional disorders and works well in combination with other therapies, such as acupuncture.