

REIKI

Reiki is one of many forms of energy medicine, a system that allows you to tap into and benefit from universal energy. This Universal life-force is the energy that animates humans and other living beings and has also been called Consciousness, Spirit, Qi, and Prana.

Our Energy Body is Real and Can be Measured

All of us, including all body parts, are surrounded by subtle electromagnetic energy. We know that EKG and EGG are instruments used to record electrical activity in the heart and brain. The subtle body energy can now be measured by something called SQUID, superconducting quantum interference device, which can pick up extremely small magnetic fields.

The energy system of your body consists of the following (not an all-inclusive list):

- **The chakras:** energy centers or transformers; they transform information between different frequency levels of the body. They also serve to bring in energy from outside the body, and when they are open and flowing, the chakras' ability to provide us with energy is enhanced.
- **The meridians:** energy "highway systems" or channels, bringing energy throughout the body. Traditional Chinese medicine and acupuncture is based on this understanding. Meridians transport energy to organs and systems in the body. Each organ is fed by more than one meridian.
- **The aura:** the energy field surrounding our body and consisting of different layers.

Reiki was founded by a Japanese lay monk called Mikao Usui. It is not a religion, but can be a means for spiritual growth.

How Reiki Works

Reiki removes energy blocks so the energy may flow smoothly. It works to rejuvenate and harmonize your body's energy system. By facilitating deep relaxation, it triggers your own healing capacity. The healing may occur on a physical, mental, emotional and/or spiritual level. It is basically healing touch, where the practitioner holds on or above an area for a few minutes, letting the energy flow through his/her hands. Sometimes, clients may feel a flair-up of temporary pain as an energy block is dissolved. Like other forms of energy medicine, it is very safe and non-invasive.

Tone-Lise Stenslie, InJoy BodyTalk

www.bodytalkforyou.com

Dakota Natural Health Center, 701-258-9418

