

Reiki -Healing Emotional Issues at the Causal Level

by Jo Ann Utley

Our Being and body must have a free flow of life force energy in order to be healthy, happy, and function well. This life force energy is known by many names in many cultures, most typically called chi, ti, ki, or prana. Most people in our culture know it as chi such as in martial arts or Tai Chi. This non-physical energy animates everything that is alive. It is with us when we are alive and leaves when we die. This energy circulates around and throughout our bodies. It must flow freely, just like blood and oxygen, to all of the cells, tissues, and organs in the body to feed and nourish them. It must also flow unrestricted around the body in the energy field in order to have good health and mood. The energy field usually reaches above the head, below the feet and to the tips of the fingers when the arms are lifted up shoulder height and outstretched to the sides. When the life force energy is low or restricted then a person is vulnerable to illness, depression, anxiety, etc. When the life force energy is high, a person will feel good and be less likely to become ill and will handle events more easily.

This life force energy is the primary energy behind our thoughts and feelings and is responsive to our thoughts and feelings. If we have positive thoughts, our flow of life force energy is increased, and we feel better. If we have negative thoughts the flow of energy is disrupted, decreases and we do not feel as good. The negative thoughts come as a result of either consciously or unconsciously believing negative thoughts about ourselves. These can come as the result of others' messages to us or through our interpretation of another's behavior toward us. If these messages become lodged in the subconscious where we lose awareness of them, they can do harm without our knowing it. They can become imbedded in the energy field and cause a permanent disruption of our life force energy. This can result in physical problems or illnesses, emotional and mental distress or illness, and spiritual distress. Trauma, negative learning and experiences, and social indoctrination sets up energy blocks. The blocks must be removed and the negative beliefs cleared in order for the flow and peace and happiness to be restored.

Reiki is very relaxing so it is great for stress and gaining a sense of peace in a hectic world. It is very effective with physical healing of any disease and for pain relief. Reiki is being use more and more in hospitals and clinics to reduce the side effects of chemotherapy and radiation and to reduce the time needed to heal after surgery. It can help improve memory, increase confidence and promote good self-esteem. Reiki is being used more with psychotherapy to promote relaxation and to speed and reduce the discomfort associated with healing emotional and mental issues and trauma.

Reiki is a channeled energy which means the practitioner is not using his/her own energy and therefore not depleted after a session. To be a practitioner requires a Reiki attunement which is a process of empowerment that opens the crown, heart and palm chakras and connects one to the unlimited source of Reiki energy. During the attunement, and for a time after, changes will be made by the attunement energy to enable one to channel Reiki. These changes take place in the energy centers called chakras and aura and also in the physical body. The attunement itself is very healing. There are four levels and an attunement for each level—Level I, Level II, Advanced Reiki Training (Master

IIIa) and Master Teacher (IIIb).