

About Reiki

Healing Fibromyalgia, The Whole Health Way

<http://www.tami-brady.com>

What is Reiki?

Reiki is an ancient healing technique that makes use of energy to heal and regain balance within the body, mind, and spirit. Some say it is the basis of that used by Jesus and other spiritual healers throughout the ages. What is commonly called Reiki today was discovered, or rediscovered as the case may be, by Mikao Usui in the beginning decades of the 20th century. Over the course of the last century, his techniques have been adapted and added to make up dozens of Reiki variations. Many of these variations are interpretations made to better suit particular belief systems. Reiki in and of itself is not connected to any particular faith.

To gain a better understanding of what Reiki is, we need to take a deeper look at into the philosophy of illness. Contemporary medicine sees the body as a machine. When a part of the system breaks down, it needs to be either fixed or replaced. Thus, drugs or surgery are often used to treat illness. Essentially, one problem equals one solution. Have a headache take a pain reliever.

Holistic medicine takes a different approach to health. Practitioners see the physical, mental, emotional, and spiritual aspects of a person as part of a whole. In this way, when one part of the body isn't working properly, it tends to affect other parts of a person's life as well. Thus, chronic back pain may increase pressure on the hips or shoulder as the individual tries to compensate for the pain. He or she might also suffer mentally and emotionally as activities they used to love have to be put aside or when money becomes tight because the injury results in job loss. All of these issues need to be addressed.

To do so, the root cause of the problem has to be located. Fortunately, the body leaves a bread crumb trail of symptoms that leads the way. We all know that our bodies are built to survive. If we are in danger from a bully or a wild animal, our brain automatically sends out the message to fight or flee (or tend and befriend for women) as appropriate. What we don't often realize is that our body also sends out other little warning signs. If we are stressing ourselves beyond what it can handle, we might feel tired, overwhelmed, or moody. If we don't pay attention to these signals, we may eventually get a cold, have chest pains, or even suffer a heart attack.

Reiki practitioners follow these clues. Then, use Reiki energy to release or heal that issue. Finally, once that symptom has been cleared, practitioners encourage the individual to make changes that will assure balance and health in the system as a whole. In this way, the problem won't simply return or reappear after a time.

How Does Reiki Work?

Reiki works the sub atomic level to ferret out areas of problems (mental, emotional, physical, and spiritual) within the human body as a whole. Practitioners often describe these issues as dis-ease, energy stagnations, blockages, and scar tissue. The best way to describe the process is that to the Reiki energy these unhealthy forms are magnetic. Just as a magnet is attracted to larger more dense metals, Reiki is most attracted to the bigger, more entrenched imbalances in the system. In this way, healing energy is focused where it is most needed.

Reiki is a form of quantifiable energy with particular wavelengths and characteristics. Thus, Reiki is just like other energy waves that we are already familiar with like light and sound. Humans can only see a very limited range of frequencies within the visible light spectrum. We can physically perceive a slightly wider range of wavelengths through heat (ultraviolet light) or sound (radio and sound waves). Other wavelength frequencies such as gamma rays, x-rays, infrared light, and subsonic sounds are beyond the natural human ability to see, hear, or otherwise perceive.

To the naked eye, Reiki is invisible. That is, the vibrations of this form of energy are outside the visible light range. However, Reiki is perceivable, mostly as variations in heat and cold. This perception is often apparent to both the practitioner and the individual receiving the energy.

Beyond its magnetic attraction to dis-ease within the body system and its ability to produce detectable temperature changes on human skin, Reiki has one more important characteristic. This one has direct applications for healing. Much like a laser or ultrasound, Reiki hones in on a particular problem area and cuts, breaks up, and dissolves the issue.

For Fibromyalgia, there are known nodules of pain called trigger points. When Reiki is applied to these areas, the energy breaks down and clears the nodules. In extreme problem areas, Reiki can also be directed to cut away blockages.

How Do Distant Healings Work?

Many individuals have troubles understanding the concept of distant healings. They understand that Reiki is a form of energy that while invisible to the naked eye is perceivable as temperature changes. In this way, they know that when they receive Reiki from a practitioner in person, they will actually feel the energies doing their job.

However, for many of the same people, it is beyond their comprehension that Reiki could travel over great distances and still be effective. To them, it seems almost fantastical. Of course, this skepticism is eliminated as soon as they have a distant session and feel the same effects as if the practitioner were working on them in person.

I have to admit, I was one of the skeptical myself. Yet after having both received and given distant sessions, it is now my preferred method of delivery. It is extremely flexible allowing me to help people anywhere in the world, including those individuals who live in places that don't have adequate medical facilities or access to specialists such as myself. It also allows me to lower my fees because I no longer have to factor in travel expenses.

So how does distant healing work? We already know that Reiki is a form of energy like light and sound. We also know that some waves such as radio and television can be sent over long distances. The programs we listen to are often broadcast miles maybe even hundreds or thousands of miles away from our homes. It is said that such waves travel into space beyond our planet. Of course, we can't see or touch these energies as they travel. All we know is that we turn on the radio and there is sound or we turn on the television and there is picture and sound.

For the receiver, the key to getting access to these frequencies is knowing where and how to tune in. For the sender there are other considerations such as amplification of the signal and directing it as required. We won't get into that here as these complex concepts are part of what Reiki practitioners are taught in their specialized training.

Suffice it to say that for the person receiving Reiki through distant healing, the process is deceptively easy. Once they know who to tune in to the energies, their experience is much like a Reiki session done in person. It's simple. Just as turning on the radio or watching television seems almost like magic.

How is Reiki for Fibromyalgia Different from Reiki?

Just as visible light can be differentiated into differing colors, Reiki can be subdivided into particular frequencies with perceptible changes. For instance, the wavelength that we call Sei Heki is quite cool to the touch, a little like a spring breeze. Conversely, another Reiki wavelength that we call Choku Rei is warm and comforting.

In the original form of Reiki, Usui Reiki Ryoho, four healing frequencies were used. Over time, other wavelengths have been added. Some of these energies are simply the amalgamation of frequencies already known from other healing traditions. Others have been discovered by practitioners in a variety of different ways.

Today, when you go for a Reiki session, you will be receiving Reiki frequencies as learned by the practitioner. In this way, he or she may be using the original four healing wavelengths or a variety of other energies within the range of what we call Reiki or the healing frequencies. Thus, depending upon the practitioners training, he or she will be using slightly different tools than another practitioner. This can create subtle differences in treatment effectiveness.

I have been trained in 36 different forms of Reiki, including Usui Reiki Ryoho. Through personal experimentation and international testing, I have found twelve healing frequencies or sub frequencies from six different Reiki traditions are particularly useful for those suffering from Fibromyalgia. Used in tandem and as part of my Whole Health Therapy for Fibromyalgia program, I call these energies Reiki for Fibromyalgia.

In this way, when receiving Reiki for Fibromyalgia, individuals are not receiving one frequency or type of energy but twelve at one time. Each of these wavelengths is essentially Reiki ranged energies fine tuned for particular purposes such as relaxation, pain relief, reduction of swelling, energy, and mental centering. This makes Reiki for Fibromyalgia both extremely powerful and very effective in the management and treatment of Fibromyalgia and all its associated symptoms.

Do you know someone who suffers with Fibromyalgia? Do you think that they could benefit from Whole Health Therapy for Fibromyalgia?

Then, why not forward this informational booklet to them?

Please feel free to redistribute this booklet in its entirety to your family, friends, colleagues, and associates.

Questions? Contact Tami Brady at info@tami-brady.com.
For more information, go to <http://www.tami-brady.com>.