

FAQs

Frequently Asked Questions (FAQ)

What are the pre-requisites to learn Reiki?

Willingness and good intention to keep yourself healthy without any medications and exercises are only the pre-requisites to learn Reiki. This is the only system which can not be learned reading books. It can only be transferred from Teacher to Student. Therefore, your willingness and good intentions are only required to learn it.

How much time is required to learn Reiki?

It is usually take one whole day to learn Reiki. After one day of class, a student is asked to practice self healing which is also called de-toxification for 21 days. The student can start giving healing to others after 21 days of self-practice.

How much time will be required to practice Reiki?

For the first 21 days of self healing practice session(Self Cleansing Session), you have dedicate 30 - 45 mins daily and after that you can maintain your perfect health by 10 mins daily practice. Reiki is very simple to learn and equally easy to practice also.

Do you ever get tired or run down from giving Reiki treatments?

Because it is a channeled healing, the Reiki practitioner's energies are not depleted. It is not the practitioner's energy being used! The practitioner is channeling "Universal Life Force Energy, "the energy that surrounds us all and sustains life! It is the energy from the "God Source" or, the "Higher Power!" Because the Reiki practitioner is channeling this healing energy, he/she receives the benefits as well! Whenever I finish giving a Reiki treatment my energy level is up and I feel surrounded with feelings of love and contentment!

Do you need to concentrate in order to channel the reiki energy?

This is one of the more interesting observations of the Reiki phenomena. When a Reiki practitioner's hands are placed on or near any living organism the Reiki `turns on' automatically. There is no conscious effort needed on the part of the practitioner. If a Reiki practitioner is asleep and his or her hands are placed on another person's injury or wound, the Reiki starts flowing even though the practitioner is asleep. You do not have to learn how to give Reiki. If you have been initiated to Reiki, you simply have to place your hands on or near the body.

Does Reiki have anything to do with religion?

Reiki is not a religion. It beholds no doctrines, creeds or contradictions to the Universal Laws of Consciousness and Love. Reiki is very spiritual in nature, but there is nothing you are required to believe in before you can learn and use Reiki. In fact, Reiki will work whether someone believes in it or not!

When you are giving someone a treatment, how do you know the energy is flowing?

Once one places a hand on someone, within a few seconds the palms will start to pulse and the hands will become hot. Other sensations are tingling, pins and needles, cold, or electrical feelings. This will continue for the whole treatment. Over different parts of a client's body the hands are extremely hot! It is important to note that the sensation can vary from treatment to treatment, and the sensation in the hands felt by the patient can be very different to that felt by the practitioner. Sometimes the practitioner experiences his hands as being cold and the person being treated has felt them radiating intense heat. The Reiki switches off after a period of time on one position on the body. It switches on again when the hands are moved to another position. When one area is healed, you move on to the next area.

How Reiki works in different situations?

The flow of the Reiki seem to vary according to the degree of disharmony in the person/animal. When the patients who are seriously ill or very upset emotionally, the Reiki flows more strongly. It therefore flows on demand according to the degree of disharmony in the persons body/mind. This is the energy which is first received by the healer and through the hands of the healer the energy is then transferred to the client. The Reiki removes the energy blockages which are formed because of some stress and negative thinking pattern. And the blockages are removed from the aura system (magnetic field), the disease starts diminishing from the physical body too. Thus Reiki work on energy level for overall healing of the whole system.

Can Reiki be used with other therapies?

Yes, it can be combined with other therapies very successfully. Reiki is completely safe and it activates natural healing energy within us. It will enhance the effects of other complementary healing arts such as massage, acupuncture, shiatsu, foot reflexology, aromatherapy, chiropractic, colour therapy, homeopathy and many others. Many practitioners of other modalities have reported that their work has intensified since learning Reiki.

What happens during the attunement (Initiations)?

During the attunement, the Reiki Master uses the ancient symbols and mantras (holy words that activate and direct certain energies) rediscovered by Dr. Usui to connect the student to the universal life force. Attunement means that your system is attuned to the higher frequency of Reiki. It is comparable to a radio station, broadcasting radio waves everywhere. There are no wires connecting the radio station with your home, yet when you turn on the receiver and tune into the radio waves from the station you receive what they are sending. Likewise, the principles of Reiki are the same. The energy is everywhere, it travels through space without wires. Once you have been connected to the energy it flows automatically, forever. It is a universal and immeasurable energy and its power is unlimited.

What happens after attunement?

After attunement you need to practice the self healing sessions for 21 consecutive days. To help you with that you are given an audio tape(MP3) containing Self Healing Instruction which will help you to practice 1st level Reiki with hands on positions on self and feel the power of Reiki flowing through you. This is a time of practice and learning basic hand movements for the treatments. In these first 21 days of your Reiki life, your hands will be sensitised so much that after 21 days you can feel the energy flowing through your hands with 'flip of a switch' style. You will just have to think of the words, 'Reiki on' and it starts flowing and when you will say 'Reiki off' and it goes off. It is so simple and fun using this energy. After 21 days' of self healing practice a Reiki Channel can give healings to anyone and anything, whether it is a human being, animal, plants or the earth, everything is blessed with Reiki when treated with it. And the results are astonishing.

Is the Reiki flow affected by the health of the practitioner?

Even a very sick, weak person who is correctly initiated to Reiki can give treatments that are just as strong and effective as a Reiki Practitioner who is in good health. The Reiki energy is not coming from the physical energy from the body of the practitioner.

Are there any harmful side effects from Reiki?

There have been no reported cases of negative effects from Reiki. Some people have observed what at first appears to be negative effects. When the body is undergoing a healing process, there can be short term effects which cause some discomfort. People with a great deal of accumulated stress or emotional blocks can feel everything coming up at first with treatments as their body starts to process the effects of the Reiki.

How do I know I've been attuned ?

Trust me you will know that you have. In my classes, I personally make every student feel the energy after the attunement. The Reiki energy is immediately starts flowing and starts working too. It's a win win situation for everyone and I'm honestly glad to be part of it. More importantly, you will also find out that you also receive energy as you pass on Reiki energy onto others so its quite enjoyable. That means while giving healing to others you also receive the healing simultaneously.

How Reiki Healing takes place?

Reiki is an divine and intelligent energy. It is a very fine and high frequency energy. Any problem we face whether physical, mental, emotional or situational, everything becomes chaos only when there is disharmony of the energy. When negative energy is more than positive energy then diseases occur on physical level, tension or stress develops on mental level and when that is not looked after, well then it affects our behaviour and finally we are spiritually disconnected with our inner self and from the source energy. Then at this juncture, when one is out of harmony and life has become chaos, Reiki helps to recover. As Reiki is an energy healing system, it heals the energy level of the person which is called 'Magnetic Field' in Quantum Physics or 'Aura' in spiritual language. When the aura of a person is treated with Reiki, it harmonises and balances the energy of the astral body

(Magnetic Field) and ultimately the whole physical body. That is why Reiki is said to have healed anything not only on physical level but also on mental, emotional and spiritual levels.

What can be healed by Reiki?

Reiki reported to have healed in the following problems.

- STRESSES & STRAINS,
- PAINS & AFFLICTION,
- EMOTIONAL DISTURBANCES,
- FEARS, PHOBIAS & DEPRESSION ,
- ASTHAMA, WHEEZING, MIGRAINE,
- ARTHRITIS, ,
- DIABETES,
- SEXUAL DYSFUNCTION,
- BAD HABITS, ADDICTION, NEGATIVE MENTALITY, NIGHTMARES,
- WEIGHT DISORDER, EATING PROBLEM,
- SLEEPING PROBLEM,
- SPEECH DISORDER,
- UNTIMELY DEMISE OF FAMILY MEMBERS,
- BONE FRACTURE,
- CANCER OF ALL TYPES- BREAST, CERVICAL, UTERUS, PROSTATE, BONES, BLOOD.
- HERNIA,
- FEAR OF FAILURE, LACK OF CONFIDENCE,
- HEART DISORDER,
- SKIN PROBLEMS,
- HORMONAL IMBALANCE, PARKINSON'S DISEASE ,
- POSTURAL INSTABILITY,
- LIVER & KIDNEY FAILURE,
- SPINE & NEUROLOGICAL PROBLEMS,
- SINUSITIS, SCITIKA &
- PROBLEM OF CHILD BEARING
- RELATIONSHIP DISCORD, etc.

What if I am not grown to be so perfect to heal people with Reiki?

Reiki is like water flowing through a pipe i.e. body. Our body is only the channel through which Reiki flows. Water is not meant to be perfect to flow when it is directed to flow through a pipe, nor it is expected from the pipe to be perfect to let the water flow through it. It just flows and according to the need of the recipient it heals. There is no difference between experienced healer and a new Reiki channel because water does not see if it is flowing through old pipe or a new pipe, it just flows through it. Likewise Reiki is an universal energy which is channelled in your system to flow and heal the needy.

What is to be done for Attunement and after it?

On appointment date, you will be asked to sit comfortably on a chair with your back straight. Play the Om music you have been sent with the course material. It is very important that you are not disturbed for next 20-25 mins, so you have to keep your phone in silent mode or switched off. You should make sure that you will not be visited by anybody in this attunement process. When you are ready, switch on the music (Headphone is recommended) and sit comfortably with your hands in prayer position.

Through out the process you should be in the intention of receiving Reiki Attunement from me. Try keeping your mind on the sensation of your body or your breathing. Just wait for 20 mins and your attunement process will be over.

After attunement process is over, just rub your hands with each other and try to feel the sensation of your hands specially of your both the palms. See that your hands are warmer now and try to feel the energy flowing through your hands.

For this test, bring your hands together as if your going to join hands in 'Namastey' position. After joining hands, slowly take your both hands away from each other and try to feel the energy between your hands. Just feel that you have a soft ball or a soft balloon in between your hands. Just close your eyes, and feel the soft ball between your hands. You will feel a kind of push or pull between your hands.

Now take your both hands away from each other in cupped shape in front of each other at least two feet away and bring very slowly to each other and this time feel the ball again. Whenever you feel the ball between your hands, stop and open your eyes and measure the distance between the hands. The energy you are feeling in between your hands is the Reiki and this expands with your practice. With 21 days practice, your hands become so sensitive that you start feeling energy flowing from your hands as soon as you think of Reiki.

Now, this is time to go for 21 days 'Detoxification Process'. Start from today and solve all your problems.

P.S. - Please read the manual before start your practice and keep reading again and again until you have no doubts at all.