

The background features a dark teal base with several overlapping, semi-transparent geometric shapes in lighter teal and lime green. These shapes create a layered, mountain-like effect. The text is centered in white on a large, light green polygonal area.

# Reiki Questions Answered



# Hello!



I am Shari Stevens,  
Reiki Master and Guided  
Imagery Therapist

I am here because I love  
to share the gift of Reiki

You can find me at:

[www.icmassage.net](http://www.icmassage.net)



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**1.**

# What is Reiki?





*Reiki is love,  
Love is wholeness,  
Wholeness is balance,  
Balance is well being,  
Well being is freedom from  
disease.*

*~ Dr. Mikao Usui*

*Founder of the  
Usui Reiki System*



# Reiki is spiritually guided life force energy healing

Reiki healing is, at its core, spiritually guided life force energy healing. Energy healing, also known as biofield energy healing, is based on the premise that our health, happiness and vitality are maintained through the free flow of vital life force energy through our bodies. When that flow stagnates, our health and wellbeing also stagnate. Reiki enhances the flow of life force energy which helps the body, mind and spirit balance. When that balance is achieved, the body and entire system can heal itself. Some people can feel the flow of Reiki. Virtually all recipients of Reiki report that it is very relaxing and enhances their sense of wellbeing.



# What is life force energy?

Life is founded on life force energy. In China, this energy is called chi or qi. In Japan, it is called ki. In India, it is called prana. In Polynesia, it is mana. Ruach is the name in Hebrew, and baraka is the name in Islamic countries. In Christian traditions, it is known as the holy spirit, and in Inuit traditions, it is called silap inua.

This life force energy, known by many cultures, is used for health and healing at all levels and for mental and spiritual development. Today, people can receive balancing in their flow of positive life force energy through healing modalities such as Reiki, healing touch, acupuncture and more.



**2.**


## **Who can be helped by Reiki?**

**The many applications of Reiki for people,  
pets, goals and even world peace**



Anyone and everyone can be helped by Reiki healing. There are no bad impacts or contraindications from receiving Reiki.

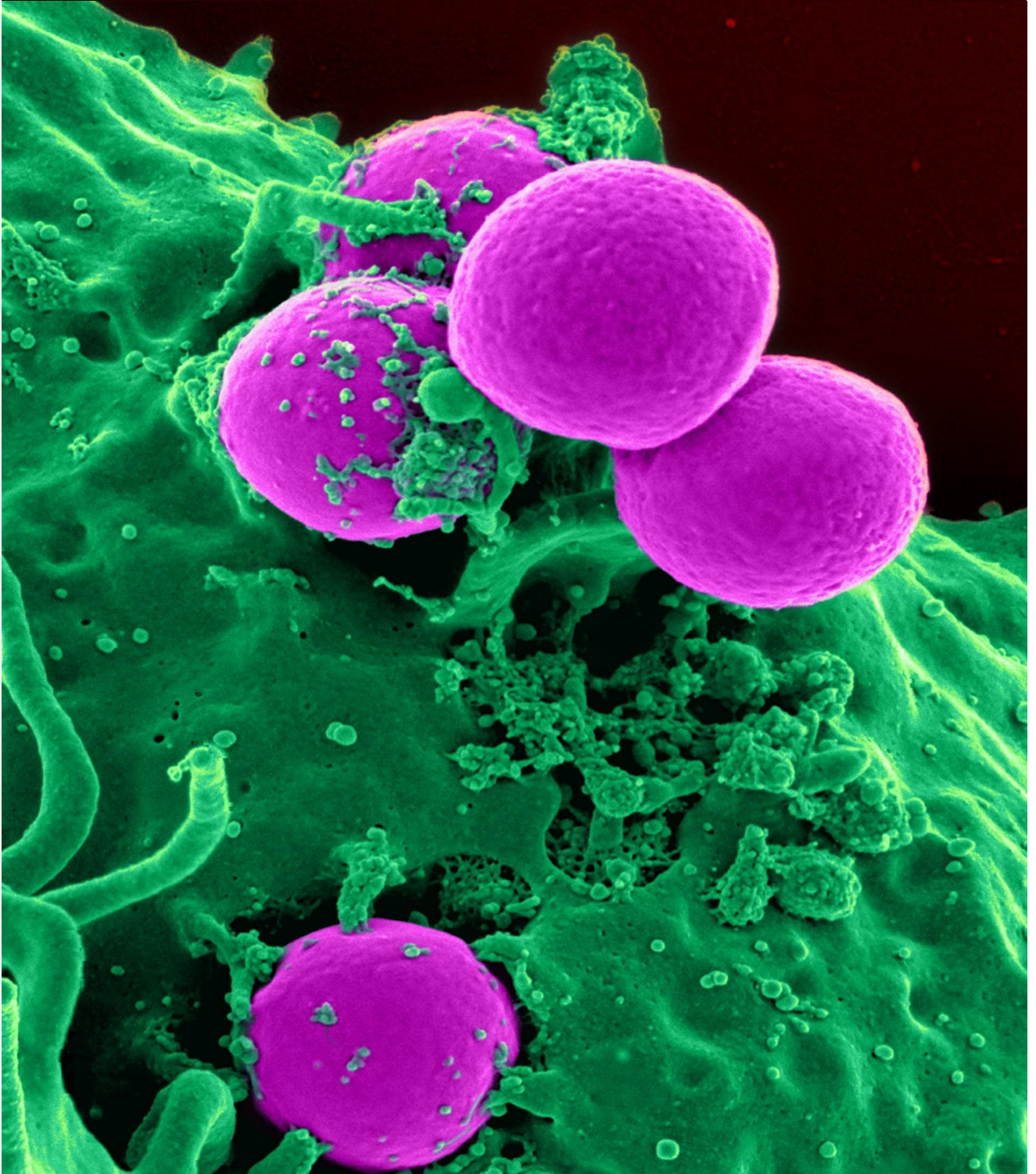


A photograph showing two hands in silhouette, positioned to form a heart shape. The hands are dark against a bright, glowing sunset or sunrise in the background. The sun is a large, bright yellow-orange orb, partially obscured by the hands. The sky is a clear, light blue. The overall mood is peaceful and hopeful.

Studies show that Reiki can improve blood pressure rates, heart rate variability, and lower complications after heart surgery, as well as improve mood in heart patients.



Other studies measured an increase of immune function with Reiki treatment.



# Reiki aids in wound healing.



In a study of identical doctor inflicted wounds on 44 individuals, after eight days, the treated group's wounds had shrunk 93.5 percent compared with 67.3 percent for those not treated. After sixteen days, the figures were 99.3 and 90.9.



# Depression and stress

Test subjects experienced a significant reduction in symptoms of psychological distress compared to the control group. These benefits continued as strongly 1 year later.



## Pain after surgery

A medical training mannequin is lying in a hospital bed, covered with white sheets. The mannequin's eyes are closed and its mouth is wide open in a grimace, suggesting pain or discomfort. The background shows a typical hospital room setting with a green wall and a black handle on the bed frame.

In studies involving cancer surgery and hysterectomies, Reiki helped alleviate pain, and in some cases, lowered the amount of pain medicine requested.

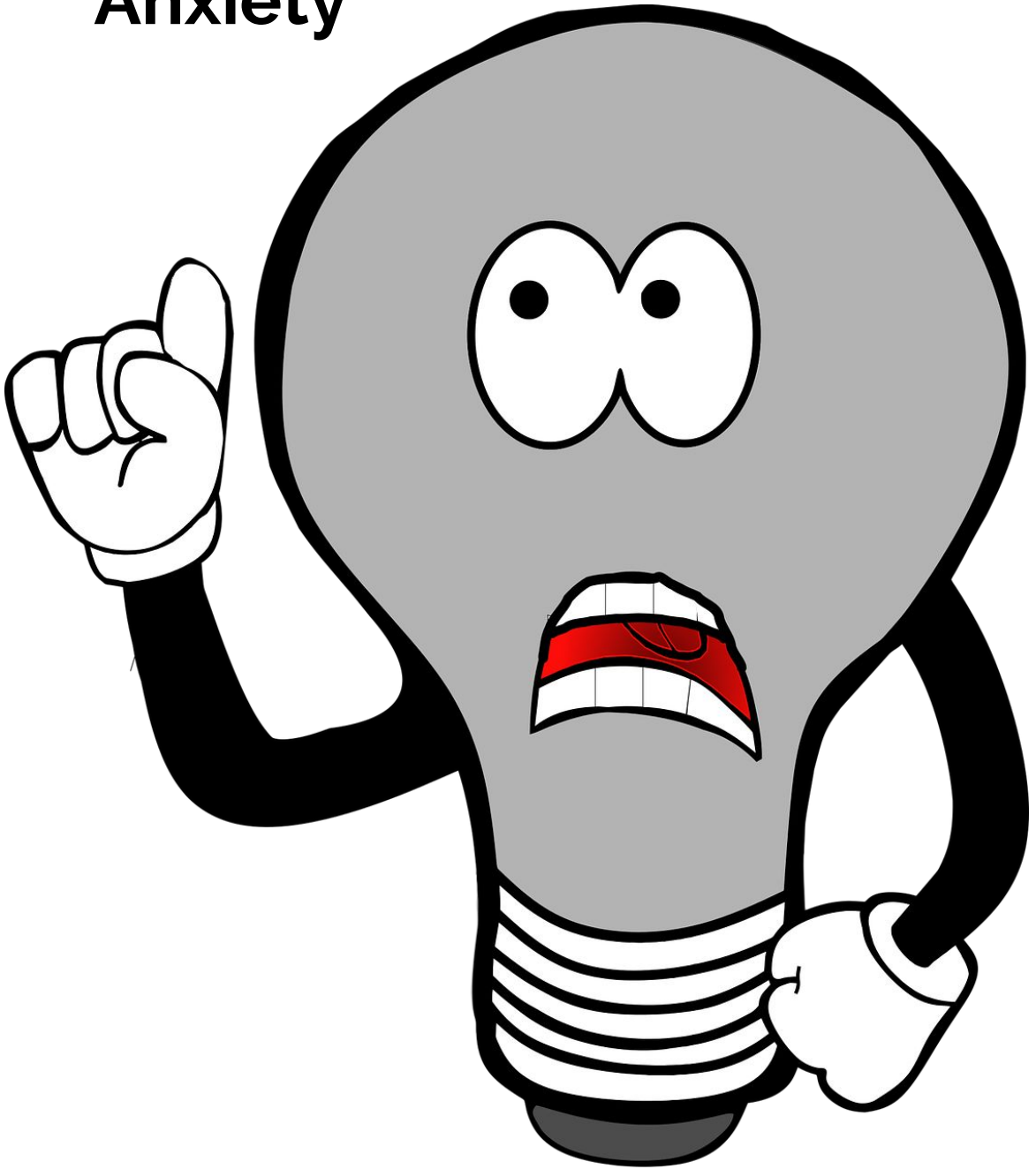


# Memory and behavior for Alzheimer Patients



A 2006 study found statistically significant increases in memory, mental functioning and behavior after Reiki treatment.

# Anxiety



**In a number of studies, Reiki has proven to lower anxiety levels and enhance wellbeing.**

# Pain and quality of life for cancer patients



One study found a more than 50% decrease in self-reported distress, anxiety, depression, pain and fatigue in oncology center patients.



A close-up photograph of a person's neck and shoulder area. A hand is shown touching the person's neck and shoulder, illustrating the concept of range of motion. The person has dark hair and is wearing a small, round, gold earring. The background is a wooden wall.

## Range of Motion

A 2013 study, found that 10 minutes of Reiki was as effective as physical therapy in improving the range of motion in people with mobility problems.

# Prevention of illness



**College students receiving Reiki had less illness during an academic semester than the control group.**





# Wellbeing

In one study, Reiki helped patients who had suffered heart attack, more calm, happy and relaxed and less angry, frustrated and stressed. In another study, college students suffering from anxiety and depression were treated with Reiki. Those receiving Reiki were more likely to improve in mood and retained these benefits at a five week follow up.



# Sports enhancement



**Golfers, football players, olympic athletes, cyclists and more use Reiki to recover from illness, injury and enhance their competitive edge.**

# Military and families

The Department of Defense has embraced the use of Reiki to combat PTSD along with other CAM modalities. A 2015 report regarding the Fort Hood, Warrior Combat Stress Reset Program found: “significant reductions in PTSD, anxiety, depression, and pain, and improvements in resilience from pre- to posttreatment...”

Reiki practitioners across the country have also volunteered their time, giving vets Reiki healing through organizations such as the Midwest Reiki Community.



# Pets



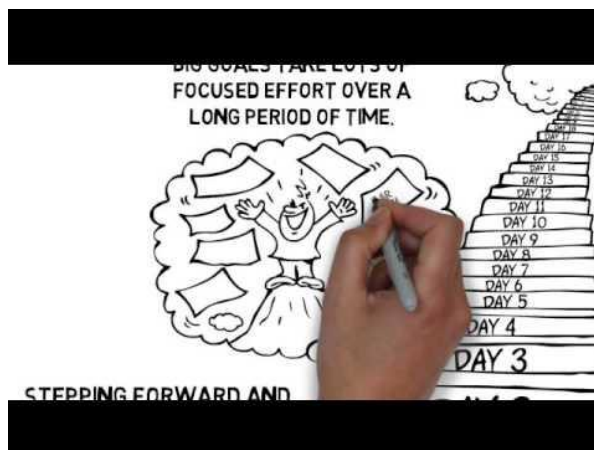
Many Reiki practitioners give Reiki to their pets. They report that it helps with pain, rehabilitation from injuries, and promote calm and lower stress.

# Reiki Energy for Goals

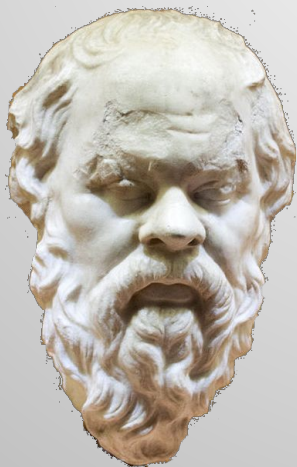
Have you ever thought about how you achieve your goals? Certainly, there are plenty of people out there who will tell you how, from Anthony Robbins to TED talks to well meaning friends and family. But how do you do it?

Most “experts” agree that you must figure out what you want, believe that you deserve it, and take action to achieve your goal, and keep taking steps forward until you realize your goal.


Reiki helps with each step along the way. It helps you get clear about what you want. It helps release blocks that keep you feeling undeserving or confused. It gives you energy and motivation. More than that, it helps you become more aware of and attractive to those who will help you along the way.



**The secret of  
change is to  
focus all your  
energy not on  
fighting **the** old,  
but on building  
**the** new.**



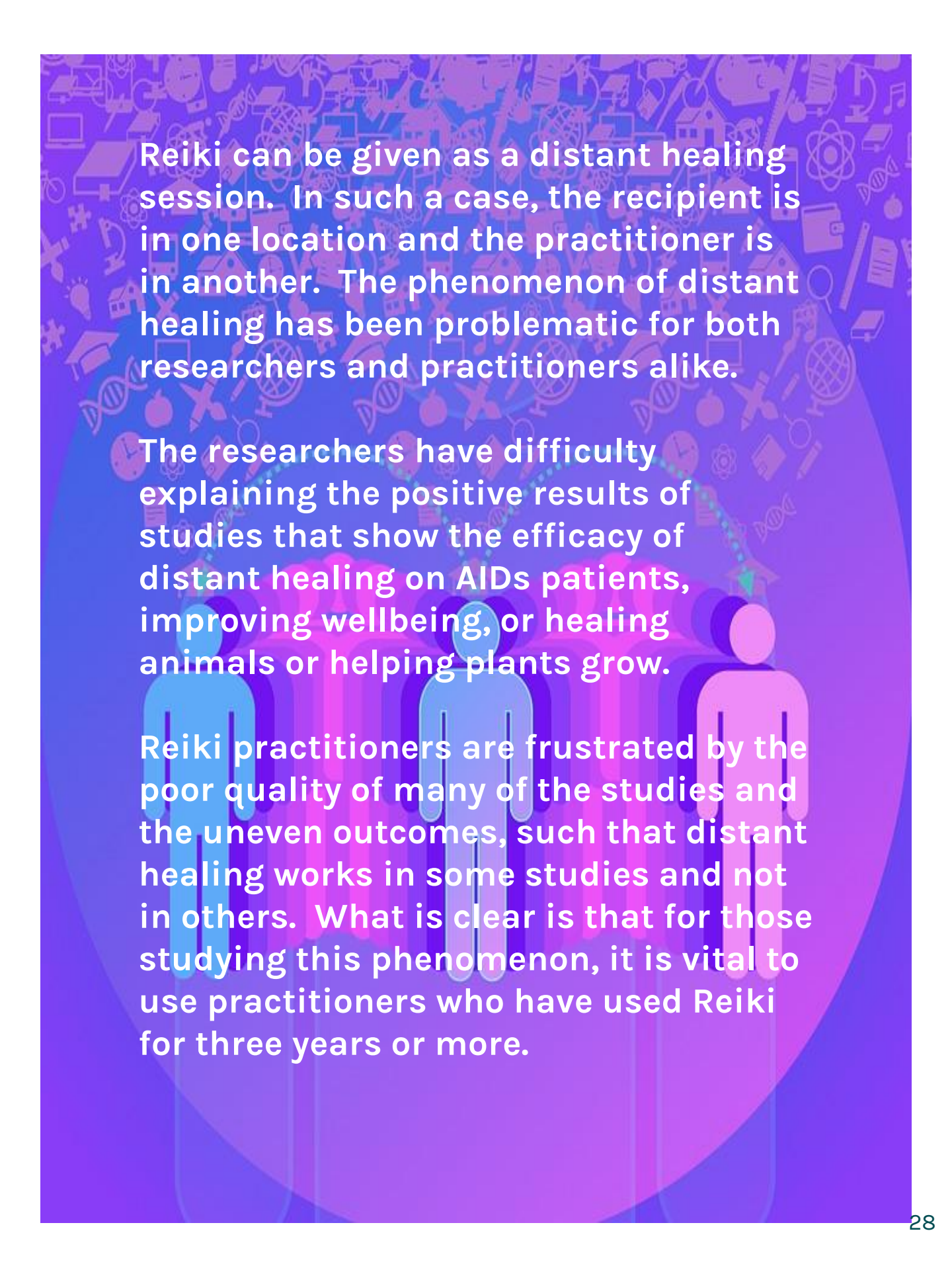
~Socrates



# Distant healing





The background is a vibrant purple-to-blue gradient. It is filled with a dense pattern of small, white, semi-transparent icons representing various scientific fields: DNA helices, lightbulbs, microscopes, books, and mathematical symbols. In the lower half of the image, three stylized human figures are depicted in a row, colored in shades of blue and purple. A faint, glowing green path of dots and arrows curves across the scene, suggesting energy or information flow.

Reiki can be given as a distant healing session. In such a case, the recipient is in one location and the practitioner is in another. The phenomenon of distant healing has been problematic for both researchers and practitioners alike.

The researchers have difficulty explaining the positive results of studies that show the efficacy of distant healing on AIDS patients, improving wellbeing, or healing animals or helping plants grow.

Reiki practitioners are frustrated by the poor quality of many of the studies and the uneven outcomes, such that distant healing works in some studies and not in others. What is clear is that for those studying this phenomenon, it is vital to use practitioners who have used Reiki for three years or more.



*“The preponderance of evidence for [distant healing] effects in simple living systems and for intercessory prayer is at best suggestive of its effectiveness to alter outcomes. But the proof-of-principle offered by [distant healing] experiments more clearly indicates the existence of genuine interactions between distant people. This presents us with an evidence-based enigma worthy of serious consideration. However, for many researchers, the mere concept of distant healing continues to elicit significant resistance for two main reasons. The first is based on the assumption that “action at a distance” is impossible because it violates one or more physical or biological laws. The second is founded on the neuroscience-based assumption that the mind is identical to the brain, in which case it does not make sense to propose that the brain activity we call “healing intention” can interact with anything outside of the brain's own body.”*

~Dean Radin, et. al, “**Distant Healing Intention Therapies: An Overview of the Scientific Evidence**”

Perhaps we need to look to quantum physics and what Einstein described as “spooky action at a distance” to help us understand the counterintuitive nature of distant healing.



Above, TED Talk of Jim Al-Khalili, Professor of Theoretical Physics and Chair in the Public Engagement in Science at the University of Surrey



**3.**

# How does Reiki fit into a healthy lifestyle?

Fueling a healthy lifestyle with Reiki



Reiki helps to restore and strengthen each person's life force. No matter what the individual's need is, Reiki will support his or her stability and well-being.

*~Reiki for all Stages*

## Ten uses for Reiki in your daily life:

1. Self healing to prevent illness, enhance vitality and support happiness.
2. Distant healing to yourself in the future, i.e., sending yourself a Reiki “care package” that you receive during potentially stressful situations.
3. Giving Reiki to your food and drink to help you get the most out of what you put into your body.
4. Giving Reiki to supplements or drugs to minimize side effects and absorb the best effects.
5. Integrating Reiki into your yoga or workout practice.
6. Using Reiki to break bad habits or addictions.
7. Sending Reiki to physical spaces such as your home or office to create a great energy space.
8. Getting grounded when you feel out of sorts.
9. Use Reiki with goals such as weight or money management.
10. Giving Reiki to loved ones, pets, friends or others to give support in a positive way.



4.

# Who uses Reiki?

Look at who likes Reiki

**christina Aguilera  
uses Reiki to keep  
her motivated to eat  
healthy meals and  
exercise.**





**Michael Flatley reports that Reiki helped heal him from a mysterious leg illness.**





# **Tori Spelling says that Reiki helped her “find her voice” while in a crisis in her marriage**



# Doctor Oz recommends Reiki



# More than 60 well known hospitals offer Reiki



# The Fort Bliss Restoration and Resilience Center uses Reiki



# These celebrities are reported fans of Reiki





**5.**

# How is Reiki a part of integrative healing?

Reiki partners with mainstream medicine





Reiki is a complementary modality. Never use Reiki as a replacement for normal medical care.



**If you are ill, you may want to receive Reiki from a qualified Reiki practitioner.**





**Or, you may want to take a Reiki class to learn Reiki to give to yourself.**



**Many Churches offer free Reiki  
or other energy healing  
modalities to those in need.**



**Reiki is great before and after surgery. Most hospitals will allow Reiki practitioners to give Reiki to patients while in the hospital.**



**You can use Reiki to help  
manage pain and use less  
pain meds.**





**Reiki also helps you get the most out of your massage, physical therapy and chiropractic visits.**



6.

# Is Reiki available in hospitals?

See how hospitals are using Reiki

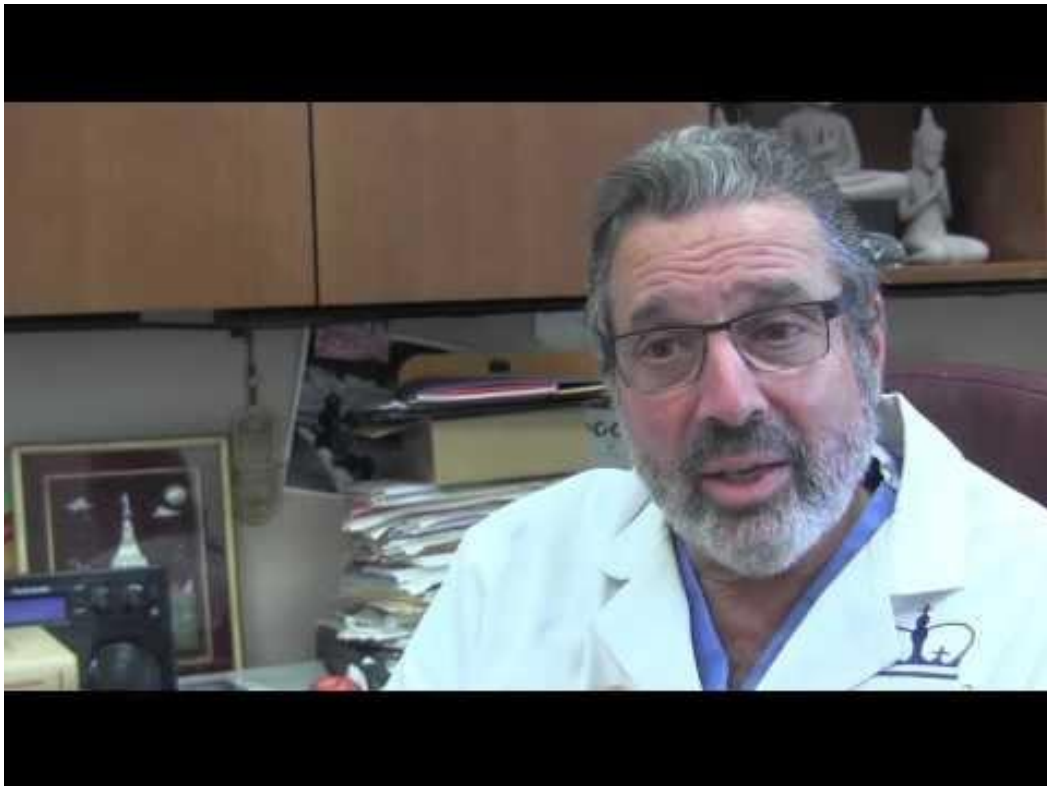


**Many hospitals now offer  
Reiki as a service to their  
patients.**



**You may have to ask for Reiki, as not all hospitals advertise that they offer Reiki healing.**





**Dr. Sheldon Feldman, head of  
breast surgery at New York  
Presbyterian  
Hospital/Columbia University  
Medical Center, talks about  
Reiki and surgery.**



**Medical students are  
now being introduced  
to Reiki.**

# 7.

## What is a Reiki session like?

What you experience in a full Reiki session



Although Reiki can be practiced at anytime and anywhere, a full Reiki session involves several common aspects. It is performed with the recipient, fully clothed on a massage table in a quiet, comfortable space. The practitioner begins with a short statement or prayer of intent, making plain that they are intending to be a clear conduit of positive Reiki energy and that the healing be done in the client's highest good. The client can also silently or out loud state their intention for the session.

Then, the practitioner places their hands either on or above the client's body in specific areas that correspond with the body's energy centers with the Reiki flowing out of their hands. Clients often feel an immediate sense of relaxation and mental calm. Some people see colors in their mind's eye. Others feel heat in the practitioner's hands or a tingling or buzzing sensation. Some people feel the flow of positive energy in their body. Other people experience intuitive insight. It is very common for people to feel wellbeing or simple happiness from the Reiki session.





## What a receiver should do in a Reiki session

All you really need to do in a Reiki session is receive the Reiki energy. Nonetheless, here are a few things to keep in mind in receiving Reiki:

- If you have questions or concerns, feel free to speak up at any time. This is your session and your time, you can talk, make requests or ask questions in order to feel comfortable in your session. Know, however, that too much talking will keep your Reiki practitioner from being in the flow of Reiki.
- If you do not want to be touched, just tell your practitioner.
- Some recipients prefer that the prayer of intent use their words to refer to their spiritual source, i.e., God, Universe, Source of Creation, etc. Feel free to talk to your Reiki practitioner about this. As the recipient, you can always direct your intentions to your own spiritual source.
- Don't try too hard to relax. If you are having trouble calming your mind, just focus on your breathing or let your mind wander.



## After the Reiki session

Some people are very relaxed after a Reiki session, and some even feel the need to take a nap. Other people are energized by Reiki. Because Reiki can help with clarity and intuition, it is always a good idea to take a few moments to take down some notes about any new insights or to help you recall what occurred during your Reiki session.

You may also want to pay attention to how you feel in the few days after your session. Most people feel great. A few people, though, experience the “achy Reikies.” This phenomenon is also known as a healing crisis which can feel like mild flu like symptoms with aches and pains and fatigue that can last for a few days. Some Reiki practitioners believe that the experience of a healing crisis indicates deep healing. As with any healing modality, too much healing too fast can bring discomfort. You may wish to state at the beginning of the session, to yourself or out loud, your intention to feel great during and after the Reiki session.

You can follow up with additional Reiki sessions as often as you like. People often receive Reiki either every week, every two weeks or once a month. You cannot expect to receive positive cumulative effects if you receive Reiki only periodically.

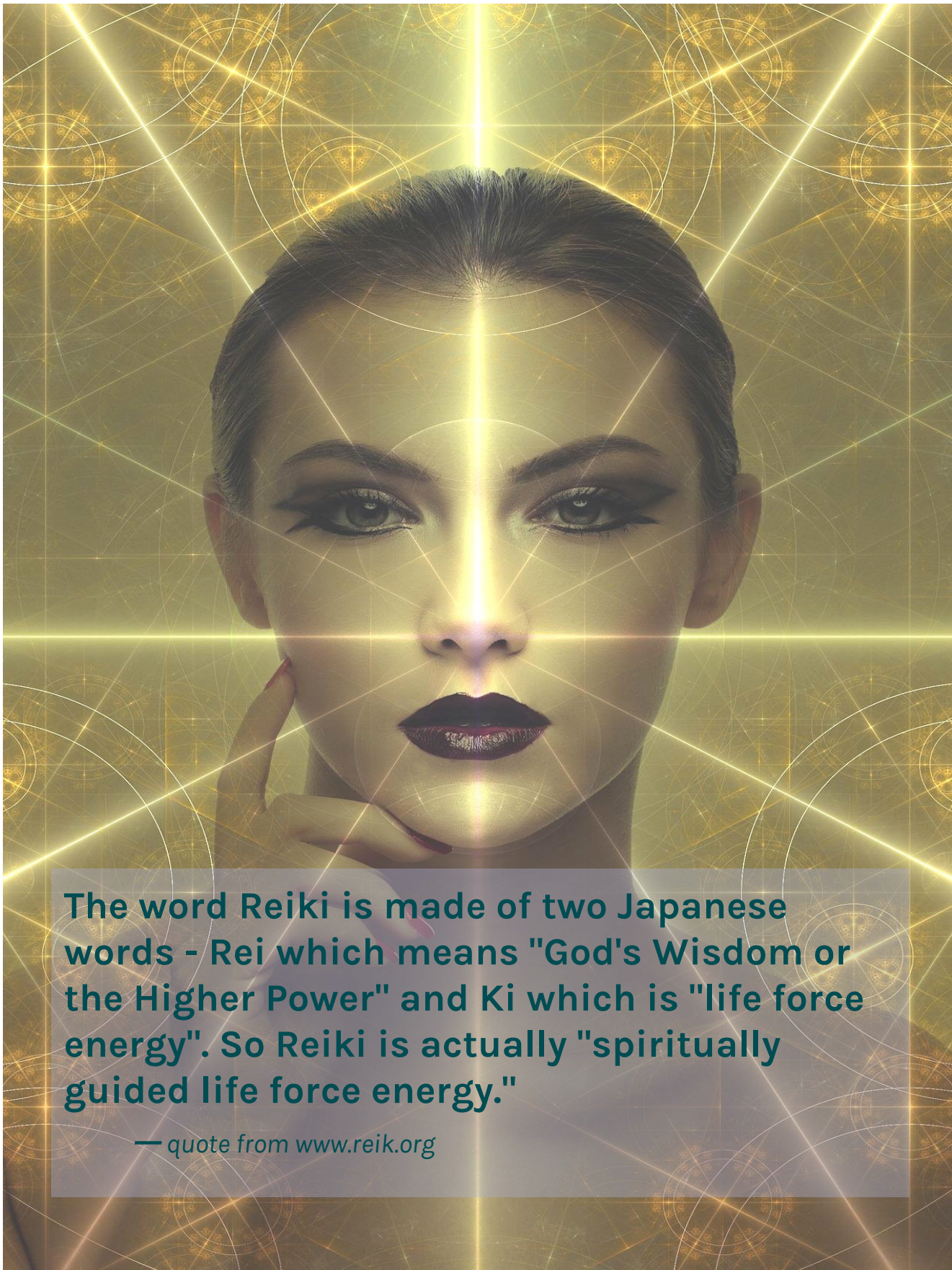


8.

# Why is Reiki spiritual healing?

Reiki is spiritual healing for the 21st Century





**The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."**

— quote from [www.reik.org](http://www.reik.org)



# Reiki is pure energy

Reiki is pure positive energy, untainted by human thought and emotion. It is dually guided by the receiver's intentions and by a divine wisdom that knows and seeks the best outcomes for the receiver and all concerned.

Imagine a flow of pure, positive energy flowing through the energy pathways that permeate your body and the energy field that surrounds you. This pure energy lifts you up in such a way that relaxing into the flow of life force energy feels natural, healing and wonderful. You are left with a feeling of wellbeing and perhaps clarity that comes from being more connected to your own divine source and inner being.

# Connection to Source



Reiki does not replace your personal connection to source energy. It enhances your connection to your divine source and helps you along your spiritual journey.



# Belief or Faith

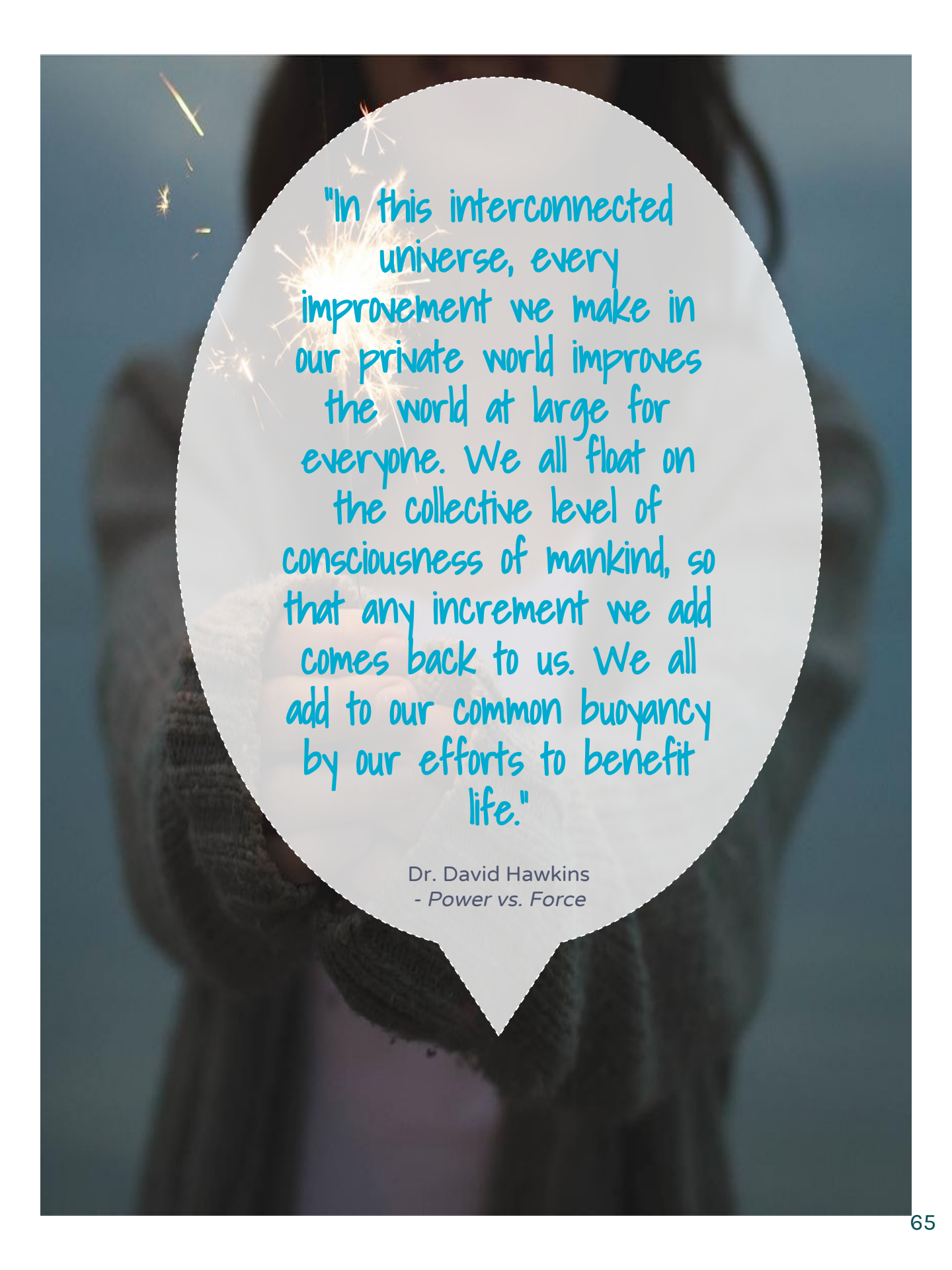
You do not have to believe or have faith in a spiritual deity in order to receive the good that Reiki brings. It is helpful to be open to the possibility of receiving good from a Reiki treatment. Reiki will always respect the intentions of all concerned, including a desire to repel Reiki energy in order to maintain a certain perspective or worldview. So it is best to keep an open mind.

# 4.

## Is Reiki a religion?

The difference between practice and religion



A person is shown from the chest up, holding a large, glowing sparkler. The background is a dark, blue-tinted night sky with several other smaller sparklers visible. The person's face is partially obscured by the large, circular white area containing the text.

"In this interconnected universe, every improvement we make in our private world improves the world at large for everyone. We all float on the collective level of consciousness of mankind, so that any increment we add comes back to us. We all add to our common buoyancy by our efforts to benefit life."

Dr. David Hawkins  
- *Power vs. Force*

# Is Reiki a Religion?

Reiki is not a religion. There are no tenants to follow, no religious images or beings to worship. As a practitioner or receiver of Reiki, you can believe in your own religion or no religion at all. And Reiki complements the religious beliefs and practices of those who receive it.



**5.**

## **What are the different styles of Reiki?**


The many expressions of Reiki bring goodness to a world in need of balance



## The many ways to practice Reiki

Some writers believe that there are over a thousand different styles of Reiki being practiced worldwide. While most of these styles can be traced back to the founder of the Usui Style Reiki Healing System, Mikao Usui, other styles of Reiki are practiced in Japan.

The various styles relate in large part to the ways in which Reiki practitioners add other elements to a traditional Reiki practice. Some add crystals, others use new and additional Reiki symbols and others find new and different ways to initiate Reiki students and visualize the flow of Reiki.





# 11.

## Who can learn Reiki?

Reiki is easy to learn for young and old alike

# ANYONE can learn Reiki





**That means you  
can learn Reiki.**



**12.**

# What is a Reiki class like?

Reiki is easy to learn for young and old alike





**A Reiki class is a very informal one to two day class of between 2 and 10 students. It is taught by a Reiki Master teacher.**



**The class is part  
lecture,**



**Part learning through  
an energy technique  
called an attunement,**



**and part practice.**





**By the end of a one day  
class, students are  
prepared to give full  
Reiki healing sessions to  
themselves and others.**

# 13.

## How to choose a Reiki teacher?

A checklist of criteria to choose a teacher

## This list is from William Rand, founder of the International Center for Reiki Training

- How long have you been working with Reiki? What training have you had? How often do you teach? How do you personally use Reiki? What is your lineage?
- Will this training initiate me into, or progress me within the Usui lineage? If not, then which lineage is it a part of?
- What qualifications are required to take Reiki Training?
- What do you cover in your classes? How many hours of class time is included? How much time is instructional, and how much is hands on practice?
- What are the specific things I will be able to do after taking the training?
- What are your fees, and will I receive a certificate and a manual?
- Can I take notes and tape record the class?
- How many symbols will I learn?
- Is there a Reiki support group in my area or can you help me establish one?
- Will you openly support me in being a successful Reiki practitioner or master?
- Do you have a positive respectful attitude toward other Reiki practitioners and masters, regardless of lineage or affiliation? Be aware of how you feel about their answers and if they are responding in a loving manner that is supportive and empowering. Listen to your heart and you will be guided to the right teacher.

**14.**

# When to learn or receive Reiki?

Don't wait for crisis



## Here are some thoughts about when a Reiki session or training might be right for you.

- ◆ Don't wait until you are sick to get Reiki. Energy healing works more quickly before your condition becomes acute.
- ◆ You want guidance, support, rest or relaxation.
- ◆ You want spiritual growth.
- ◆ You need new tools to find balance in your life.
- ◆ You are suffering from pain, depression or anxiety.
- ◆ You feel stuck and you are ready for your life to change.

If your gut is telling you to get some Reiki, call or schedule now.



靈氣

# Reiki I & II Workshop

September 16-17, 2017  
9 a.m.-5 p.m.

Taught by Shari Stevens, Reiki Master

[Register online](#) or call 319-341-7144



# Want to receive a Reiki session?

Scheduling a session is easy.

You can [book online](#), email me at [icmassage@msn.com](mailto:icmassage@msn.com) or call or text  
319-341-7144



# Thanks!



**Any questions?**

You can find me at:  
[www.icmassage.net](http://www.icmassage.net)  
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