

Reiki

27 January 2018

A reader in France asks about it, so first a summarised definition: (please expand or correct this!)

Reiki is an alternative therapy or treatment technique where a therapist channels energy into the patient by touch, activating natural healing to restore physical and emotional well-being. Reiki was developed in 1922 by Japanese Buddhist Mikao Usui and has spread across the world.

Says and asks a reader: (*Je ne tenterai pas une réponse en français*)



1. I practise Reiki, and I would love to know what the quantum physics behind it are. What do I "quantum physically" do when I practise Reiki ?
2. When I connect to energy, what happens exactly? Do the intentions, requests or calls (my consciousness ?) that I send out attract this energy ? I can feel it quite instantly inside my body, as if it is answering back, "confirming" it is present
3. What happens after, "transmission" wise, to a "patient"
4. What happens energetically during an attunement between a Reiki Master and the person being attuned?

Responds The Committee:

1. "To number one, we say there is not a process inside what humans have named quantum physics, and as the structure of atomic assemblies are better revealed to humans, it will become very obvious that all things are part of quantum physics.

"What takes place is the transmission of you the therapist's energy to the subject. This is a two step procedure. Step one is your intent and step two is the receipt. Implicit in both is belief the process or technique is effective. The acceptance by the subject or patient of the treatment is evidence of acceptance or at least guarded, reserved skepticism however this is the commencement of belief, and that is all a successful application requires.

"Mechanically the treater gathers his or her own energy and by physical motion, releases and directs it to the subject patient. Energy flows like water and seeks its level, reducing then eliminating imbalances. Disease, which is dis-ease or un-ease, comes about because of energetic imbalances. Reiki restores the balance by unblocking the obstacle, releasing the jam-up or removing the constriction.

"This process operates at the subatomic level first, then rises to affect the atomic and higher levels humans now know. Electricity is one manifestation of the process and Reiki could be called a separate, related and very similar. Magnetism passing through metal wires generates electricity however this mechanical process, without intent of destination, sets free the energy to find its level and it does. Often the amounts or quantities of electricity far exceed the required amount as the specific destination, so the excess flows on, to locate its proper place. When an unintended flow occurs, humans call this a ground fault or a short circuit.

"As the study of electrical engineering sets forth, objects attract electrical energy in precise proportion to the object's ability to accept or resist electricity. An example are the components of an electronic circuit in a device, such as resistors, diodes and so forth.

"In Reiki, the electricity is generated much the way humans and animals generate the electricity which operates the nervous system, however with one significant difference; intent. Your human brain is built to generate some signals automatically, which operate the heart and lungs, or cause reflexes. The majority of the electricity operates voluntary movement, and is directed by your thoughts. Your desire to stand and run requires no electricity through the nerves to the limbs and muscles as you are only thinking of running; it is generated when you willfully choose to rise then move your legs to begin running. Your thoughts are not your brain, they are your mind which is your soul.

"In Reiki, the practitioner chooses to send energy to the object, the patient or subject, with the same willful intent anyone might use to run, stand, speak or dance. S/he directs the energy to the body of the subject and often uses physical taps and very gentle touches to both generate and release pulses of the energy. It is common to touch a patient upon or near an affected area, if there is discomfort in a specific spot, place or area of the body. This can accelerate the effect however the key, essential portion of the process is belief.

"In summary, Reiki is directed electricity, sent in the precise amounts and levels, amperage and voltage, to match the resistance and allow balance to be restored.

2. "You generate the power or electricity with your intent. Just as you do when you move your body. You feel your legs move and feet strike the floor as you walk, yes? The Reiki sensation you feel is the same process, same effect.

3. "The energy flows throughout the body and collects at the low points. We suggest an otherwise flat concrete surface, such as an airport taxiway for aircraft to move to and from the runways, or the concrete slab of a house or building before the structure is erected above. These surfaces appear flat when dry, however if allowed to become sufficiently wet, very shallow puddles can form upon the low spots and can be seen.

"The imbalances of energy in the body are just like these subtle low points or spots. The Reiki energy will flow to them and smooth over the highs and lows and make the energy flow as evenly as can be, much the way a horizontal sheet of glass would be.

4. "Indeed, tuning is an excellent choice of word, for this is what happens. The intents of sending, transmitting and reception are brought into alignment. The wires are connected, so to speak. Just as radio signals must be tuned to one another for transmission to occur, so happens with the process you call Reiki. Your desire offers your natural frequency, and the subject's willingness to receive, adjusts her or his reception frequency, and in an instant the two rise, fall and match one another. The energy then flows.