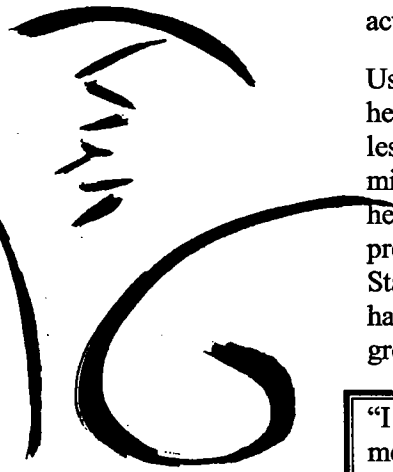


Assisting the mind, body, and spirit in attaining balance and harmony



Reiki

Reiki, “universal life-force energy” is a method of hands-on healing of great ease and power. Those fortunate enough to have experienced Reiki describe experiencing a variety of things: the peace that comes with stillness, the simple comfort and gentle support of healing hands, a deep feeling of grounding and recognition, easing of energy blocks, seeing vivid colors or symbols, receiving insights from a deeper self as to what steps need to be taken next on life’s path, a feeling of being energized, a sense of finally being in touch with all levels of being, a deep and profound sense of connection. Because Reiki awakens energy already present in the receiver, each person, in each session, experiences just what is needed.

The Story of Reiki

Reiki was rediscovered in 19th century Japan, but its wisdom and methods were ancient even then. Reiki’s discoverer, Mikao Usui, was a principal of Doshisha University in Kyoto. His students’ questions about the healing methods of Buddha, started Usui on what would become a ten-year quest to find that lost knowledge. His search first led him to America where he earned a Doctor of theology and learned Sanskrit, the ancient language of India and Tibet.

His journey continued with his return to Japan, where he lived in a Zen monastery. It was there he finally found the texts he sought – over 2500 years old, written in Sanskrit, describing the lost healing wisdom. The formula outlined was very simple, but purposefully obscure. To interpret the texts and discover the keys to activating the energy and making the skills work, he knew he had to go through a test. He entered a three-week period of meditation, fasting and prayer on Mt. Koriyama. On the final morning at dawn, he saw a projectile of light coming toward him, striking his third eye. He saw “millions of rainbow

bubbles” and the Reiki symbols as if on a screen. As he saw each symbol, he received information about how to activate each one’s healing energy.

Usui left the mountain knowing how to heal as Buddha healed. He went on to awaken and align the energies of less than twenty others in Japan during his lifetime. In the mid 20th century Hawayo Takata of Hawaii (who had herself been dramatically healed of grave physical problems through Reiki) brought Reiki to the United States where its gentle, powerful message continues to be handed down from healer to healer, allowing greater and greater numbers to benefit from this ancient art.

“I was drawn to Reiki because of its great benefits. For me, Reiki blends traditional and non-traditional healing methods in a gentle, empowering and respectful way. Over twenty five years ago when I began my career as a physical therapist, I was called by a deep desire to work with people in a *whole* way. I realized that one of our problems is that we are so disconnected – from our natural world and our deeper selves. I soon discovered the limits of the old traditional way of healing. I realized that as long as I continued to treat people in a disconnected way, I was contributing to the problem. It hurt me at the spiritual level to contribute to that disconnection. I came to a deep knowing that I couldn’t practice in that fragmented way anymore.”

“As I began searching for what I needed as a healer, I found pieces of what I was looking for in many places, from many people. My work at St. Luke’s Medical Center was my first introduction to what was possible – a whole-person concept of healing and honoring the spiritual, emotional and physical aspects of ourselves. I started to see what happened to people when they were touched in that way, and realized I could never go back and be a healer in the same way again. Now many years later as I continue on my own path of healing I find I can be present for people in a new way. Reiki is part of that new way – assisting others to clear emotional, spiritual and physical blocks and imbalances, allowing natural balance and harmony to emerge.”

Kay Lakey is a Reiki Master with over Thirty years of experience as a physical therapist and healer. Her clients reap the benefits of her expertise in a broad range of traditional and non-traditional healing disciplines, but more importantly experience what becomes possible in a partnership empowered with sensitivity and respect.

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