

## REIKI FAQ'S

### WHAT IS REIKI?

Reiki (pronounced ray-key) is a Japanese energy technique for stress reduction and relaxation. The word Reiki comes from Japanese kanji – ideograms used in written language of Japan. Rei stands for “universal” and Ki is “basic life force”. The Japanese word Ki means the same as *Chi* in Chinese, *Prana* in Sanskrit and *Ti* or *Ki* in Hawaiian or *biofield energy* in scientific terminology. Reiki is traditionally practiced by laying hands-on different parts of the body. Reiki was discovered in Japan in 1922 by Usui Mikao Sensei and is now practiced throughout the world as an alternate and complementary medicine.

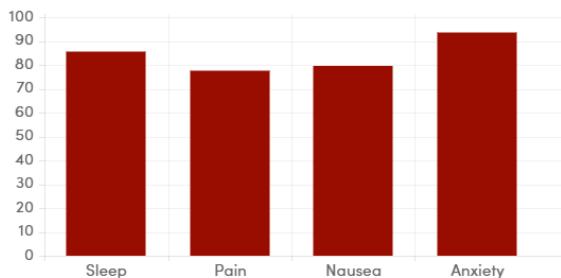
### WHAT STYLE AND VERSION OF REIKI WILL I LEARN?

At Infofit we offer the latest energy vibration and frequency of Usui/Holy Fire® III World Peace Reiki introduced by the International Center for Reiki Training in May 2022.

Holy Fire ® is the registered service mark of William Lee Rand – the founder and president of the International Center for Reiki Training.

### WHAT ARE THE BENEFITS OF REIKI?

## Reiki Benefits



**Reiki improved patient sleep by 86%, reduced pain by 78%, reduced nausea by 80% and reduced anxiety during pregnancy by 94%.**

A preliminary research Study at Hartford Hospital, Connecticut, US (2000)

Research on various types of energy work has shown that, in addition to deep relaxation, Reiki can promote a reduction in anxiety, muscle tension, and pain, can promote accelerated wound healing, and can promote wellness and a greater sense of well-being. It is useful during illness, after injuries, pre- and post-op, as well as for health promotion.

(Hartford Hospital, Integrative Medicine - <https://hartfordhospital.org/services/integrative-medicine/departments-services/reiki-therapy>)

For more detailed research on Reiki please visit <https://centerforreikiresearch.com/>

### **HOW DOES IT FEEL LIKE TO HAVE REIKI?**

Reiki is usually practiced hands-on and administered through a light touch. As the client lies down on a Reiki/massage table fully clothed, the Reiki practitioner places their hands on the head, neck, shoulders, chest, abdomen, back, legs, hands or feet. As the universal life force Reiki energy is channeled, clients may feel warmth, coolness, gentle tingling, deep relaxation or other spiritual and out of body experiences. Usually, the muscles relax and breathing deepens. For those in the final stage of life, it can provide a peaceful “transition.”

### **WHAT IS THE GOAL OF REIKI?**

The goal of Reiki is to help you live your life as your authentic self.

### **CAN I GET THE ABILITY TO CHANNEL REIKI BY READING MANUAL ONLY?**

Traditionally the ability to channel Reiki energy is passed from the Master to students during an attunement process. The ability to channel Reiki energy cannot be learned by reading the student manual.

### **WHAT ARE PLACEMENTS, IGNITIONS AND ATTUNEMENTS?**

Placement is a process whereby the ability to channel Reiki energy is switched on in the student. Ignition is an advanced process whereby Reiki Holy Fire® flame is ignited inside the student. Attunements were traditionally given by the Master prior to 2014 but have been replaced by placements and ignitions. The hands-free process ensures that the highest Reiki vibration is transmitted from the source to the student without being filtered by the Master’s own human consciousness.

### **ARE THERE ANY SIDE EFFECTS?**

Reiki is generally well tolerated. However, occasionally a student could experience some uncomfortable physical or emotional symptoms such as fatigue, headache, runny nose, stomachache, diarrhea, heavy breathing, confusion, anxiety, or difficult emotions which can last for up to a few days. This “healing crisis” is similar to DOMS or delayed onset of muscle soreness after a physical workout or exercise. It is a sign of active healing and usually happens when a lot of byoki (negative ki/energy) is burned or released quickly and a re-adjustment at mental, emotional and physical level is taking place. It is recommended to rest and eat well during this time and let the process complete. Once a student goes through the re-adjustment phase, they feel much clearer, energized and healthier. If you feel you are having a healing crisis, contact your Reiki teacher for guidance and support. Please contact your healthcare provider before or after a Reiki class if you have any concerns.

### **HOW CAN I PREPARE FOR MY CLASS?**

Reiki training starts as soon as the student decides to take the class. Detailed instructions are provided upon registration. Start eating clean at least 2-3 days in advance and avoid alcohol, tobacco or heavily processed foods. Allow grace to come and help you. Be as open to receiving as possible, as Reiki respects everyone's free will. Please switch your phone to silent mode during the class and turn off other devices that could interrupt your experience. Keep a warm blanket, pillow, water, eye mask and notebooks handy. Be comfortable.

## **WHAT WILL HAPPEN ON THE TRAINING DAY?**

Please aim to arrive no more than 5 minutes before the class as the teacher will have to prepare the classroom for optimal learning experience.

Usually, we start with group and individual energy cleanse, check-in, introductions, and sharing anything on our minds we like to share with the Reiki class. Everyone shares as much or as little as they like, and it helps them integrate the experience. We treat everything that is shared by anyone with confidentiality, love and respect. Most students find this to be an important and therapeutic part of the course. It is also perfectly alright if you wish to check out right after the class while others stay back to share, just feel free to leave the room quietly and enjoy the rest of your day and have the experience integrate in your own preferred way.

We use dried white California sage leaves for smudging and natural wax candles to honor the students attending the class. Gentle Reiki music will be played in the background during the ceremonies/placements/ignitions/experiences.

The class time is divided into learning the concepts, receiving placement/ignitions, sharing experiences, learning activities and practice time on the Reiki table. There is a simple quiz and practical assessment at the end of the class followed by a closing meditation/prayer. You will receive your certificate at the end of the class.

## **WHAT TO DO AFTER THE CLASS?**

Allow for a gentle routine after your Reiki experience. Some participants feel a need to take more rest or sleep. Listen to your body and nourish it with a clean, healthy meals afterward. Drink plenty of water to flush out toxins released by Reiki during the stress-reduction process. To further integrate the energy, spend time in nature and breath in the fresh air.

Depending on the level of class attended, you will be given guidelines to help integrate the energy in the following weeks and build your ability to channel higher and stronger levels of Reiki. Some practice is usually necessary before you take the next level.

## **DOES REIKI FIT WITH OTHER ALTERNATE AND COMPLIMENTARY MODALITIES?**

Reiki works harmoniously with all other natural, holistic, alternate and complementary modalities including medical and psychological care. It is also used in conjunction with psychotherapy and other interventions to lift trauma and restore emotional balance.

## **ARE ONLINE CLASSES EQUIVALENT AS IN PERSON ONES?**

Online Reiki classes are as powerful and effective as the in-person ones.

## **WHAT IS THE DIFFERENCE BETWEEN LEVEL 1 ONLINE AND IN-PERSON?**

There is a difference in class coverage for Level 1 only. Level 1 online class will teach you to give a complete Reiki session only to yourself. It will not include giving Reiki to others. If you want to learn giving

a Reiki session to others, you should choose Level 1 in person class option or take Level 2 (either online or in person) which covers giving Reiki to others in person as well as sending Reiki remotely. The difference in Level 1 in person and online class coverage is to ensure high quality of learning and safe Reiki practice for yourself and others.

#### **CAN I RETAKE A CLASS?**

Yes. Please refer to the fee structure for repeating a group class at a discounted fee. Full fee for repeating a one-on-one class.

#### **DISCLAIMER**

*Although Reiki is offered as part of patient care at various hospitals and medical institutions around the world, it is not intended to diagnose, treat or cure any medical condition. The above statements have not been evaluated by Health Canada or FDA and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read here. If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately.*