

靈

氣

Reiki: A Complimentary Practice

Cynthia Clark

Western District Director &

Blepharospasm Patient

2002--present

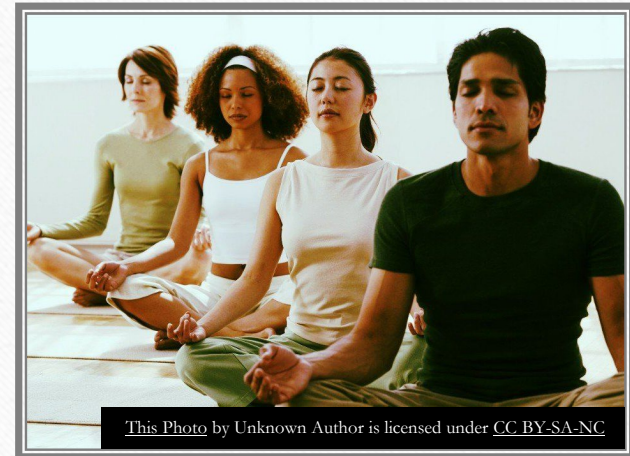


My Journey: How Did This all Begin?

- Light Sensitivity
- Dry Eyes
- Squinting
- Optometrist to Ophthalmologist to Neurologist
- Contacts to Glasses to Sunglasses, etc.

From Sessions to Training to Self-Practices

- **Pre and Post-diagnosis 2001-2002**
- **Training through Workshops 2011—2014**
- **Improvement**
 - **Daily practice**
 - **Positions**
 - **Friends & Relatives**



What is Reiki?

- “Rei”

The image shows the Japanese kanji character for 'Rei', which is '霊' (rei). It is a black character with a white background, consisting of a top part with three vertical lines and a bottom part with two vertical lines.

- which means “universal.”

- “ki”

The image shows the Japanese kanji character for 'ki', which is '気' (ki). It is a black character with a white background, consisting of a top part with a horizontal line and a bottom part with a circular shape.

- which means “ life force energy”

The word Reiki is made of two Japanese words; Simply stated, Reiki is actually “universal, life force energy.”

Complimentary Therapy

- **Eastern medicine roots—Dr. Mikao Usui 1880's to mid-1920's.**
- **Related to acupressure, acupuncture, and Tai Chi.**
 - **Body channels Energy**
 - **Practices to improve flow of energy and enhance:**
 - **Relaxation, speed healing,**
 - **Relieve pain & reduce other symptoms of illness.**

Conditions that people have used Reiki to help treat include:

cancer

heart disease

anxiety

depression

chronic pain

infertility

neurodegenerative
disorders

autism

Crohn's
disease

fatigue

How Does Reiki “Work”?

- Reiki aids:

 - Relaxation,
 - Develops emotional, mental, and spiritual well-being.
 - Assists in the body’s natural healing processes,
- Anecdotal evidence suggests:

 - May induce deep relaxation,
 - Help people cope with difficulties,
 - Relieve emotional stress,
 - Improve overall well-being.

However, no studies have conclusively shown this to be true.

“First we have to heal our spirit. Secondly, we have to keep our body healthy. If our spirit is healthy and conformed to the truth, the body will get healthy naturally.”

“If you can’t heal yourself, how can you heal others?”

. . .From the teachings of Dr. Mikao Usui (1865—1926)