Reiki: A Complimentary Practice

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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" which means "universal."
- "ki" 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)