

There are 3 levels of recognized ability in the practice of Reiki: The training and attunements that enable a person to provide in-person Reiki initiates them to the first level. The second level of Reiki enables the practitioner to provide Reiki remotely and increases the clarity and capacity of the channel, so the energy comes through more directly. The third level allows practitioners to achieve another “voltage” increase and demonstrates practitioner maturity in the practice of Reiki. This third level is referred to as Reiki Master, also known as level 3a. Further training is required to become a Reiki Master Teacher (level 3b). This enables the practitioner to teach and attune others to the Reiki practice.

**It is recommended to receive Reiki from the highest level of practitioner.** Not only will they have more experience and “voltage,” but they will also have the ability to attune and train you to give yourself Reiki, if you so choose. This of course is the least expensive way to give yourself Reiki every day.

### Where can I learn more about reiki?

The Center for Energy Therapeutics  
<http://www.advancedenergytherapeutics.com/>

International Association of Reiki Professionals  
<http://iarp.org/>

The International Center for Reiki Training  
<http://www.reiki.org/>

**Please consult with your healthcare provider before starting any complementary therapy.**

# Reiki

## An Overview



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## What is reiki?

Considered by many practitioners to be a spiritual healing practice, Reiki supports the body's ability to heal by encouraging return to a balanced physical, mental, emotional and spiritual state. **With a light laying-on of hands, the practitioner channels "Universal Life-Force (Rei) Energy (ki)" into vibrational levels of the person receiving.**

Reiki is accessed through the practitioner, who serves as a channel, but the practitioner does not direct Reiki. The healing energy of Reiki goes to wherever it is needed by the receiver.

**The practice of Reiki is based on what is referred to as a "sacred pulsation." In Japanese, Rei is interpreted as "Universal Intelligence" and Ki means "nonphysical energy." It is this energy that is channeled through the hands of the practitioner for the benefit of the receiver.**

**Reiki is classified as an energy medicine and more specifically as biofield therapy by the National Institutes of Health's branch, the National Center for Complementary and Alternative Medicine.**

It is theorized Reiki works at the most subtle of the biofield levels, levels believed to carry the vibrational blueprint that is manifested within the visible, more measureable physical reality. **By channeling Universal energy into this vibrational body, it is facilitated into greater equilibrium. The result is the lessening of undesired symptoms experienced by the individual.**

## Why should I use reiki?

**Research has demonstrated the effectiveness of Reiki in alleviating many of the symptoms experienced by patients dealing with cancer and receiving chemotherapy. However, each person's experience of Reiki is unique.** Likewise, some people's experience of their Reiki sessions may be different each time.

According to the studies reviewed, the beneficial outcomes found most consistently included **decreased pain, anxiety, and depression, along with increased relaxation. Decreased stress levels and increased sleep quality and sense of wellbeing, as well as improved mood and improvements were noted to extend beyond the Reiki treatment period in more than one study.** Other benefits of Reiki include a **decreased sense of isolation and loneliness, less hopelessness, fatigue, tiredness, and worry. Improved physical symptoms, attitude, and appetite were noted, as well as increased comfort and quality of life.**

## Is reiki right for me?

**A typical session averages \$50 for a half hour session and \$85 for an hour session.**

**Sessions are done with clothes on in any position that is comfortable, usually either sitting or lying down.** Sessions may be conducted in person or remotely. In-person sessions can take place practically anywhere, although a calm atmosphere without distraction is always best.

Benefits are usually felt immediately during and after the sessions, and there are many reports of increased benefit over time, even in the absence of further sessions. **If you find that you benefit from regular sessions, it is recommended to receive training for self-Reiki treatment. This is the most efficient and accessible means of receiving.**

## How do I choose a reflexology instructor/class?

**A Reiki practitioner must receive training from a Reiki Master and be attuned before they are able to be a channel for Reiki.** It is important to find a Reiki practitioner that works on herself on a daily basis. This self work is an important part of Reiki practice and facilitates a deeper level of work on those they treat.