



## The Powerful Healing Benefits of Reiki

Hi, and welcome to 'Victim2Victor' podcast. My name is Anu and I am your host and in today's podcast I will be discussing the amazing healing that you can obtain from Reiki and how the Tera Mai and Seichem initiations played an essential part in helping me to overcome the hurt, pain, and sadness that was upon me as a result of the abuse and trauma that I had experienced throughout my life.

Energy healing is holistic and activates the body's energy systems to remove blocks that cause emotional or physical problems. Energy healing enables the body's energy systems to cure, and once the body has broken through these energy blocks, the body's ability to heal itself is stimulated. The body's energy is not a new concept; it has been studied for thousands of years. Ancient cultures use different ways to boost the body's natural energy to heal, and they all recognize the power of your internal energy.

Your body's energy is based upon scientific facts. The matter is made up of molecules, and everything stable vibrates all the time. When you talk about "good vibes," you are talking about a person's vibrational energy. It is a scientific fact that happy and energized people vibrate at a higher frequency.

It doesn't matter who you are or what you have been through; anyone benefits from energy healing. It is not necessary to understand the concept of energy feeling before you can benefit from it. Just remember that if you are stressed, anxious, or physically drained, energy healing sessions done in many different ways can help you to relax and to feel balanced.

I studied Reiki to promote healing and change in my own life. The powers of Reiki energy allowed me to heal most blissfully. I was able to let go of my traumas and make room for peace and light to enter within me. The powers of Reiki also allowed me to pick up on energies very intuitively, and it gave me the gift of keeping negative energies and those people with unkind intentions at bay. This has led me to a more positive and successful journey, which has ultimately contributed toward my road to victory.

Reiki is a healing technique based on the theory that the master or therapist can channel energy into a patient or someone else by touch. Touch activates the natural healing processes of the receiver's body, and physical and emotional wellbeing is restored.

Reiki is amazingly simple to learn but is not a classroom curriculum and is not just "touch." Reiki is transferred to a student during a Reiki class. The Reiki Master passes on Reiki during an attunement given by the master. The master allows the student to find an unlimited supply of life force energy to improve health and enhance the quality of life.

Reiki is not dependent on your intellectual capacity or spiritual development and is available to everyone. Thousands of people of all ages and backgrounds have entered the healing energy of Reiki. Reiki is spiritual, but it is not a religion. It has no doctrine, and there is nothing you must believe in to learn and use Reiki. Reiki is not dependent on belief and will work whether you believe in it or not. Reiki comes from God and puts people in touch with the experiences of religion, life, and their past, present, and future.

Reiki is essential to living and acts in a way that promotes harmony with others. The Reiki system of natural healing, Mikao Usui, recommended that you practice certain simple ethical ideals to find peace and harmony. These noble ideas are universal across all cultures and religions.

The concept of Reiki comes in part from the five principles of the Meiji (Meyjee) Emperor of Japan, who Mikao Usui admired. The ideals were formed to add spiritual balance to Usui Reiki. The purpose is to help you realize that healing the spirit, by consciously deciding to develop yourself, is an integral part of the Reiki healing experience.

The initiations that I had during my Reiki training were that of the Tera-Mai™ Seichem principle which breaks down and releases the energetic build-up of the negative mental, emotional & physical energy in the auric field which may be the cause of health problems. This particular style of Reiki healing is extremely powerful and well balanced and gives fast results. The benefits of the treatment are more about the removal of the buildup of negative energies stored as thought patterns, negative beliefs and negative life experiences. This style of Reiki is very different to another form of Reiki healing which is the Usui Reiki system, which only involves the practitioner channeling energy more like a pamper treatment, rather than the removal of negative energies or negative beliefs.

Reiki healing energies will work if you accept responsibility for your healing and participate in it. You must have an active commitment to developing yourself and to use Reiki as a complete system. The ideals of Reiki are a guide for living a gracious life and following virtues worth of practice.

Reiki is an aid to relaxation and assists the body's natural healing processes. It induces deep relaxation, helps people cope with traumas and difficulties, relieves emotional stresses, and improves overall wellbeing. To put it simply, the spiritual healing art of Reiki works by channeling positive energy into your body. Reiki masters and practitioners place their hands on the area of the body that needs energy. The master offers energy, and your body takes in the energy where it is most needed. Let's describe Reiki healing in another way. The spiritual healing of Reiki works by channeling positive energy into your body by a Reiki master or a practitioner. The powerful flow of positive energy may bring a near-immediate sensation of relief since it is designed to release tension, lessen the impact of stress, and replace negative energy. Positive Reiki energy is often referred to as the 'life force.' It can bring relief to a stressed out and tired body.

Reiki may potentially help you to enjoy and to understand that you do not need to have headaches, body aches, or angry outbursts. When you are less stressed, you can think with greater clarity. You are less likely to be consumed by fear. Think about when you felt the happiest. Just thinking about what you were doing when you were happy will help you pinpoint the type of environment that gives you happiness.

Reiki can clear out fears, assist with clarity of mind, and enhance spiritual development. It can give you the confidence and energy that you need to move forward in pursuing your passion or rebuilding your life. You know things are good when your life seems to fall naturally into place.

To summarize the benefits of Reiki healing:

- Promotes harmony and balance since Reiki is an effective and non-invasive energy healing modality. Reiki enhances the body's natural healing ability.
- It creates relaxation and helps your body to release stress and tension. Reiki allows you time to understand yourself and takes you to a feeling of "being."
- Dissolves energy blocks and brings on a calmer and more peaceful state of mind and being. Reiki gives you the tools to cope with stress.
- Promotes a natural balance between our mind, body, and spirit and stops spending so much time in the stress reactions or the flight or flight phase. It teaches our bodies how to return to balance.
- It assists our body in cleansing itself from toxins and supports the immune system.
- Clears your mind and improves your focus. We feel centered and grounded, and clarity of mind places us in the present rather than letting us get caught up in regrets about the past or anxieties about the future.
- Aids better sleep and helps you to relax. When we are relaxed, we sleep better, and our bodies can heal, our minds think more clearly, and we can relate to each other more gently.
- Accelerates the body's self-healing ability as you return to a natural state and improves your heart and blood pressure. As you breathe deep through Reiki, your mind naturally settles. It is scientifically supported that Reiki or mindfulness helps your body to heal.
- It helps to relieve pain and supports the physical body in healing. Hands-on reiki encourages your body's vital functions, like breathing, digesting, and sleeping. These essential functions keep your body functioning, and reiki can create subtle shifts from deep within your being.

- It provides spiritual growth and emotional cleansing. Guidance comes more quickly about what to do in uncomfortable situations. Reiki might inspire a change of attitude, and you see your condition from a fresh perspective.
- Compliments medical treatment. Reiki provides relaxation, and when you are relaxed, the healing process is accelerated. You find you are healing when you sleep when you are calm and relaxed.

While this our episode comes to an end, you may want to check out my book 'Victim2Victor', now available on audio, where I have shared my journey of evolving through self-help and a determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering their true self.

I also have a 12-week self-development plan that is FREE and aims to guide you on your journey to recovery. You can find the link in the description below.

Please like this podcast and tag or share it with someone you know who is going through a similar situation and may need help. I will be back with another podcast soon. Until then, take care and stay empowered.

