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## What does Reiki mean

Posted by attagirl - 2007/06/26 03:20

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Can you please tell me what Reiki means, and how this type of healing is good for you. I would appreciate any other information that you might have as well.

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## Re:What does Reiki mean

Posted by Angela - 2007/06/26 12:47

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Reiki is a Japanese word for Universal Life Force, and represents the energy around us and within us.

Rei means god, goddess, or spirit given, and ki means energy. Therefore Reiki means god given energy.

There are lots of stories about how Reiki has helped people, however one of the positive aspects is self healing. Also if all it does is relax people, then its doing a great job in the world we live in today.

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## Re:What does Reiki mean

Posted by attagirl - 2007/06/27 02:46

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Thank you so much for this information. Is there anything else you can tell us about this, how is it practiced if it is.

Is it anything like chakra's?

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## Re:What does Reiki mean

Posted by Rohitpatel - 2007/06/28 18:41

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Well Reiki is Japanese technique of laying on of hands to bring energy into the body for deep relaxation and a sense of well-being. While A chakra is a center of activity that receives and expresses life force energy.

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## Re:What does Reiki mean

Posted by attagirl - 2007/06/30 17:08

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ok, I understand now. I appreciate your help to make me understand the thread and what Reiki is and how it works. I know that when you are just learning something for the first time you need as much information as possible. Anything else you would like to add.

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## Re:What does Reiki mean

Posted by Rohitpatel - 2007/06/30 20:25

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Well you are always welcome. I know how it causes problems if you not collect good information for these types of exercise.

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## Re:What does Reiki mean

Posted by attagirl - 2007/07/03 12:09

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I agree. Mis-information is a very big problem with many types of exercises and if not done properly can cause injury. So

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I really appreciate your help.

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## Re:What does Reiki mean

Posted by Archbob - 2007/10/06 07:37

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Its referred to as a spiritual practice usually used as a complimentary therapy method to healing. It works well for physical, mental and emotional diseases. It focuses alot on "laying on of hands".

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