

Reiki - Your Divine Glow

by Angelica Tapia



What Is Reiki?

*Reiki is a Japanese technique that promotes healing. Founded by Mikao Usui a Japanese Buddhist Monk in the mid 1800's . It is administered by "laying on hands" and is based on the idea that an unseen **"life force energy"** flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The word Reiki is made of two Japanese words – Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually **"spiritually guided life force energy"**. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.*

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*Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It is quite often used as alternative healing and works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery. Reiki balances the body's **Chakra System**, when our Chakras are not aligned properly or blocked illness is more prone to occur. Our wellbeing on all levels can be affected by our chakras.*

Mikao Usui said "but what is "healing?" To "heal" doesn't mean only to physically heal yourself but most importantly to heal your heart & mind.

Just for today

Do not be angry

Do not worry

Be kind to others

Be thankful

Do what you are meant to do

What Are Chakras?

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Chakras are the concentrated energy centers of the body. Chakra means "wheel" or "disk" Chakras are spinning wheels of energy/light. Chakras have the loving responsibility of taking in, incorporating and emanating energy to keep us functioning at optimal levels. We have major chakras in our energetic body. When a chakra is not functioning properly or if it is blocked, illness is more prone to occur. Our wellbeing on all levels can affect and is affected by the chakras. If we are feeling depressed, then we may not be taking in the maximum amount of energy for our needs. If we "block" feelings such as anger, etc., or do not speak our truth, we may be unconsciously impeding our healthy energy flow. If we have a deep wound of the heart then that chakra may be closed and there for not allowing us to accept love or give love freely.

Root Chakra is related to **Security or Survival** and is associated with the color Red, resting at the base of the spine it is naturally associated with the element of earth. When our Root chakra is balanced and flowing our security needs are being met and the feeling of safety is present. We take our power and create security in our lives so that our world is a safe and enjoyable place for us. It's message is, **"I exist"**. Live your life proudly.

Sacral Chakra is related to your sensuality, sexuality, and desire for pleasure. It is in the lower abdomen and it's color is Orange. loving partnerships, and yoga can enhance the function of this chakra. This chakra says, **"I desire"**. Live your passion, whatever that may be.... What are your dreams? How do you desire to live? Claim your dreams and go out and make them a reality – give birth to your dreams beautiful soul!

Solar Plexus it is related to our **Power** in this world and is associated with the color Yellow. It's natural element is fire, and this is where the "fire in your belly" term comes from. The solar plexus chakra, with a healthy flow allows you to control your destiny, feel your power and accomplish your dreams. The message of the third chakra is **"I control"**. Go forth and control your own destiny and happiness – you deserve it!

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Heart Chakra represents the **Heart** center and is associated with the color Green. The heart chakra is directly connected to Love, Compassion, Peace. The love you hold inside and give out to the world. It is associated with healthy relationships, family, beauty, nature. This chakra says "**I love**" when the heart chakra is open and flowing you are able give and receive love freely. I personally am very connected to my heart chakra and would never want it to be blocked....Shine the love that you are beautiful!

Throat Chakra represents the throat or **communication** center, where you speak your truth in this world. It is associated with the color Blue. When this chakra is flowing you have the ability to ask for what you need. You also reflect your truth in the world through your **communication**. Singing, chanting and breathing exercises can enhance the health of this chakra. The message of the throat chakra is "**I express**". Do not suppress your own beautiful voice. **Speak your truth**, your joy, emanate your love through the vibration of your beautiful and powerful words!

Third Eye Chakra represents your **Intuition** and is associated with the Indigo color. Insight, intuition, awareness and guidance are the properties of this chakra located between the eyebrows, says, "**I am the witness**". Meditation and visualization exercises can assist the healthy flow of this chakra. Be open to your inner guidance. Listen to your thoughts, they will assist you on the right path.

Crown Chakra represents your **Spiritual** connection and is associated with a Violet or White light. It represents union, bliss, peace and knowledge that you are one with God and the Universe.

The 7 Chakras of the Human Body

