



## **Mental Health Association of Northern Kentucky**

**A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS**

**EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND  
NATIONAL MENTAL HEALTH ASSOCIATION**

**513 Madison Avenue, 3<sup>rd</sup> Floor Covington, KY 41011 859-431-1077 or [www.mhanky.org](http://www.mhanky.org)**

### **REIKI**

Reiki is Universal Life Force. *Rei* means spirit or soul. *Ki* means energy.

Reiki starts for us at the end of the 19<sup>th</sup> century with Dr. Mikao Usui.

After years of searching for an answer to a question he had been asked, he happened upon a passage in scripture on healing which contained a formula written in symbol form. The monks he asked about the symbols explained that they no longer understood the symbols. He recognized the symbols as being sacred and decided to use his own experience and discipline of deep meditation and prayer to learn the essence from within himself as triggered by each symbol. The store of how he did that and what happened is taught in Reiki I.

With Reiki, including Reiki attunements, the person receiving the energy is determining the frequency/amount, etc., not the master. You receive what you are drawing in. Your Higher Self/Soul Self knows what you need. Although there are common processes, like clearing out lower frequencies (like old emotion, habits, people, bodily toxins, etc.) how long this takes and how it occurs is very individual. Reiki may restore a sense of self worth. Full balance can be restored gradually or sometimes very rapidly.

Reiki takes each person from where they are to somewhere else, always for the better. But since where each person starts out is different, so is each person's experience..

How It Works. . .

Homeostasis=Balance

Reiki is a natural balancing energy

It is drawn through you, yet not of you

As blocked emotions and traumas stored in the cells become free they may even disappear without the need for years of therapy. A great feeling of freedom may occur. In this way, the past may be healed in the present, thereby creating opportunities for a different future.

Reiki training includes an "Initiation" which is a sacred ritual that creates a focus of attention, a turning point, a new way, a new beginning.

Sessions and Classes are available at St. Elizabeth Medical Center South  
Outpatient Behavioral Health and Holistic Health Center in Edgewood, Ky. 859-578-5900