

THE VALUE OF A CLASSIC HEALING SYSTEM

By Helené Ramos

In our fast moving, technologically complex world, we've become accustomed to seek the newest, trendiest option for many things. Inventive twists on traditional healing systems - such as Reiki - often attract our attention but, particularly for the novice, there is much to recommend in grounding from a classical tradition. The Usui method of Reiki healing is one such complete and seminal system.

Arising from the mid 19th century reframing by Mikao Usui of the ancient hands-on healing art of working with the body's subtle energy systems, classical Reiki offers a simple and effective structure for learning and

hand positions. Then when they feel they have wasted their time and energy learning something that "didn't work," not only is the individual discouraged but the perceived value of the entire Reiki system comes into question.

So as an evaluation guideline to finding which Reiki class to choose, I offer the following suggestions.

- Reasonable cost. In the beginning days of Reiki, instructors felt that charging a high price reflected the value of the information, the seriousness of the student and the knowledge of the Master. It was not uncommon to pay many thousand dollars to rise through the three levels and even more to achieve Master status. It also took years for this process instead of months. Today for the most part the cost has been greatly reduced so that it is possible to take the entire series of classes for around \$1,000.

- The Method is Kept Pure and Simple.

1. Attunements: Reiki is differentiated from other energetic healing systems by the process of attunements. Access to universal energy is activated in the student, as the energy itself is passed through the Master to the student. In level 1, there are four attunements. Levels 2 and 3 each include one additional attunement, as does the Master level. These attunements progressively open the student to work with increased levels of energy in a controlled and responsible manner.

2. Hands on experience: Classes at each level should include time for at least one full treatment given and received by each student. The actual practice of the hand positions under instructor supervision - with feedback from the giver and receiver - increases confidence, builds trust in the practitioner's own perceptions of the subtle energy system and reduces the invariable tension of "am I doing it right?"

3. Time to integrate and use the information: Working with energy produces changes in the healer's own energetic system. The new practitioner needs space and time between levels to integrate their experiences and work with the energy. Be cautious of courses that rush to complete the series at all levels in one weekend or even within several months. Experience and pacing are invaluable allies in this work.

4. Stages to progressively deepen your practice. The three levels of Reiki provide the practitioner with the opportunity to gradually increase using energy in more subtle and complex ways.

From serving as a channel for energy flow in level 1 to adding symbols as a means of focus and interaction with the mental, spiritual and karmic aspects of the individual in levels 2 and 3, Reiki can accommodate the increasing skill and dedication of the student.

- The Right Instructor for You: Resonating with the teacher is a purely personal decision but some objective information is helpful to consider. If you can, talk to the instructor by phone before taking the class. Ask them about the class content and fees. Are they forthcoming with the information? Do they seem like someone from whom it would be easy for you to learn? Can you speak with other students who have studied with the instructor to get a feeling for their approach?

In the class itself, does the instructor display a comfortable teaching style that respects individual differences? Do they pay attention, reviewing the basics until everyone is comfortable before moving to issues that are more complex? Do they empower the student to learn from their own perceptions or do they seem fixed in their own way of knowing? Incorporation of the instructor's own personal attachments or perspectives unrelated to Reiki should be minimal or specifically identified as such.

After the class, is the instructor available for questions? If they can't be on hand for every question, can they recommend a good resource that you can tap for information? Do they provide you with a take home manual at each level? These should contain more detailed information about the topics covered in the class and will serve as a useful reference.

Some instructors sponsor regular energy circles that provide excellent practical experience. If your teacher does not offer such an opportunity do they know of one you might access to deepen your skills?

Many instructors will allow you to repeat courses with them as a refresher at the same level you have already completed for no or minimal cost. This enables you to receive the attunements again and expand your connection with the energy and practice giving treatments. Ask what their policies are in this regard.

Reiki is only one of several ways available to learn to interact with the body's subtle energy systems. It has a particular tradition, defined structure, and specific characteristics of activation. If you have

decided that Reiki is one of the methods you wish to explore, make an informed choice. Look for the class you choose to

"...the three progressive levels of instruction provide a platform for students to increase their knowledge of perceptions beyond the five senses..."



Mikao Usui

exploration. When correctly presented, the three progressive levels of instruction provide a platform for students to increase their knowledge of perceptions beyond the five senses, gain valuable practical healing experience and prepare themselves physically, mentally and spiritually for this beneficial work.

The gift of Reiki is the empowerment of the individual to affect their health and well being and that of others through awareness and use of potent healing energies that are available to all of us. Unfortunately, for many new students, the numerous available versions of Reiki have done much to confuse the process.

I have heard frustrated comments from people who have taken courses that promised to teach all three levels of Reiki in one weekend or over the Internet by self-attunement or who have received instruction without once having the benefit of practicing the Reiki

reflect the classical style of this highly accessible and beneficial healing system.

Helené trained in the classic Usui Reiki method with Master Carol Sabick Quinn of the Reiki Service Association based in Madrid, Spain. Helené teaches classes at all levels through Mastery and offers Reiki and intuitive energy medicine treatments in the heart of Charlottesville. A Level 2 is scheduled for June 10 and 11. A level 3 class will be offered in the fall. For more information or to register call 434.466.8951 or write to bluecat@ntelos.net

Nature's New Hope, LLC

Sensory Learning Institute

15% OFF IN FEB. WITH THIS AD
Free demo second Tuesdays,
5:30 pm. Call 434-220-0515.

Innovative, Non-invasive, Drug-free.

Three therapies in one system:
The healing powers of Light,
Sound, and Motion



Acquired Brain Injury ADD/ADHD
Autism Birth Trauma
Developmental Delays Dyslexia
Learning, Behavioral and Emotional Problems

Contact: Virginia Martin 434-220-0515
1110 Rose Hill Drive, Suite. 100
Charlottesville, VA 22903

nnhsensorylearning@adelphia.net
www.nnhsensorylearning.com