



## Reiki Is Love

*Rev. David Sears, Reiki Master Teacher*

When I think about how to explain Reiki to someone who hasn't heard about Reiki, and after the initial description of Japanese touch therapy, chi, and comparisons to acupuncture, martial arts and self-healing, my first thought of how to describe Reiki is more profound and meaningful than that. Reiki is the feeling we get from a hug. A hug from a loved one or someone who we truly connect with. That relaxing "a-a-a-a-h" hug that soothes no matter what emotional, physical or mental space one is in--be it happy, sad, fearful or worried. The kind of hug which feels genuinely good. That source of good is also the source of Reiki.

I am sure we could probably just tell a client to, stand still, I'm beginning your Reiki treatment. Then do nothing else but hug the person and through our hands, body and heart connection all the energy of Reiki flows. Thus, every hug is a quick Reiki fix.

When using this description for Reiki, I usually see understanding...an "ok, I get that." Now whether they leave with an urge to learn more about Reiki, I don't know. But maybe while getting that next good hug, they might think about it in a different way. Certainly, the Reiki source is there. So by my understanding of what a good hug is, it becomes easier to see that Reiki is simply purely channeled Love. An unconditional, no strings, no attachments, free-flowing connection to Divine Love. Wow, what a blessing!

So to me, being a Reiki Master is a divine gift of awakening. Through Reiki, I have a chance to practice, express and even be a part of the Divine Light that brings love. We know all humans seek to be Loved. Reiki is a gentle and real way to give it. Reiki can be given to anyone, to anything, or even to any concept or idea any time by any means that is for the Highest Good. So Reiki, like Love, has no boundaries.

So with your next hug, think about that surge of good energy you are giving and receiving. It is an expression of your Divine Connection. And when doing Reiki, you are also receiving and giving Love because Reiki is Love.