



What Reiki is written by Natalie Cox, BME and Reiki Master Teacher

Please call 785-842-9219 or email: natalie_cox_n_taos@yahoo.com if you would like to schedule an appointment for Reiki.

Reiki is said to be a healing tradition. Reiki's origins are from Tibet of more than 10,000 years ago. Reiki addresses the spiritual, emotional, mental and physical. I share from my personal experience of with Reiki. Reiki is partially responsible for helping to access other parts of the brain and mind to encourage the body to heal and to use different thinking "processes" that one may not normally use on a day to day basis. Reiki is beneficial as an excellent identification, not diagnostic, tool. Reiki helps one to become one more aware of what is going on with the body. Reiki helps to realign the yin and yin. Reiki can help to alleviate a fever. Reiki helps one to relax the body. Reiki can be used to help shift body temperatures within and around the aura so that qi can move more freely. Reiki can help stimulate the intuition. Reiki can help the meditation process so that healthier decisions can be made.

I have used Reiki as a completely natural relaxation technique. I have used Reiki as a methodology of completely natural bio feedback. I have used Reiki as a methodology of completely natural nerve stimulus that can aide one's body in healing from injuries, emotional trauma, emotional release, and many other forms of *dis*-ease.

I have found Reiki can help enable one to listen to one's own body differently and with different awareness. I have found Reiki helps to encourage the finding where there are stress areas needing to relax. One does not have to have both hands to practice Reiki. Nor does one have to use both of their hands to do Reiki. I also believe that with the right practice, Reiki can be drawn from the feet.

When one is practicing Reiki, I consider it a self discipline. When one is practicing Reiki, I have found the use of Reiki will encourage the use of instincts and intuition combined. When one is learning Reiki, it does require rote, memory, and tactile learning.

I was taught that Reiki also has history from Japan in the late 1800's that arrived in the United States of America, to my knowledge in the 1930's. My understanding is Reiki was paid for monetarily by an American medical doctor in the 1940's. I am happy to share further Reiki history at a session. Reiki history and knowledge is also available through books and other literature. Reiki does use spiritual principals found commonly in all religions world renowned.

I have been teaching about Reiki since 2005. I teach how to give a Reiki treatment to self. Giving yourself a Reiki treatment DOES require practice. I believe that when you give Reiki to yourself on a regular basis one can better teach about Reiki. After one learns how to give a Reiki treatment to self, then I teach how to administer a Reiki treatment to another.

I became a certified Reiki Master Teacher, starting my training and first attunement with Patty Massell in 1995. I studied and practiced for my 1st degree of Reiki with Jan Weins, my 2nd degree of Reiki with Patty Massell 2001 who worked with Ruth Cooper of Wichita, KS; I took a seminar at the University of Kansas from Arati Haran Jyoti, whose son attended at KU in 2002; and finishing Reiki Master Teacher certification from the Reiki Rays Holistic Institute accredited by the American Association of Drugless Practitioners in 2004.



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I enjoy giving private Reiki treatments and instruction. During my first degree I gave over 20 treatments to individuals. While completing my Masters certification process I gave over 200 hours of Reiki treatments to individuals. I have been giving Reiki treatments to others since 1995. I usually give myself a Reiki session at least once a week, sometimes twice a week ranging anywhere from 15 minutes up to an hour. Dr. Richard D Yennie, DC, Acupuncture, Chiropractic Medicine, 4140 Broadway St, Kansas City, MO 64111, (816) 931-0287, stated to me in 2010, "You do good work," after I assisted one of his clients, my friend, in getting to his office and with *Reiki*.

What Reiki is NOT

Reiki is NOT a medical opinion. Reiki is neither a replacement nor an alternative to medical treatment. Reiki is NOT religion. Reiki is NOT mysticism.

Please seek appropriate medical attention, like if you need to get a bone set, one can receive Reiki while going to the hospital. Reiki can help to heal bones, soft tissues, and internal organs. Yet it is not the entire cure. Get the bone set!! Holistic and naturopath principals apply, just as all eastern and western medicinal traditions and modalities. Find what works for you and Reiki can help do that.

How do I make an appointment to receive a Reiki treatment or get individualized Reiki Training??

We meet at an agreed upon place (within the areas of Baldwin, Big Springs, Bonner Springs, DeSoto, Eudora, Lawrence, McClouth, Tonganoxie, and Topeka, Kansas. When I'm performing in differing cites I am also available for Reiki sessions.) Sessions are anywhere from 15 minutes to one hour long. I charge \$60 an hour for a Reiki session including instruction and/or treatments.

For literature, I use the book *Reiki Our Earth Mother*, written by Arati Haran Jyoti. The book is NOT for sale; the book is for free private circulation. I am happy to make a copy of the book for you, free of any additional charges. I also use a drawing for charting personal recovery and change. I encourage everyone to keep their own notebook for holistic awareness over time.

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Natalie Cox

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