

Reiki & Tropical fruit

What is 'Reiki', you ask? What does it do? Is it any good for humans?

Simply put, Reiki is a healing energy that comes from the world surrounding us.

Beyond that simple definition, It is somewhat challenging to answer those questions about Reiki without actually experiencing it.

To understand this dilemma, let's look at the very famous (in some countries) "Mango example", shall we...

Did you ever taste a Mango? You know, that tropical fruit.

If you did, how would you describe the experience to a friend who never had Mango and is asking for your educated advice?

You'll think for a moment and then you might say something like: "Well, it is sweet most of the time, but sometimes a little sour. It might be a little stringy close to the seed, and it's pretty Juicy. The color is yellowish-orangey, maybe a little red kinda thing?"

You will find yourself trying for a while to explain and describe. You might even draw pictures and use hand signals...

But at the end of your artistic explanation, would your friend really know what a Mango taste like, or whether they like it?

"O.k. then", you say, "let's call a taxi."

The two of you are seating in the back seat. "To Foodland (Or maybe Freshmart) Please!" you shout at the driver.

You arrive, and after arguing with the driver about the price, the two of you get in the store. A short walk to the produce isle and there it is - A Mango.

Your long time friend can't help himself - he drops the walker and starts running...He grabs the Mango, give it a quick wipe on his pants, take the teeth out of his pocket and stick them deep into the juicy one...

With his face, hands, shirt and pants full of Mango juice, he quietly whispers: "Ah... now I get it."

The same goes for Reiki.

Well, almost. It is not stringy & juicy as a Mango of course, but, anyone who ever had a Reiki session would have trouble finding the words to describe their experience.

Let's say you have a couple of friends that had some Reiki sessions. Skeptical, you go to the first one and ask: "How did it make you feel?" "Well... it's hard to describe, let me think about it for a moment..." She says. And then: "It was so relaxing! And it felt warm and tingly" "And how did you feel after?" You ask. "My headache feels much better and I can sleep through the night" She says and then adds: "It's funny, but people tell me I look better!"

In disbelief, you take your walker and go to visit your other friend. "How did Reiki make you feel?" You ask. "What??" He shouts back and reminding you of his hearing problem. "How-did-Reiki-make-you-feel??" You ask (slowly & loudly) for the second time. "It was quite weird; I'm not sure what to think!" He says. "All I know is that I felt like I'm levitating - how can that be?!" You breathe deeply and ask: "So, how do you feel since you started the sessions?" He thinks for a short moment and says: "You know what, I just feel better" "What do you mean?" You feel the urge to ask. "My back feels much better, my balance is better and the swollenness in my knees are almost gone."

You will hear somewhat of a different story from every person that's had a Reiki session.

The reason that every experience is different is because every one of us is different, and our needs are different as well.

You see, during a Reiki session, the healing energy flows to where it most needed.

"What's that??" You ask.

In order to understand, we can compare it to a dry river - How does the water flowing into it, know to fill up the lowest levels first?

How indeed?

Law of Nature, perhaps?

Together with the fact that the Reiki healing energy goes to where it most needed, it is also working on all levels of our existence: (i.e.) the physical, mental, emotional and spiritual.

Therefore, the healing occurs within the core of a problem, not just the symptoms.

Real healing is a process that takes, most of all, a commitment to feeling better, as well as time and dedication.

Reiki does not contradict, nor does it interfere with conventional medicine. It compliments it.

There is no "bad Reiki". Reiki has no negative side effects, and there is never "too much Reiki".

Reiki sessions are recommended to anyone who is committed to feeling better and is willing to be open to something new.

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