Contents

Letters to the Editor ............................................... 5

An Interview with Hiroshi Doi ................................. 9
  BY WILLIAM LEE RAND

Reiki in Hospitals .................................................. 16
  BY JERI MILLS, M.D.

Reiki Aura Clearing and Psychotherapy .................... 23
  BY KAREN K. HARRISON, ED.S., LPC, LMFT

Enhancing the Treatment of HIV/AIDS ...................... 30
  BY ROBERT SCHMEHR, CSW

Reiki and Addictions .............................................. 32
  BY DIANE RUTH SWHEWMAKER

Reiki and the Spine .............................................. 38
  BY WALTER LÜBECk

Reiki and Yoga Mudras .......................................... 43
  BY CATHY DYER

Kundalini Yoga and Reiki ......................................... 48
  BY LAURELLE SHANTI GAIA

Reiki Stories ........................................................ 52

The Movie Mystic .................................................... 57
  BY STEPHEN SIMON

Reiki: What's It All About ...................................... 60
  BY ANDREA E. MINSACK

About the ICRT ..................................................... 61-63

ICTR Licensed Teachers ......................................... 64

Reiki Class Schedules ............................................ 65-67

Special Classes & Retreats ..................................... 68

On the Cover
Cathy Dyer, registered yoga teacher, artist and a Reiki master who lives in the Detroit area. See her article Reiki and Yoga Mudras on page 43. Photo by William Lee Rand.

What is Reiki, Who can Learn it?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands," and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy." So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

Its use is not dependent on one's intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

Reiki classes are taught all over the country and in many parts of the world. If you are interested in learning Reiki, please check the class schedule near the end of this magazine and contact the teacher directly. (Also See Pages 59 and 60)