



Proposition : Reiki Qigong Meditation by Yoshi Omori

Introduction

My name is Yoshi Omori, I'm a Helsinki based Japanese Reiki healer, a Qigong teacher, meditation guide, an artist and photographer. I have practiced Taichi Qigong since 30 years and taught Qigong the last 12 years in Helsinki and Espoo. 2 years ago I started practising Reiki receiving 3rd Reiki degree in June 2023 with Japanese Reiki master Kawashima, founder of Ryujin Reiki in Japan. My 30 years experience of practising Qigong enhances my abilities as a Reiki practitioner. I hold a vast experience of teaching workshops at various festivals and meetings.s

The proposition

In today's stressful world, an increasing number of people have chronically dominant sympathetic nervous activity. To regulate the autonomic nervous system, it is necessary to consciously stimulate the parasympathetic nervous system. Qigong movement promotes blood and lymph circulation and stimulates the parasympathetic nervous system. It has a relaxing effect on the mind and body, and promotes recovery of physical condition and Reiki Healing energy boost these positive effects.

The modern life creates stress which must be reduced in order to create new ideas and empower new missions. It has been proven that Reiki reduces stress and improves productivity and Qigong practice enhances wellbeing. Thus, I hereby propose Reiki Qigong Meditation method, combined with Reiki healing, Qigong movement and sound healing meditation.

Qigong is originally a Chinese doctrine of the body of Qi, the internal life energy, balancing, strengthening and revitalising the body through exercise and mental exercises. The circular movements are very soft, starting from small circles to big ones, alternating between slow and fast. Various spiral movements are made while standing. These movements help to create your energy-body, torus energy field.

During the Qigong exercise and meditation, I will practice sending Reiki to the participants. The idea is that the body becomes prepared for receiving Reiki through the resonance of Qi energy. In this workshop, the idea is to harmonise Life vital energy and Higher energy of Reiki, so that healing moves smoothly into the body, into the places where it needs to go. At end of class, we meditate with Cristal singing bowl. The vibration and frequency of Cristal singing bowl helps to harmonise energy and purify the aura fields.

Reiki Qigong Meditation takes 45 mins. Also I can give Reiki healing to the participants individually who wishing to receive it. Individual healing session takes 15 to 20 minutes per person.

About “Reiki”?

- Reiki a healing technique that uses the natural energy called “Reiki” discovered in 1922 by teacher Usui Mikao from Kyoto. The method has since spread all over the world. There are currently over 10 million Reiki healers worldwide, with approximately 3 million in Germany alone.
- In the global West Reiki is a healing method used in hospitals and spas.
- During the practice the Reiki energy flows through the healers hands that are lightly placed over a person receiving the treatment.
- Reiki does not require any tools and is thus easily applicable to any environment and space at any time.
- By activating the natural healing power Reiki can alleviate pain and speed up recovery from injuries and surgeries.
- Receiving Reiki can reduce stress, promote peace of mind and bring a positive outlook.

Popularity of “Reiki” in the global West

Many celebrities, such as Angelina Jolie and Sandra Bullock, use Reiki for beauty and health. Donna Karan, the designer of fashion brand DKNY receive

Reiki healing as well as King Charles III who opened a health center in UK 2019 offering Reiki along with yoga, meditation, and acupuncture. Grammy-winning singer Erykah Badu is also a Reiki master.

Reiki is incorporated into the menus of world-class spas. It is used in several hospitals and in some countries it is a healing method covered by medical insurance. Several top hospitals in the United States, such as the Mayo Clinic and John Hopkins offer Reiki treatment.

Approximately 100 physicians at Harvard-affiliated hospitals use Reiki on their patients and have enrolled professional Reiki healers to join their medical staff. Some American professional sports teams also employ professional Reiki healers.