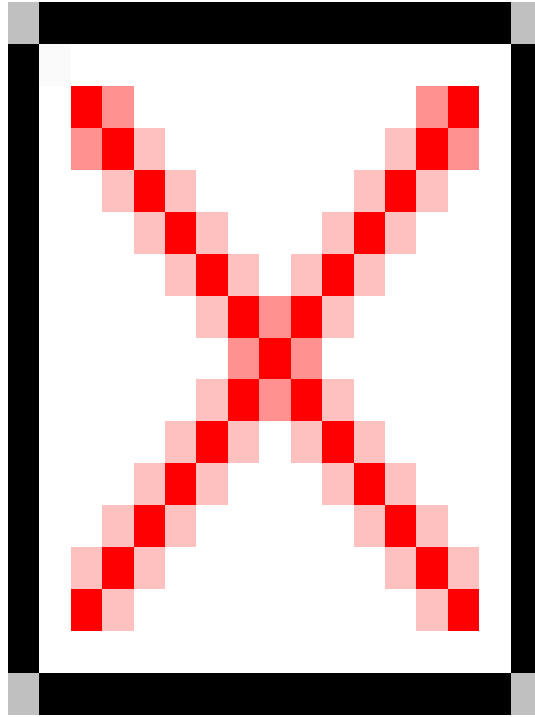


# Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

## Reiki and Acupuncture / Acupressure

Duane Flowers · Tuesday, February 19th, 2008



The sciences of **Acupuncture** and **Acupressure** are so closely related that I am discussing them as one (although I realize there are some notable differences). For simplicity's sake, in this treatise I am just referring to **Acupressure** as **Acupuncture without the needles** (see, I told you it was simple). :-)

The main principle behind **Acupuncture** and **Acupressure** is that energy travels through the body by certain energy channels or circuits, known as meridians or nadis, depending on which book you're reading, and if there are blocks in these energy channels, or imbalances of any sort, the result manifests itself as dis-ease in one form or another. Through the proper placement of needles or pressure (to a lesser extent) those channels can once again be cleared making room for the natural state of good health. Reiki performs the same function by sending healing energies which can also clear the blocks. When used together, **Reiki and Acupuncture** or **Reiki and Acupressure** is twice as effective and can yield 100x the results (your mileage may vary). All the **Acupuncturist** or **Acupressurist** (is that really a word?) has to do is channel the Reiki before their session and let it flow throughout. There is no need for any extra symbols, mantras or meditation.

Learning **Acupuncture** requires some very in depth training, but as was true with **Reflexology**, **Acupressure** is much easier to put into practice and requires much less training, knowledge and of course... needles. So don't delay... try it today!! :-)

**For further explanation or discussion, your thoughts are most welcome and highly encouraged, please feel free to comment below!!!**



This entry was posted on Tuesday, February 19th, 2008 at 8:09 am and is filed under [Reiki Practice](#), [Reiki Theory](#) You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. You can leave a response, or [trackback](#) from your own site.

## 10 response to "Reiki and Acupuncture / Acupressure"

1.) [Reiki](#) says:

January 14th, 2009 at 12:03 pm

An..uncle..of..mine..is..a..practitioner..of..raiki..Though..it..might..sound..strange..and..takes..some..believing..but..as..my..mum..found..out..with..her..knee..pain..is..rather..effective.

2.) [Radnor](#) says:

March 11th, 2009 at 6:58 pm

This is not bad advice, unlike a lot I have come across.

3.) [4 Pairs Gold Magnet Weight Loss Auricular Acupressure](#) says:

June 8th, 2009 at 5:35 pm

[...] [Reiki](#), [Acupuncture](#) & [Acupressure](#) - [Reiki.WhatItAllBeLike.Com](#) ? [...]

4.) [bodydetoxboy](#) says:

October 1st, 2009 at 11:13 am

i am always astonished how Acupunture helps in dealing with my migraine. it works wonders on other diseases like anxiety and allergy.

5.) [Pretty Girls Forum](#) says:

January 3rd, 2010 at 1:11 pm

Acupuncture helped me a lot in relaxation. It takes away some of my muscle cramps due to physical stress.

6.) [arthritisguy](#) says:

January 11th, 2010 at 3:07 pm

Acupuncture is really a good alternative medicine technique for common ailments such as allergies, minor headaches and pains. I have been practicing acupuncture for 4 years now.

7.) [John Kerns](#) says:

February 15th, 2010 at 11:52 am

Acupuncture has been known in China for ages, my mom introduced me to acupuncture and i am since been amazed how it can reduce my migraine.

8.) [Chase Peterson](#) says:

May 1st, 2010 at 1:43 pm

Acupuncture helps me in my allergies. I have hay fever ever since i was a kid.--~

9.) [Sebastian Hussain](#) says:

July 10th, 2010 at 3:53 pm

acupuncture is good for a large number of bodily disorders, i use it to help me ease my rhinitis.:~

10.) [Maya Brooks](#) says:

August 11th, 2010 at 3:14 pm

Acupuncture is a great stress reliever on me. it is also great for headaches `

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But you can open the [post in a browser window](#) and comment there.**