

# Reiki - What It All Be Like

Home of the 30 Day Reiki Challenge!!!

## 5 Stages of Ki

Duane Flowers · Wednesday, October 29th, 2008



In Chinese Metaphysics, centuries of study have identified 5 stages of **Ki**, these are **Wang Ki**, **Sheng Ki**, **Tui Ki**, **Si Ki** and **Sha Ki**. Although cultural differences between Japanese and Chinese systems abound, generally speaking many Japanese beliefs made their way to Japan through China. Once they hit Japan they are altered, sometimes to such an extent that the original form is hardly recognizable. Japanese Buddhism is as different from Chinese Buddhism as **Kung Fu** is from **Karate**, but it takes a knowledge of at least one of them to notice and/or appreciate the difference.

## 5 Stages of Ki

**Wang Ki**, or **Prosperous Ki**, is the most energetic, vibrant and powerful form of Ki. It strengthens, nurtures and accelerates the quality of all it interacts with.

**Sheng Ki**, or **Growing Ki**, is life generating and healing. It balances and stabilizes the quality of energy it comes into contact with.

**Tui Ki**, or **Retreating Ki**, is Ki that is weak, old, and beginning to lose its strength. It has a tendency to weaken all it comes into contact with.

**Si Ki**, or **Dead Ki**, is, as the name indicates, completely dead. It upsets the balance of otherwise healthy systems and obstructs the flow of healthy Ki.

**Sha Ki**, or **Killing Ki**, is destructive, harmful, violent and potentially fatal. It can be quite damaging on the physical, emotional, mental and spiritual levels.

## 5 Stages of Ki in Reiki

OK, so what's all this got to do with Reiki? Well, generally speaking, when we talk about **Ki** in Reiki, we treat it as if there is only one classification of **Ki**. I believe that with a deeper understanding of these Chinese stages of **Ki**, as an organic form in and of itself, we can derive a deeper understanding of how Reiki does its thing... and improve on its effectiveness at the same time.

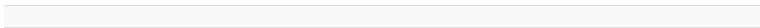
From the stages outlined above, we see that **Ki** has a type of life cycle. In its birth it can be quite powerful, or destructive, and as it loses its vitality it can get weak and can become quite toxic by doing so. In that disease, whether physical, emotional, mental or spiritual, is generally the result of energetic imbalances or blockages, i.e., **Si Ki** or perhaps **Tui Ki** which has not been flushed from the system, Reiki's interaction with those energies balances them and the systems they belong to.

Some disease, like Cancer, is more likely attributable to **Sha Ki** having found its way into a vulnerable system. While presenting a worthy adversary, even **Sha Ki** is merely energy, as is Reiki, and with persistence and determination can be transmuted into **Ki** of a much less harmful and destructive nature. Continued Reiki will dissolve and eliminate it altogether as will be discussed sometime in the future when I am ready to address the issue of Cancer in greater detail.

I'm no expert in **Chinese Metaphysics** by any means, it's just something I've recently come across that I believe holds some potential for adding something of benefit to the wonderful world of Reiki. **Any arguments?** ☒

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





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