

*By Angela Ambrosini-Haliski, Lifestyle Editor*

In the late 1800's, theologian Dr. Master Mikao Usui associated the connection between all living things and universal energy with the use of a Japanese form of touch therapy. By making the association, he founded what is known as modern-day Reiki (pronounced ray-key). Reiki spiritually, physically and mentally heals the body by using energy that runs through and around us. The purpose of Reiki is to allow a sense of balance, harmony and unity, which leads to an enhanced quality of life.

"The life-force wants to live through you and clean you, but we are constantly in its way," explains certified Reiki practitioner Mary Sabeti of The Open Path Healing Center in Huntington, NY.

Reiki sessions restore the life force within us. Sessions consist of a set of hand positions from the top of the head to the feet. They are held in certain areas of the body known as chakras. Chakra, meaning *wheel* in Sanskrit, is linked to the sounds, colors and lights that surround us. According to eastern medicine, there are seven main chakras in the body, which are situated in an avert line from the top of the head to the spine. As stimulation begins, the energy from the body begins to heal itself from strain and blockages resulting from everyday life. Once aligned, the body has restored its balance, harmony and unity.

To find out more information, email Reiki practitioner Mary Sabeti at [streaminghope1@aol.com](mailto:streaminghope1@aol.com).