



# What Is Reiki?

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I am certified as a Reiki Master Healer and Teacher. This gives me great excitement because since I learned how to muscle test clients I have been working with them with the testing only and have not been able to give healing treatments. Now that I'm certified in Reiki I can offer healing treatments to anyone who is interested.

I am offering 1 hour Reiki treatments for \$50. If you are interested please call me at one of the telephone numbers above to schedule a time. Reiki can be performed on animals as well. Let me know if you are interested.

## What is Reiki?

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 wellbeing. 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.



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.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

While Reiki is not a religion, it is still important to live and act in a way that promotes harmony with others. Dr. Mikao Usui, the founder of the Reiki system of natural healing, recommended that one practice certain simple ethical ideals to promote peace and harmony, which are nearly universal across all cultures.

During a meditation several years after developing Reiki, Dr. Usui decided to add the Reiki Ideals to the practice of Reiki. The Ideals came in part from the five principles of the Meiji emperor of Japan whom Dr. Usui admired. The Ideals were developed to add spiritual balance to Usui Reiki. Their purpose is to help people realize that healing the spirit by consciously deciding to improve oneself is a necessary part of the Reiki healing experience. In order for the Reiki healing energies to have lasting results, the client must accept responsibility for her or his healing and take an active part in it. Therefore, the Usui system of Reiki is more than the use of the Reiki energy. It must also include an active commitment to improve oneself in order for it to be a complete system.



The following ideals are both guidelines for living a gracious life and virtues worthy of practice for their inherent value:

***The secret art of inviting happiness  
The miraculous medicine of all diseases  
Just for today, do not anger  
Do not worry and be filled with gratitude  
Devote yourself to your work. Be kind to people.  
Every morning and evening, join your hands in prayer.  
Pray these words to your heart  
and chant these words with your mouth  
Usui Reiki Treatment for the improvement of body and mind  
The founder, Usui Mikao***

The following are the Reiki Principals:

***Just for today I will give thanks for my many blessings.  
Just for today I will not worry.  
Just for today I will not be angry.  
Just for today I will do my work honestly.  
Just for today I will be kind to my neighbor and every living thing.***