



What is Reiki?

Reiki is a Japanese technique for stress reduction and healing. It is given by a "laying on of hands" and accesses one's life force energy. The client is fully clothed and may be sitting or lying on a massage table.

A treatment can feel like a glowing peacefulness that surrounds and flows through you. Reiki treats the whole person including body, mind, spirit and emotions. You may feel relaxed and a deep sense of well being and peacefulness.

How does Reiki work?

Reiki heals by flowing through the blocked areas of your energy field and charging them with positive energy. This causes the negative energy to break up and fall away.

Reiki is a natural method of healing that works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery. Reiki does not invade one's beliefs but works with the individual's personal desire and energy to be healed and to achieve balance.

Can Reiki be harmful?

Reiki is guided by Divine consciousness, the essence of love of which we are all composed, it can never do harm. The energy sent is received in a perfect way for the adjustment that you, the client needs. The Reiki practitioner does not direct the healing or what to work on, or what to heal -- again, that energy is directed by what is needed by you, the client.

What are the Five Ideals?

Dr Usui, the founder of Reiki added these 5 ideals when he discovered them in a meditation:

The secret of inviting happiness, the miraculous medicine of all diseases --

Just for today,

- 1. Do not anger*
- 2. Do not worry*
- 3. Be filled with gratitude*
- 4. Devote yourself to your work*
- 5. 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**