

REIKI ENERGY HEALING

RESTORE AND MAINTAIN YOUR HEALTH NATURALLY



One of the greatest Reiki Energy Healing health benefits is **stress reduction and relaxation**, which triggers the body's natural healing abilities which improves and maintains health. Reiki healing is a natural therapy that gently balances life energies and brings health and well-being to the recipient. This simple, non-invasive healing system works with the Higher Self of the Receiver to promote health and well-being of the entire physical, emotional and psychic body. Therefore, it is truly a system of attaining and promoting wholeness of Mind, Body and Spirit.

Reiki is a specific type of subtle energy work in which healing is performed by the touch of the hands, allowing the flow of the energy from a limitless source (God Force) to the patient via the Reiki practitioner. It is extremely powerful, yet gentle energy that can be easily channeled to yourself and others, just by **intention**.

Reiki Healing is a pure energy form. When it is combined with the sincere Desire of the recipient, who is willing to affect a cleansing within their emotional and spiritual consciousness, a total healing can occur.

POTENTIAL HEALTH BENEFITS OF REIKI HEALING TREATMENTS

When the flow of the "Life Force Energy" is disrupted, weakened or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, including fear, worry, doubt, anger, anxiety, negative self-talk, toxicity, nutritional depletion, destructive lifestyle and relationships, neglect of self and lack of love for oneself or others, from emotions that are not expressed in a healthy way...

Reiki is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results.

SOME OF THE REIKI HEALING HEALTH BENEFITS ARE:

- ⊙ Creates deep relaxation and aids the body to release stress and tension
- ⊙ It accelerates the body's self-healing abilities
- ⊙ Aids better sleep
- ⊙ Reduces blood pressure
- ⊙ Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.)
and aides the breaking of addictions
- ⊙ Helps relieve pain
- ⊙ Removes energy blockages, adjusts the energy flow of the endocrine system bringing
the body into balance and harmony
- ⊙ Assists the body in cleaning itself from toxins
- ⊙ Reduces some of the side effects of drugs and helps the body to recover from drug
therapy after surgery and chemotherapy
- ⊙ Supports the immune system
- ⊙ Increases vitality and postpones the aging process
- ⊙ Raises the vibrational frequency of the body
- ⊙ Helps spiritual growth and emotional clearing

When we are relaxed and stress-free we can restore our natural ability to heal. Long term practice of whole-body reiki will restore the general condition of the body. It will open the energy channels and this will allow the body to deal properly and naturally with stress and build-up toxins and cope with anxiety and depression.

When a person is in good health, regular therapy will increase the bodies built-in defenses. This will manifest itself as confidence and outward harmony in dealing with everyday events. The person will gain a positive outlook on life.

Reiki will also provide additional energy required to recover from illness. A Reiki healing session can induce an extremely comfortable state of being that can bring alteration in the client's consciousness.

If used with other natural therapies (meditation, crystals, aroma therapy, Bach Flower remedies, homeopathy, etc.) Reiki will reinforce their effect.

It can be used also as complementary therapy, because Reiki is truly a complementary care. It complements and enhances the health care the patient receives in the hospital or from other health care providers.

Reiki healing complements Eastern and Western medicine and everybody can benefit from its application. It is beneficial to the health of woman (even pregnant), men, children and can also be used on animals (dogs, cats, horses), plants, water, etc.

Reiki healing energy is a tool for use at any moment, anytime, anywhere for on-the-spot stress release, pain relief and quick energy.

HOW REIKI HEALING ENERGY WORKS

The body is more than just a collection of functioning parts. Since everything generates a frequency, the body and its organs have their own energy field which is continually changing. All conditions of disease are rooted in this energy system. If our "life force" is low or blocked, we are more likely to get sick. But if it is high and flowing freely, we can maintain our health and well-being.

Reiki Healing Energy provides means to balance the human energy fields (**Auras**) and energy centers (**Chakras**) to create conditions needed for the bodies healing system to function.

The Reiki practitioner assists the client to heal themselves spiritually, mentally, emotionally and physically by a simple laying on of hands. By using **ancient healing symbols** the practitioner channels the Universal Life Force energy allowing it to flow where is needed to bring the energy centers into alignment.

The Reiki practitioner must be a clear vessel through which the healing energy flows. He or She plays an instrumental part in the healing process, but ultimately it is up to the recipient to manifest harmony and balance in their own life.

ABOUT THE USUI SYSTEM OF REIKI HEALING

This natural healing modality originates in Tibet. The name "Reiki" (rey-key) comes from the technique as re-discovered by Dr. Mikao Usui, a Japanese Buddhist in the early 20th century.

"Re" means "*Universal*" and it is a general term for spirit or unseen spiritual quality, which serves as channel for "*Ki*" or "*Life Force Energy*" (some call it God, Buddha, Chi, Qi, Prana, Love Energy, or similar). It relates to the superior, all-encompassing cosmic energy from which all other minor energies in the universe draw their power.

Everything in the Universe is made of energy particles that form the Omniscient, All-Knowing Blueprint for Creation. The Vital Living Energy Force comes in different manifestations of energy and one of these being the frequencies in which Reiki was born.

The Usui System of Natural Healing teaches the "Secret Art" of "Inviting Happiness" into one's life which can be achieved by working with the **Five Reiki Ideals**. The Five Reiki Ideals help us realize that **improving oneself is an essential part of Reiki healing**.

[Schedule a Reiki Consultation](#)

THE FIVE REIKI PRINCIPLES

BY DR. MIKAO USUI

I - Just for today, I will not be angry.

Anger at others or oneself or at the world, creates serious blockages in one's energy. It is the most complex inner enemy.

Reiki is an excellent tool to remove anger blockages which have accumulated in the body over years, but it cannot remove the residue of current anger which occurs daily.

Letting go of anger. brings Peace into the Mind.

II - Just for today, I will not worry.

While anger deals with past and present events, worry deals with future ones. Although worry is not always negative phenomena, endless worries may fill one's head, and each one bores a small hole in one's body and soul. While anger requires a focused Reiki treatment to remove obstacles, worry requires the energy to be spread throughout the entire body.

Letting go of worry, brings healing into the Body.

III - Just for today, I will be grateful.

Be grateful from your heart inward. Inner intention is the essential element in this principle. Simple things as thanks, forgiveness, smile, good words, gratitude can improve others life and make them happy.

Being thankful brings Joy into the Spirit.

IV - Just for today, I will do my work honestly.

Support yourself and your family respectably, without harming others. Earn a respectable living, live a life of honor.

Working Honestly brings Abundance into the Soul.

V- Just for today, I will be kind to every living thing.

Honor your parents, honor your teachers, honor your elders.

Being Kind brings Love into the Will.

