

DISCOVERING REIKI...

THE AMAZING POWER FOR HEALING, SELF-EMPOWERMENT, PERSONAL GROWTH AND SPIRITUAL DEVELOPMENT

“Reiki will spread all over the world, healing the people and the Earth as a whole.”

*– Extracts of epitaph on Usui memorial written in 1926 by
Juzaburo Ushida, Second President, Usui Reiki Ryoho Gakkai*

Reiki is a gentle, nonintrusive healing technique that is safe for babies, children and adults of all ages. It forms part of energy medicine within the scope of complementary and alternative medicine (CAM) therapies. However, unlike other CAM therapies such as homeopathy or acupuncture, Reiki is NOT a substitute for conventional medical treatments prescribed by doctors, and often good results are obtained by complementing professional medical care with Reiki treatments – a fact that is well demonstrated by the presence of Reiki in numerous hospitals in many countries including USA, Canada, UK and Australia.

As a natural form of healing, Reiki wonderfully complements all CAM therapies. Many massage therapists and spa owners find Reiki a very useful addition to their services.

Reiki is often considered to be a holistic healing technique for healing the whole person rather than treating just the disease. However, to derive full benefits from this wondrous gift of the universe, it is important to understand the principles that form part of Reiki and integrate them with your healing. For example, you should study how Reiki practice and the 5 Reiki ideals are linked to the ‘universal law of cause and effect’. The reason is, often the cause of severe ailments such as cancer is much deeper than physical or emotional imbalances, and may stem from spiritual factors. So together with Reiki treatments, you

need to work on the root-cause of the ailment to counter the effects, which, in the case of cancer, is practicing forgiveness, mercy and loving-kindness. Moreover, as a part of preventive healing, Reiki practitioners need to apply the techniques of etheric hygiene that are very necessary to all healers.

Reiki is among the most widely opted complementary medicine in the world, thanks to its simplicity and effectiveness in the treatment of wide range of physical



Nurse Kimberly Gray giving Reiki to Christopher Neal, a heart patient in the intensive care unit of Tampa General Hospital in Florida.

and emotional imbalances. Being the easiest healing method to learn, Reiki has attracted millions of people across the Globe from different cultural, religious and professional backgrounds. Students, housewives, executives, massage therapist, nursing staff and doctors – all find Reiki a simple way to heal and harmonize physical and emotional imbalances including stress, anger and irritability.

However, this precious tool for healing and self-empowerment is often discredited due to misinformation, exaggerated claims by some practitioners and lack of ethics in its practice. Moreover many types of Reiki have come up, with some even claiming to help attract money, angels and love. Understandably all these have raised questions in the minds of people, making them to think that Reiki is a sect while in reality Reiki is neither a sect nor a religion, but a science and art of natural healing.

Holistic Reiki provides a comprehensive guide to your Reiki practice as well as making Reiki a powerful tool for self-empowerment, personal growth and spiritual development.

Excerpts from “Holistic Reiki” to be published in March 2015.



Reiki practitioners treat faculty and staff from Columbia University Health Sciences and New York-Presbyterian Hospital at Employee Health and Wellness Day



Doctors and nurses at Cordoba Hospitals, Spain in a Reiki circle before surgery

HOLISTIC REIKI

Reiki is a Japanese 'laying on hands' natural healing system that was rediscovered in the early 1920s by a Japanese Buddhist Dr Mikao Usui. Reiki is easy to learn and simple to practice by anyone.

LEVELS OF REIKI TRAINING

There are essentially three levels of Reiki training. In Reiki 1 you learn how to heal self and others. In Reiki 2, you learn the sacred symbols of Reiki. Reiki 3 empowers you to teach Reiki as an independent Reiki Master. Reiki 3 is usually taught in 2 levels as Reiki 3A (Master-Healer) and Reiki 3B (Master-Teacher). You need 3 years Reiki practice to come to 3A or 3B.

HEALING WITH REIKI

Giving Reiki to others is a wonderful, rejuvenating experience for both the recipient and the healer; and you do not pick-up the problem or the karma of the recipient.

IS REIKI A RELIGION?

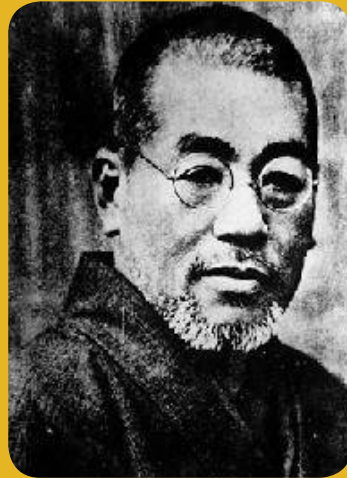
Reiki is a universal form of natural healing which is neither a sect nor a religion. Anyone can become a Reiki healer regardless of one's beliefs.

HOW CAN REIKI HELP YOU?

- Reiki improves mental clarity and helps healing anger, stress, anxiety, grief and addictions.
- Reiki strengthen Chakras and promotes well-being on all levels.
- Reiki assist in faster recovery from sickness or surgery.
- Reiki accelerate spiritual growth and enhance psychic powers.

HOLISTIC REIKI COURSE (REIKI LEVEL 1)

The Holistic Reiki is an intensive course that can immensely support you to transform many aspects that you may be struggling with, and can bring greater clarity in your life. Whether you are new to healing, a healer or therapist, this course will greatly assist you to understand the depths of health and well-being. The holistic approach and several in-depth topics including Chakras and the Karma philosophy will be of great help in identifying the root cause of problems and work on it effectively. The workshops on self-healing and group healings will make you a good healer.



Dr Mikao Usui

YOU WILL LEARN/RECEIVE

- To heal yourself and others
- Holistic approach to heal specific ailments and conditions of life
- Chakras and Aura in depth
- Dowsing to feel and measure Aura
- Chakra Meditation for peace, prosperity, success and growth
- In-depth insight into the Philosophy of Karma and the ways to reduce Karmic burden
- Simple techniques to protect yourself and your loved ones from psychic contaminations and psychic attacks
- Healing properties of crystals and proper method to use them
- You will receive powerful Usui-Tibetan initiation, valuable REIKI KIT and Certificate



Please note: Pictures may be different from actual product received.