

Reiki

What is Reiki?

An ancient healing art

Rei+divine/Universal Energy+Ki=Life energy

We believe we are all born with the gift of healing, but the lost the awareness of this gift over time. Our bodies do remember.

Dr. Mikao Usui rediscovered this healing gift during a mystical experience on Mt. Kurama and he named it Reiki.

How does Reiki work?

Laying on of hands, energy drawn through the hands.

One of many such techniques for example therapeutic touch or healing touch.

Difference with Reiki attunements are required.

Intent is the most important thing

The energy is divinely guided it knows where to go

Mental focus helps increase the channeled energy

Reiki energy is totally positive it can not harm anyone

The use of Reiki is the best teacher of all