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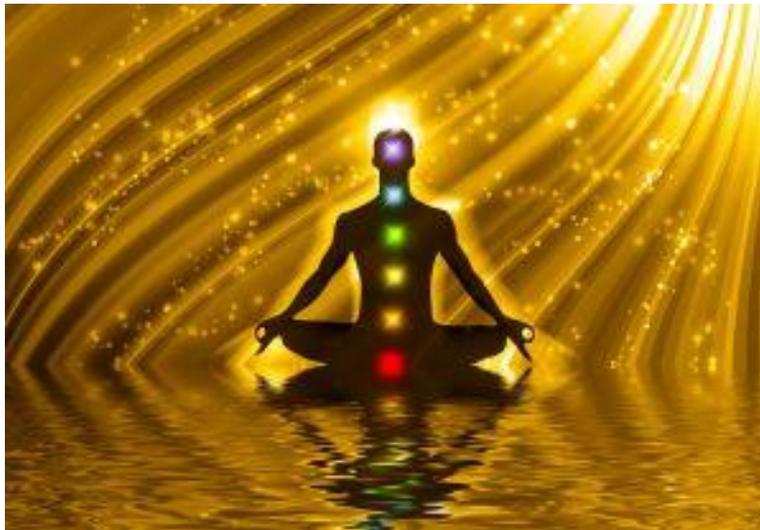
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# Foreword

Looked upon as a mysterious practice, reiki originated from Japan, around 1922. Started by a Japanese Buddhist, this practice of purported healing basically uses the palm of an individual to emit positive healing energy unto the patient. Sometimes reiki is referred to as oriental style treatment by professional medical bodies.



## *Reiki 101*

Learn About The Natural Healing Energies Of Reiki

# Chapter 1:

## *Introduction To Reiki*

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### Synopsis

Divided into two loosely termed branches reiki is sometimes known as Japanese Reiki and Western Reiki.



## **The Basics**

Generally categorized into three main stages of expertise, such as first degree, second degree, and third degree, a reiki practitioner is able to heal himself or herself and also others. The second degree practitioner had the ability to heal others from a distance, also known as distance healing. The third and highest degree is the ultimate level where the practitioner is now thoroughly well versed and equipped with the necessary knowledge and skill to teach and attune others to the practice of reiki.

Simply put, reiki is a form of healing using the holistic concept without the use of medications of any sort. The reiki practitioner typically places his or her hands over the individual needing the healing. The belief is that the positive energy is then drawn by the recipient to enhance the natural healing processes. There are even some seemingly bizarre claims that the healing energy is self seeking and can “zero” in on the injury to commence the healing process.

The dominant factor in reiki is the positive energy it is purported to emit for healing purposes. As the energy of the practitioner is expected to be at optimum levels and of course ideally positive, there are certain requirements a successful reiki practitioner needs to follow. Keeping the body and mind as pure as possible is one of the prerequisites.

Some people believe the Japanese reiki is more focus and intuitive to specific areas that need the healing, as opposed to the western reiki style that generally treats the whole body.

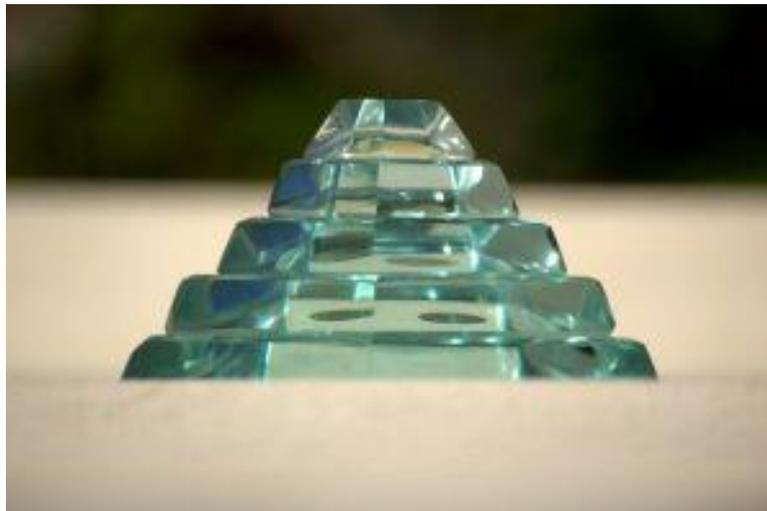
# Chapter 2:

## *Learning About Reiki*

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### Synopsis

Though reiki has been around for some time, it is only in recent times it is slowly becoming a viable alternative to seeking conventional medical treatments. Learning or acquiring this art form does not require extensive intellectual capacities, nor does it require years of study to master. The beauty of reiki is that it is so accessible that the tenants can be passed on from teacher to student without much discrimination.



## **Getting Schooled**

Achieving the purest and clearest mind set is the basis of reiki because the energy needed to make a successful transfer to another individual for healing purposes consists of positive energy. Some people even connect this to being one with body and mind which yet some others say has a certain connection directly to God.

Some people who have taken this art form very seriously attest to having psychic sensitivity. Some even claim to have the “third eye” capabilities, increased awareness of the surroundings even to its molecular levels.

All these serve practically when addressing one’s general health issues. The ability to harness this positive energy translates to the ability to heal and be healed. People who don’t want to go through extensive western style medical processes sometimes find miraculous results when reiki is practiced. Reiki is an element that once learnt and mastered stays with the individual for life. It is not something that can be forgotten easily.

The successful practice of reiki affects the body, mind, and emotions. As toxins that are stored in the body system over time are often attributed to causing much negativity in the body, practicing reiki enables the release process to begin, using positive energy. Understanding the seriousness of negative energy impacts, enables reiki to be an effective means of gaining optimum health conditions. However to successfully practice reiki, one has to be prepared to make certain lifestyle changes. These requirements all have beneficial qualities.

# Chapter 3:

## *Reiki's Negative Side*

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### Synopsis

As with anything in life, there are always good and bad sides. Reiki proves to be no different. Making the decision to embark on the process of acquiring reiki skills takes time and effort. A certain amount of commitment and perseverance is expected which is sometimes difficult to muster in this “instant gratification” expectations of today’s society.



## **What To Watch For**

To ensure the potential reiki practitioner is able to garner positive energy, certain sacrifices needs to be made. Refraining from consuming meat, fowl or fish a few days before attempting a reiki session is a prerequisite.

As purity is the ultimate goal when practicing reiki, consuming food and drink items that contain drug, pesticides, toxins and other negative ingredients are strongly forbidden. These negative elements cause the body system to be thrown off balance and so disrupting the smooth flow of positive energy.

Going on a water or just juice fast is encouraged. Minimizing caffeine intake or cutting it out altogether is also required. These elements also create imbalance in the nervous and endocrine system. Other things to avoid at least three days before practicing a reiki session are alcohol, sweets, and smoking.

Keeping a quiet and peaceful lifestyle is also encouraged, however this may prove to be difficult in the fast pace surroundings of everyday life. Reducing exposure to outside negative elements is also necessary, thus watching TV, listening to unsettling music and reading distressing news are all discouraged.

Keeping away from all other negative mental states, like, anger, fear, jealousy, hate, worry are important, as these emotions can block a person from achieving a successful reiki session.

In some extreme cases, reiki practitioners tend to ostracize themselves from others, simply because they consider those around them “contaminated” and full of negative energy, which they don’t want to be connected to.



# Chapter 4:

## *Considering Reiki For Health*

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### Synopsis

Finding out one is suffering from a certain disease can be frightening. Then to be bombarded with a lot of procedures and processors add to the already stressful state. Besides all this, having to choose from the various options available for the treatment of the said health problems can be quite confusing to say the least.



## **A Mind Opener**

When an easy and non invasive option is available, coupled with the possible health recovery tag, most people are keen to explore these avenues of healing. However embarking on the reiki style of treatment, should never be at the expense of discontinuing all other current medications, or other ongoing medical procedures.

Reiki is a holistic style of treatment which is meant at its early stage to compliment any preexisting treatment the patient may be undergoing. The reiki element is meant to work with the positive energy derived to combat any preexisting negatives in the body system. As reiki energy is meant to be dispersed according to the particular area needing the positive energy, prior diagnoses or prescriptions are unnecessary. Besides being unnecessary it is also unethical to make any such recommendations.

People with severe medical conditions have made claims of a certain percentage of success after using reiki as an added and complimenting healing feature. The positive energy emitted from the reiki practitioner unto the recipient is often noted as very calming and helpful. With this positive energy flowing through the recipient's body some of the medically impaired elements can be eradicated to a certain extent. If continued for a longer period of time, it is even possible to eradicate the ailment altogether.

For an individual that takes his or her health for granted and does not really take precautions to keep a healthy diet and lifestyle, taking up reiki can be the turning point to a better understanding of the importance of good health and mind conditions.

# Chapter 5:

## *Solving Problems The Reiki Way*

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### Synopsis

Almost everyone who has had some encounters with the reiki world of positive energy practices sings its praises. Touted to be a beautiful and calming practice, many believe it is one art form the world at large can benefit from being exposed to it.



## **The Benefits**

Most diseases, mind conditions and even the abuse of the environment has been linked to the negative elements at one time or another. The practice of reiki, can to some extent eliminate this negative aspect or energy, and replace it with positive energy.

Reiki's positive energy addresses the mind, body, and surroundings that connect it altogether one way or another. When reiki is used to address the mind, elements like the thought process, can be tuned to only consist of positive thoughts.

When the state of mind is trained to always be positive, a lot of good can be achieved and even transcend into the surroundings. Besides the thought process, the reiki style of transferring positive energy unto another can help create a better state of actual mental health. Headaches, migraines, stress, and other brain related problems can be successfully addressed with the positive energy of reiki.

Considered to be relatively "free", reiki art of transferring positive energy also works when applied to address ailments in the body. This positive reiki energy is used to flush out any negative energy which may be contributing to the ill health of the individual.

Reiki's positive energy transfer does not involve any amount of pain or discomfort. In fact most people have attested to experiencing a comforting warm feeling which in some cases causes such relaxation that dozing off during a session is not unusual.

Reiki has also been known for its distance healing abilities. This unusual feature is another advantage to those seeking this type of

healing to compliment an ongoing medicinal regiment. An experienced reiki practitioner can transfer positive energy through quiet meditation quite successfully.



# Chapter 6:

## *More Advantages Of Reiki*

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### Synopsis

Reiki is an ancient form of harnessing positive energy from one source and transferring it on to another, for healing purposes.

Practicing reiki brings many advantages into an individual's life. The more popularly and common benefits from practicing reiki are; relief from mental and physical stress, relaxation, comfort in body and mind and surroundings and peace, to name a few.



## **A Few More Advantages**

There are also other little known advantages to practicing reiki, though none any less beneficial. Some reiki practitioners practice this art form to induce spiritual clarity. In offering the relief needed during emotional distress and sorrow, reiki helps one be more connected to the center of one's spirituality, thus preventing the state of mind and body to feel totally drained.

Reiki also works to relief pain while improving the general blood circulation throughout the body. In doing so, reiki can also contribute to hastening the stoppage of small bleeding wounds. Some reiki practitioners also attest to the benefits of the cleansing element reiki can effect in the liver, arteries, spleen, gall bladder, and lungs. There are many other illnesses or ailment the reiki has been found to play a positive role when introduced as a complimenting therapy to ongoing medical procedures or medications. Some of these medical conditions have to be endured with considerable pain before reiki was introduced, to bring the much needed relief, at least from the pain enduring angle.

Some medical conditions are generally linked to some kind of imbalance and reiki has also made positive in road in the area. Medical conditions such as chronic and acute nose bleeds, chronic insomnia, depression, menopause to name a few are where reiki has been a positive benefit.

Reiki has also been known to be used to speed up the recovery process after surgery. The positive energy transference helps to bring about a positive and quick recovery, without the use of further adding on any medications.

# Chapter 7:

## *Using Reiki Effectively*

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### Synopsis

When undergoing treatment for a particular medical condition, the individual often has to contend with various other negative elements.

These added negative elements further stress the mind and body of the individual and may sometimes cause other complications or at best a slower recovery rate.



## **Putting It Into Action**

Some people have found that by adding the use of reiki to their ongoing medical regiment, positive results have been noticed. Such noticeably positive results range from faster recovery to actually cutting down on some medication that are no longer needed to treat the medical condition due to the positive energy garnered from reiki.

Ideally reiki should be practiced for a reasonable amount of time before some positive results can be expected. In doing so, one can also feel the changes in other areas, such as the new mental capabilities brought on by the positive energy. In order to benefit from reiki effectively, the exercise of transferring positive energy must be done with the recipient's cooperation and wiliness to explore this style of healing. A positive mind set is almost a prerequisite to the success of a reiki exercise.

Many scientific researchers today are willing to acknowledge the power in positive energy, when it used for its healing potential. Scientists are often a skeptical bunch, and for this sort of acknowledgment to be forth coming, proves that reiki can be a beneficial tool in helping the healing process. Some even go as far as to say the positive element is permanently contained in every individual and learning to tap into this energy has a high potential in guarding one's health.

The best way to use reiki for the purpose of healing or simply to gain a holistically healthy state of body and mind is to experience the process itself. As there are no known side effects, reiki is considered a safe endeavor, to embark upon.

# Chapter 8:

## *Other Treatment Benefits Of Reiki*

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### Synopsis

Everyday there are new discoveries in the medical field. Some encouraging while other aren't. Yet others may be quite costly to even consider, so when a discovery like reiki comes to light it can be a blessing to many needing this type of promising relief.



## **Additional Discoveries**

Though reiki has been around for a long time and practiced successfully in many ancient cultures, mostly Asian, it is fast gaining popularity with the younger set of people.

Some athletes have opted to use this method of healing to compliment their ongoing medical treatments with astounding results.

Using the positive energy the reiki style of treatment is based on, to counter act the negative elements of an injury, the healing process of many athletes today have taken on a faster pace.

Adding to this surprisingly faster healing time frame is the “better than before” condition of the injury affected area.

Some new break-throughs have also been made, with the usage of reiki in areas where the Aids disease has caused untold misery to many individuals.

This promising state of using reiki as the positive energy to combat all the negative elements brought on by the Aids disease is encouraging many people to try out reiki.

Distance healing using the reiki technique is another effective way of healing an ailment. As it is not always convenient or even possible to be by a patient’s side for various reasons, opting to use reiki is not only currently widely practiced but also touted to be just as effective in providing the much need relief and healing.

Some people, who have practiced reiki for long periods of time, have even been documented to be promoting this style of healing for pets.

In trying to seek the best treatment for the beloved pet, some individuals have turned to reiki for its non invasive and gentle style of treatment. There are many reported cases of success as this style does not further stress the already unwell pet.



# Chapter 9:

## *What To Look For When Choosing Reiki*

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### Synopsis

If one is in the midst of making the decision to embark upon the reiki experience it would be prudent to first find out as much as possible about this art form.



## **Things To Consider**

Some of the areas suggested, to be looked into before making the relevant choices like where, when, who etc....are as follows:

- Reiki benefits
- Treatment process
- Reiki credentials
- Treatment rates – if any
- Reiki training
- Reiki workshops and testimonial
- Credited reiki practitioners
- Possible tools and materials

When doing the necessary research it should be noted that surfing the net for the specific needs takes time and patience. When it comes to the subject of reiki, there is not only a lot of information available but some of this information can be quite contradictory.

The contradiction arises from the different ideas and philosophies involved in the research and practice of this art form. Though confusing at times, the various testimonial available for perusal can help make an informed decision.

Using the internet to help locate the nearest suitable centre, group or society practicing reiki is also a good idea. Several reading material can also be sourced to provide information about the reiki art form of healing and holistic approach to the body and mind.

However it should be noted that this particular art form can sometimes be quite individualistic. Many people have successfully practiced the art of reiki on themselves.

The reiki style makes it possible to use this art form to treat the body and mind without necessarily having the angel of healing in mind. Reiki can just be used individually to create a positive atmosphere for the enjoyment and comfort within one's own privacy.



# Chapter 10:

## *The Pitfalls Of Not Using Reiki*

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### Synopsis

Most illnesses or ailments today require some form of invasive medical attention. When an individual first discovers the presence of a possible negative health condition, the anxiety levels of the individual is bound to be taken to the limit.

Thus any introduction of a non invasive alternative or complimenting treatment or therapy can be very comforting.



## **What You Could Be Missing**

Being a practice of transferring positive energy into a negative environment, reiki provides the necessary leverage often needed to combat a negative state of health which is causing or has caused the presence of a disease.

In not exploring the possibility of using reiki for treatment of health conditions, a great loss of possible recovery or arresting of the medical condition cannot be realized. Reiki not only helps in the physical healing process but it also helps in the mental state of mind. A lot of medical problems seemingly starts or is attributed to the state of mind of an individual, thus by using reiki the first step in combating the ailment, or illness can commence.

As reiki can be performed on oneself, reiki can also be practiced regularly to eventually bring about a positive outlook in life. With a better mental state of mind, which contributes to a positive outlook the quality of life enjoyed by the individual can be very rewarding indeed.

Although not much research has been done to create conclusive evidence, some sources have attested to the overall positive experience during pregnancy when reiki is practiced. This deduction is made simply on the basis of having a lot of positive energy both in body and mind through the practice of reiki. Because of this said positive energy which surrounds the expectant mother, the condition and well being of the baby is also assured. Happier and healthier babies are the positive by product of practicing the reiki art form.

# Wrapping Up

You might have turned to the yellow pages of your phonebook in search of a Reiki practitioner in your community. Nevertheless, very few practitioners advertise their services utilizing this media. Reiki practitioners work out of clinics, hospitals, spas, and home businesses.

A few practitioners supply house-calls, traveling to your location to present treatments. Check into message board postings in natural grocery stores, metaphysical stores, yoga classes, community colleges, and so forth. Reiki practitioners frequently rely on word of mouth from their regular customers in attracting new ones.

There are a lot of different types of Reiki systems, so make sure to ask any questions you might have about a practitioner's services before you book a session.