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# Foreword

Reiki was looked as a strange practice from the days it was originated in Japan in the year 1922. It was started by Buddhists in Japan with intentions to heal using the palm of the individual in order to release positive energy to the patient.

At times reiki is considered as oriental method of treatment by specialized medical bodies.



## ***Reiki 101***

Learn The Natural Curing Energies Of Reiki

# Chapter 1:

## *Introduction To Reiki*

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### Synopsis

Divided into two loosely termed branches reiki is divided into two branches that are known as Japanese and Western Reiki.



## **The Fundamentals**

In general it is divided into 3 major stages of proficiency, which are first, second and third degree, those who practice reiki will be able to cure and heal themselves and others as well.

The second stage of practitioners has the capability to cure and heal anyone from a distance, which is referred as distance healing. The final degree (highest) is the vital level in which the practitioner is meticulously knowledgeable with the essential acquaintance and proficiency to edify and attune others to reiki practice.

In simple words, it is a simple method of healing concept with holistic methods and without using any medications at all. The method is done by the practitioner by placing his or her hands on the person who needs the healing.

The basic idea of the process is to emit positive energy from the practitioner to the recipient and indulge in the healing process. There have been some strange claims which states that the healing energy is self seeking and can “zero” in on the wound to begin the healing progression.

The prevailing feature in reiki healing process is the positive energy that is assumed to emit for curing and healing purposes. Since the energy of the practitioner is said to be positive and at higher optimum levels, he or she have to follow certain practices to be a successful



practitioner. One of the main and the most important factor is to keep the body and mind as clean and pure as possible.

Most of the people still believe that Japanese reiki adds more focus on specific areas which needs healing, which is as opposed to the second type of western reiki style which normally treats entire body.





# Chapter 2:

## *Learning about Reiki*

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### Synopsis

Although this method of healing, Reiki has existed for long time, it is in this generation that it is considered as an alternative method to seeking the traditional and standard medical treatments. Learning and attaining knowledge in this form of art is simple and does not need extensive rational capacities, neither does it need or takes lot of years to master in it. The magnificence of reiki is its easy accessibility to pass it from the teacher to student with no much bias.



## **Getting Schooled**

The basic requirement to be a successful reiki practitioner is to achieve clear and pure mind set as energy is made to transfer from one to another body for healing purposes.

This form of positive energy is very vital to be a successful practitioner. There are people that connects the reiki healing process to that of God's healing methods while other connect between the mind and the body.

Several people that have really taken this form of art very sincerely prove to have certain psychic understanding. Many others believe to have the "third eye" abilities and augmented consciousness of the surroundings even to the basic molecular levels.

The practice is totally related to the ones personal health issues and healing the same. It is the ability of connecting the positive energy from one body to another that helps in healing health issues.

Several people have gone through this healing process and have been successful. These people are those who do not want to follow the western extensive medical process. This secret of reiki can be mastered easily and would remain in yourself for ever. One cannot forget the method easily.

The victorious reiki practice affects the individual's whole body, mind and emotions. Since toxins are stored in our system from time to time, it causes negativity in the body but performing reiki helps to discharge process to commence with the positive energy.

Only if you understand the seriousness of the negative energy and its impacts that can have on the body is required to perform reiki effectively to gain most favorable health conditions.

In order to practice reiki successfully, one should be ready to change his lifestyle a bit. All these requirements will have lot of beneficial qualities.



# Chapter 3:

## *Negative Effects and sides of Reiki*

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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 Look For**

To make sure the possible reiki practitioner is capable to acquire positive energy, he or she has to made few sacrifices in life. The first is to stop consuming non vegetarian food for few days before beginning to practice reiki.

Since purity is the last goal when performing reiki, consuming non-vegetarian food, drinks that contain toxins, alcohol, drug, pesticides, other bad for health ingredients are to be stopped strictly. These negative ingredients make the system to be thrown off balance and make it harder for the smooth flow of positive energy.

The best method is to go on a liquid, juice diet is more appreciated and helpful. Decreasing or stopping the consumption of is also necessary. These elements generate disparity in the nervous system and also in the endocrine system. Few more things to avoid at least three days prior to performing a reiki sessions are alcohol, sweets, and smoking.

Maintaining a calm and quiet lifestyle is also buoyant, but this might be complicated in the busy lifestyle that people have nowadays. Similarly, reducing your exposure to external negative elements is also compulsory, therefore watching television, listening to disturbing music also reading upsetting news are to be stopped.

Apart from the above mentioned negative elements, it is also important to keep away from fear, anger, jealous, worry, and hate. These emotions can stop and block a person from being a successful reiki practitioner and from practicing reiki sessions.

In few severe cases, people practicing reiki lean to banish themselves from others just because they believe and consider those people around them are impure with negative energy that they do not like to be connected.



# Chapter 4:

## *Taking Reiki into consideration For Health Benefits*

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### Synopsis

It is easy uneasy to know that a person is suffering from medical conditions. The main stress begins with the complicated medical procedures to process from already struggling state. In addition, having to select from the different options offered for the treatment of the said medical health conditions can be quite puzzling to say the least.





## **A Mind Opener**

Whenever easy and simple methods are available to recover from health issues people are interested to explore the method of healing. Similarly, reiki method of treatment is not an option to consider by ignoring the existing treatment for the medical condition and procedures. In simple words, the reiki treatment should not be used at the cost of other ongoing medical treatments.

Reiki is a holistic method of treatment that is destined at the beginning stage to compliment any preexisting treatment the patient may be undergoing.

The reiki factor is meant to work with the positive energy consequential to combat any preexisting negatives in the system of the individual. Since reiki energy is meant to be isolated depending on the specific area that needs positive energy, prior diagnoses or prescriptions are preventable. In addition being unnecessary is also wrong to make any such suggestions.

People suffering from severe medical conditions have declared of a positive proportion of success after implementing reiki as a complimenting healing procedure.

Positive energy released from the person performing reiki on to the person suffering from the medical condition is often noted as very calming and helpful. This positive energy flows through his or her

body and few of the medically impaired rudiments can be removed to an extent. In case the practice is continued for a long time, there are also possibilities to eradicate the disease altogether.

For those people who takes their health for granted and do not take safety measures to keep a healthy diet and way of life, taking up reiki can change their view point to a better understanding of the significance of excellent health and mental conditions.



# Chapter 5:

## *Reiki to Solve Problems in Life*

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### Synopsis

Most of the people that had some encounters with the reiki world of positive energy praise the practice. Touted to be an effective and calming practice, most of the people believe it as a form of art that the world at large can profit from being exposed to it.



## **The Advantages**

Most of the physical and mind conditions and also the cruelty of the environment have been linked to the negative elements from time to time. The reiki practice, can to some extent eradicate this negative portion or energy, and restore it with the best positive energy.

The practice of reiki addresses all three mind, body, and surroundings which connects altogether one way or another. When reiki addresses the mind, the elements of the mind like the thinking process, can be tuned to have only positive thoughts and thinking.

When the mind is trained be positive always, lot of good things can be attained and even exceed around you in your surroundings. In addition the thought process, the reiki style of transmitting positive energy from one to another can help to generate a better state of mental health benefits. Migraines, headaches, stress, worry and many other brain related conditions can be successfully eradicated with the positive energy attained by practicing reiki.

Even the process is considered to be “free”, the method of transferring positive energy from one to another body works when applied to address diseases in the body. This positive reiki energy is mainly used to eradicate all the negative energy which causes and contributed towards causing diseases to the individual.

One of the main advantage of the process is it does not cause any discomfort or pain. Indeed, most of the people who have attested to experiencing a comforting better feeling that in few cases causes give better relaxation that dozing off during a session is common.

The healing process of reiki can also be done from distances. This strange feature is an additional benefit to those looking for this kind of healing to tribute an ongoing medicinal treatment. An experienced reiki practitioner can always transfer positive energy through quiet meditation easily and quietly.



# Chapter 6:

## *More Benefits Of Reiki*

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### **Synopsis**

Reiki is one of the ancient and oldest forms of transferring positive energy from one source to another mainly for healing purposes.

The reiki practice brings lots of benefits into the life of the practitioner. The more widely and common advantages obtained by practicing reiki are; relieve from psychological stress and physical stress, comfort in body and mind, relaxation and peace in the surroundings are few of to mention.



## **A Few More Benefits**

There are also many other known benefits of reiki practices, although none any less beneficial. Most of the practitioners practice to attain spiritual clarity.

In contributing to the relief required during emotional sorrow and distress, reiki helps to connect one to another through the center of one's spirituality, therefore preventing mind and body to feel totally drained.

Reiki also works to release pain while improving the general blood simulation all through the body. In doing so, reiki can also contribute to speeding up the stoppage of minute bleeding wounds. Several reiki practitioners also confirm to the advantages of the purification element reiki can result in the arteries, gall bladder, liver, lungs and spleen.

There are many other diseases that reiki has been used to heal and cure, which is considered as a complementary therapy to the existing medical treatments and medications. A few of the medical conditions are to be treated with substantial pain prior to introducing reiki process to bring relief to the person or at least to reduce the pain suffered during the procedure.



Various medical conditions are usually connected to some type of unevenness and reiki has been used to make positive changes in the wounded area. Few medical conditions like chronic and acute nose bleeds, depression, and chronic insomnia are few where reiki practice has been very helpful in recovering from the condition.

Reiki is also known to increase the speed of recovery process especially after surgical treatments. The transfer of positive energy aids to fasten a positive recovery, without using additional medications.



# Chapter 7:

## *Using Reiki Effectively*

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### Synopsis

When undergoing treatments for a specific medical condition the person also becomes contended with numerous negative elements.

The negative essentials added due to the existing treatments could increase the physical and psychological stress of the individual that might cause various other complications and also slower the recovery rate.



## **Putting It Into Action**

Various people have experienced positive energy and increased recovery rate by indulging into reiki healing process along with the medical treatments for their medical conditions.

These changes show the person is very well experiencing better health condition due to the practice. Moreover, the positive energy also decreases the medications by increasing the recovery rate.

Preferably, reiki must be practiced for a particular amount of time prior to expecting positive results and changes. 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 precondition to the achievement of a reiki implementation.

Several scientific researchers are willing to admit the power in positive energy especially when it's used for healing processes. Scientists are often a skeptical bunch, and for this sort of acknowledgment to be forth coming, prove that reiki can be a beneficial tool in helping the healing process. Most scientists even say the positive element is enduringly contained in every individual and

learning to valve into this energy has a soaring potential in saving health.

The best way to use reiki for healing or to gain healthy body and mind holistically is to experience the process itself. Since, there are no known side effects; reiki is always a safe endeavor, to get on upon.



# Chapter 8:

## *Additional Treatment Advantages 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 Expect from Reiki Practice*

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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:

## *Drawbacks 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

Have you been searching for reiki practitioner in your yellow pages or in your phonebook? Moreover, if you know; only very few reiki practitioners advertise themselves and their teachings. These practitioners work out of hospitals, spas, clinics and home business.

Only very few reiki practitioners provide house-calls and travel to your place for treatment purposes. Check the message board postings in any of the natural metaphysical stores, grocery stores, yoga classes, community colleges, and so forth. Reiki practitioners regularly rely only on word of mouth that to from their regular customers to attract new customers.

There are many different forms of Reiki practice systems, so ensure you ask questions to your practitioner before you book and confirm your session with him.

