



# REIKI

**“TO YOUR HIGHEST GOOD - YOUR HIGHEST HEALTH”**

## What is Reiki?

Reiki is a healing energy therapy originated by Mikao Usui in Japan.

The word Reiki comes from the Japanese word (Rei) which means “Universal Life Force” and (Ki) which means energy. Reiki is a hands on healing system as well as an energy source that restores energetic alignment and balance and promotes healing on physical, mental, emotional, and spiritual levels. Reiki does not “fix”, but induces the relaxation response and puts the body in the best place for healing. Reiki benefits accumulate over time.

**Reiki is a complement to traditional care; it is not massage, nor a substitute for medical care.**

## How Does it Work?

Reiki is life energy that flows through all living things. Practitioners channel universal life force energy, connecting with the client’s energy centers to have their energy be free flowing and strong (wellness). They work to remove stagnation and blockages that lead to symptoms of physical or emotional illness. The body’s innate intelligence regulates the energy amount and flow. What is in excess, Reiki lessens (like pain), and what is lacking Reiki increases and fills.

## A Typical Session

- The Reiki practitioner will discuss the client’s needs to set the “intention” for the session.
- A session is typically 60 minutes.
- Client is fully dressed, lying on a massage table or sitting in a chair.
- The practitioner can work hands on or hands-off the client’s body, and to the client’s comfort.
- The entire body is treated through standard Reiki hand positions from head to toe.
- Client may experience warmth, tingling, and traveling sensations across their body, and a deep sense of calm, as well as heat from the practitioner’s hands.

***“Reiki helped me with energy and balance to benefit my quality of life, and to lift worrying about what might happen next.”***

***– Unite for HER Client***

## REIKI PRINCIPLES

**Just for today I will give thanks for my many blessings**

**Just for today I will not worry**

**Just for today I will not be angry**

**Just for today I will do my work honestly**

**Just for today I will be kind to every living thing**

## Benefits of Reiki:

- Enhances personal awareness
- Restores balance and harmony to the energy system
- Decreases stress and increases relaxation
- Supports and accelerates the body’s natural healing response
- Strengthens immune response
- Non-invasive - no side effects or contraindications
- Relieves acute and chronic pain and discomfort
- Stimulates energy and mental clarity
- Restful sleep
- Decreases weakness and nausea