



REIKI

KJ THOMAS GROUP

# Why Reiki?

REI - : Spiritual power, universal transcendental spirit

KI - : Vital force energy

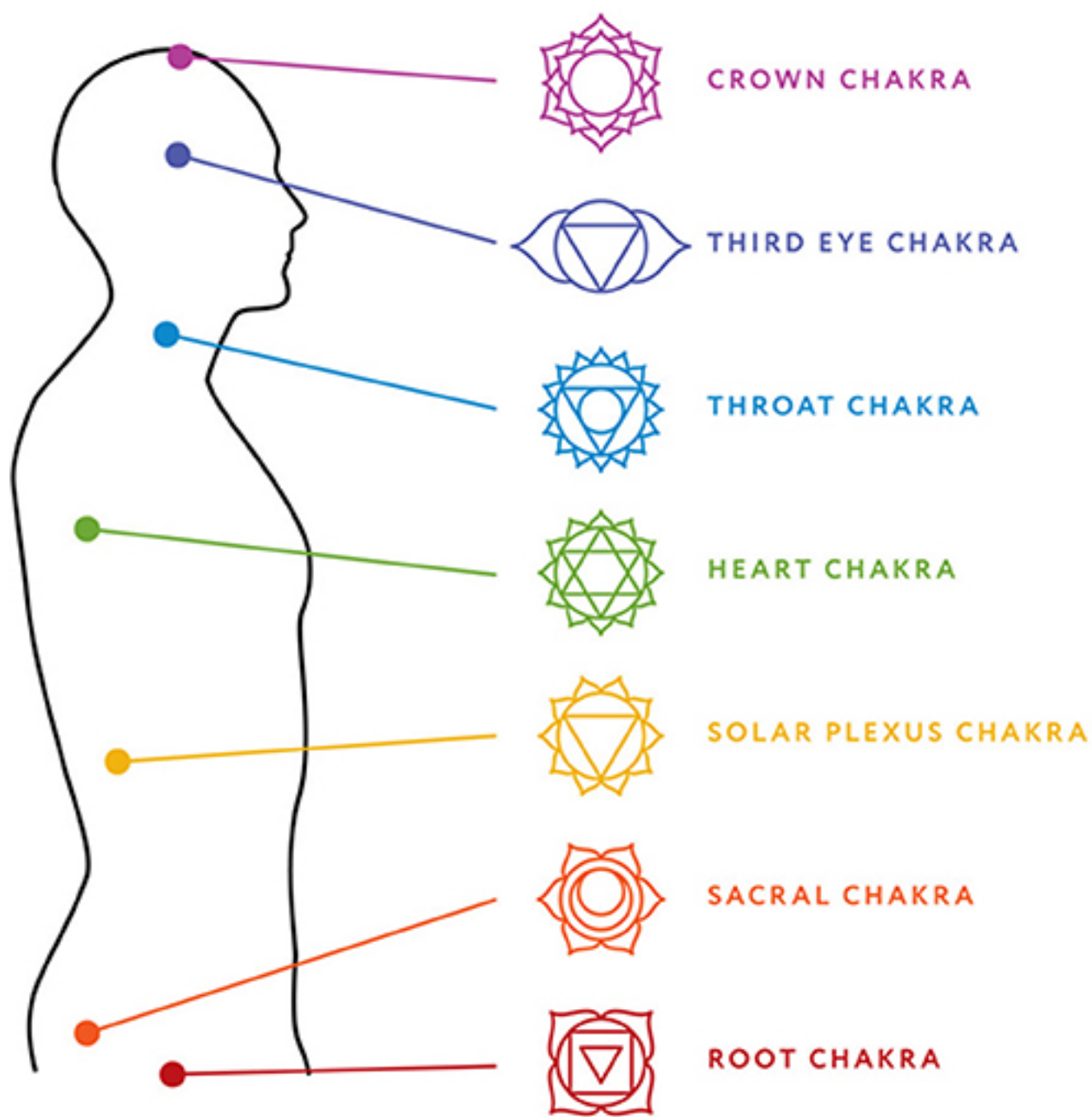
Reiki is a technique of healing, stress reduction and relaxation by channeling energy to oneself or a client through "laying of the hands". Reiki relieves energy blockages and imbalances to support healing and well-being. Many beneficial side effects include feelings of peace, security and well-being in body, emotions, mind, and spirit. This technique also works in conjunction with other medical and/or therapeutic techniques to relieve side effects and promote recovery.

Here are some benefits of Reiki:

- Deep relaxation
- Improves sleep
- Relieves physical pain, stiffness, and tension
- Reduces stress
- Helps prevent the development of disease
- Cleanses toxins from body
- Brings calm to mind and body
- Reduces stress and anxiety
- Increases rate of recovery from injury
- Energizes and balances body
- Strengthens immune system



# The Seven Chakras



# How does Reiki heal?

Reiki is based off of the concept that energy flows through all living things. There are a range of different vibrations within the human aura and chakras. These vibrations of Ki, or "life force energy", flows through us and helps sustain the physical body, mind, and spiritual experiences.

When Ki is out of balance, energy cannot flow freely through the physical body. As a result, negative energy forms around and within chakras blocking the life energy flow, contributing to feelings of pain and stress.

The goal of a Reiki session is to balance, strengthen, and restore these energy fields. The healing technique, "laying on hands", channels positive Ki into the area of the body needed. This positive energy releases the harboured negative energy, allowing for the natural flow of energy to restore. Healthy Ki is free to flow again and heal the body.



# History of Reiki

1865-1926: Dr Mikao Usui

Reiki was discovered in the mid 1800's by a Japanese Buddhist monk, Dr. Mikao Usui. Sometimes called Usui Sensei, Dr. Usui studied in a Buddhist monastery and was given a well-rounded education. Throughout his education, he had interests in medicine, psychology, and theology. During his years in the monastery, Dr. Usui's interests prompted him to learn healing. Sometime during these years, he attended his own training course on Mount Kurama. He fasted, meditated, and prayed for 21 days. On the 21st day, Dr. Usui experienced a spiritual awakening which helped him establish a system of healing, Reiki. He then established a clinic of healing and teaching Reiki in Kyoto.



1990-1980: Hawayo Takata



Mrs. Hawayo Takata was a Hawaiian woman born of Japanese descent in 1900. In her 30's, she became sick and decided to travel to Japan in search of a doctor. She later inquired an alternative way to be healed and was referred to a Reiki clinic. After her health improved due to treatment, she asked to study Reiki under the master, Hayashi Chujiro. After several years of studying, she brought Reiki to the West in Hawaii, which she practiced Reiki for 40 years. Over these years, she passed on her knowledge and further spread Reiki to Western culture.

# Notes