



# Institute of Reiki And Naturopathy

## WHAT IS REIKI?

By popular definition, it is a treatment that helps healing energy to circulate more efficiently through the body. It is canalized from the Reiki Master's hands and permeates the client's body.

Rei means body, soul and spirit + Ki (Qi) is the circulating energy

This energy can be observed at the microscopic level. It looks like little moving dots or small vibrating oxygen bubbles. The movement of the particles are as personalized as fingerprints. When the body suffers from stress this natural movement is affected. The Reiki energy stabilises this essential rhythm facilitating health and well-being.

## HOW DID REIKI BEGIN?

Reiki is a technique which comes from ancient Tibet and was rediscovered by Dr. Mikao Usui in the late 1800s. Born in Japan, Usui entered the Buddhist school hoping to find a way to treat people who are ill or in need of energy without depleting the vital energy of the practitioner. He travelled to China and Europe to study medicine, psychology, religion and art of divination. In March 1922, after a long period of meditation and training at Mount Kurama, he felt the Reiki energy comes through his crown chakra (top of the head). He founded the Usui Reiki Healing Society as well as a clinic in Tokyo to treat people and to train Reiki Masters.

## REIKI IS BENEFICIAL TO...

- Improve sleep
- Reduce stress and pain
- Stabilise blood pressure
- Reduce anxiety
- Prepare the body prior to an operation
- Accelerate recovery process after an operation
- Eases pain and discomfort

## REIKI HELPS THE FOLLOWING...

- |                     |               |                                    |
|---------------------|---------------|------------------------------------|
| - Anxiety           | - Depression  | - Post traumatic stress            |
| - Arthritis         | - Emotions    | - Respiratory problems             |
| - Arthrosis         | - Insomnia    | - Resolve major events             |
| - Cancer            | - Headaches   | - Trouble with digestion           |
| - Chronic pain      | - Memory loss | - Trouble with focus and attention |
| - Chronic illnesses | - Migraine    | - Trouble with sleep               |

## REIKI IS MULTIDIMENSIONAL

... The benefits of Reiki are as efficient for the physical, mental, emotional, energetic and spiritual dimensions.