



# Universal Reiki Center

“Restoring the Power of Belief”

## What is Reiki?

'Shinshin Kaizen' = Mind/Body Improvement

Reiki (*pronounced RAY-key*) is a Japanese word and literally translates as "Universal Life-Force Energy". It is an ancient form of healing using the natural energy of which all matter is created. In Chinese culture this energy is referred to as "chi", in the Japanese as "ki", in East Indian cultures as "prana", and in Western cultures as "bioenergy" (*particularly when referring to the energy within plants and animals*).

The practice of Reiki is believed to have originated in the Tibetan culture (*with the Tibetan Monks over two thousand years ago*) and was "rediscovered" in the Sutras in the late nineteenth century by Dr. Mikao Usui of Japan. Those practitioners who follow the basic guidelines set forth by Dr. Usui often refer to their practice as the Usui System of Reiki. In the twentieth century, Reiki Masters have brought this form of healing to the USA, Europe, and other parts of the world.

The knowledge that an unseen energy flows through all living things and is connected directly to the quality of health has been part of the wisdom of many cultures since ancient times. The existence of this "life force energy" has been verified by numerous scientific experiments, and medical doctors are considering the role it plays in the functioning of the immune system and the healing process.

Reiki is a holistic form of healing and helps to integrate the physical, emotional, mental, and spiritual components of one's self by balancing the energy centers (*chakras*) plus the nervous, endocrine and circulatory systems of the body. It stimulates natural immunity, promotes relaxation, and is helpful with both chronic and acute problems. Reiki can even be used for healing animals and plants. Reiki is a complementary form of healing and can be used in conjunction with other Western and Eastern healing modalities.

Reiki is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life. It could also be said that **Reiki facilitates a harmony, which grows into a subtle resonance between the human body/mind with the outer universe, which encapsulates them.**

A treatment feels like a wonderful glowing radiance that flows through you and surrounds you. Reiki treats the whole person including body, emotions, mind and spirit and creates many beneficial effects including relaxation and feelings of peace, security, and well-being.

Many have reported miraculous results.

**Reiki Sessions ✕ Circles ✕ I, II & Master Level Classes ✕ Meditation**

Web: [www.gotReiki.net](http://www.gotReiki.net) ✕ eMail: [info@gotReiki.net](mailto:info@gotReiki.net)



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Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that everyone can use.

The word Reiki comes from two Japanese words – **Rei** and **Ki**. **Rei** is the upper character and is commonly interpreted to mean "Universal". However, this interpretation is a general one. Japanese ideograms have many levels of meaning, which vary from the mundane to the highly esoteric. So, while it is true that **Rei** can be interpreted as "universal", meaning that it is present everywhere, there is a more meaningful definition worth exploring.

Research into the esoteric meaning of the Japanese Kanji character for **Rei** has given a much deeper understanding of this ideogram. The word **Rei** can more accurately be interpreted to mean "**higher knowledge or spiritual consciousness**". This is the wisdom that comes from God and is the God-consciousness, which is all-knowing. It understands each person completely and knows the cause of all problems and difficulties as well as how to heal them.

**Ki** is the lower character, which means the same as "Chi" in Chinese, "Prana" in Sanskrit and "Ti" or "Ki" in Hawaiian. **Ki** is life energy. It is also known as the vital life force or the universal life force. **This is the non-physical energy that animates all living things**. As long as something is alive, it has life energy circulation through it and surrounding it. When something/someone dies, the life energy departs. If your life energy is low, or if there is a restriction in its flow, you are more vulnerable to illness.

It is, therefore, the God-consciousness called **Rei** that guides the life-force energy called **Ki** in the practice we call Reiki. Therefore, Reiki can be defined as **Divinely-guided life-force energy**. This definition more accurately describes what Reiki truly is . . . and the experience most people have of it; Reiki guiding itself with its own wisdom, rather than requiring the direction of the practitioner. **Please Note:** Reiki is not connected to nor does it adhere to any religion: it IS purely energy *~while it does acknowledge the Divine nature . . .* as science is now speculating as well!

Reiki is a powerful yet amazingly simple technique to learn. The ability to use Reiki is not taught in the usual sense, but is transferred to the student by the Reiki Master/Teacher. Its use and or learning is not dependent on ones intellectual capacity or spiritual development and, therefore, is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds. Reiki is typically administered by "laying on of hands" although touch is not required.

The practice of Reiki is different than many other forms of energy-work, in that learning certain disciplines, although helpful during the learning process (*to provide the student a reference-point from which to begin*) is not necessary or required. Instead, students are encouraged to experiment and 'play' with the unlimited possibilities inherent in its

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practice. Reiki can literally be used in any situation and under any circumstance the practitioner can imagine . . . as the very energy of the universe is at play, and is therefore, not limited by the energetic capacity of the individual practicing the technique.

**Special Note:**

We wish to extend a special thank you to Frank Petter and William Rand for their dedicated efforts in researching and subsequently preserving the integrity of the Usui Shiki Ryoho. We utilize the information above in honor of Mikao Usui.

Namaste'

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