



Universal Reiki Center

“Restoring the Power of Belief”

Reiki Briefly Described:

Reiki is a Japanese word that means Universal Life-Force Energy.

REI: refers to the universal aspect, consciousness.

KI: refers to the life force or energy flowing through all living beings.

Reiki is:

- ① a Japanese technique for stress reduction and relaxation.
- ② a program to defrag (reboot) our current energetic systems.
- ③ a system to reconnect us to our guidance/navigational system ... our "true" original state of existence.
- ④ an energy system to reinvigorate/restore ourselves to our natural state of awareness/oneness with Spirit.
- ⑤ a healing technique based on the principle that the therapist can channel energy into & around the patient, to activate the natural healing processes of the patient's body and restore mental, physical and emotional well-being.

By changing our energy “patterns”, Reiki releases stress and anxiety, enhances spiritual growth, expands relaxation and creativity, promotes good health and emotional healing.

Like attracts Like. We attract what we ARE! We ARE what we BELIEVE! Our energy-patterns are reflective of our consistent thoughts (beliefs). We need to change our energy patterns to attract differently. Reiki breaks through the old, stagnant energy, and infuses the person(s) with vibrant, fresh resources.

Like anything else, if we don't consistently maintain such, we eventually revert to our old, CONSISTENT patterns.

Be Blessed and BE the Blessing!!!

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

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