

# The Reiki Discourse: Healing, One Session at a Time

## to Reiki

Reiki is a Japanese healing art that uses the practitioner's hands to channel universal life energy into the recipient. This energy, known as Qi or Prana, is believed to promote healing and well-being on physical, emotional, mental, and spiritual levels. Reiki is a gentle and non-invasive therapy that can be used as a complementary treatment alongside conventional medicine or as a standalone healing modality.



### The Reiki Discourse : Healing series one by Barbara Wood

★★★★★ 5 out of 5

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## Principles of Reiki

Reiki is guided by five fundamental principles:

1. **Just for today, do not worry.**
2. **Just for today, do not anger.**
3. **Be grateful.**

4. **Work diligently.**
5. **Be kind to every living being.**

These principles serve as a moral and ethical framework for Reiki practitioners, emphasizing the importance of compassion, non-attachment, and living in the present moment.

## **Benefits of Reiki**

Reiki has numerous reported benefits, including:

- Reduces stress and promotes relaxation
- Relieves pain and discomfort
- Boosts the immune system
- Enhances sleep quality
- Supports emotional healing and well-being
- Facilitates spiritual growth and development

## **Applications of Reiki**

Reiki can be used to address a wide range of health conditions, including:

- Chronic pain
- Anxiety and depression
- Headaches and migraines
- Insomnia
- Stress-related illnesses

- Emotional trauma
- Grief and loss

It can also be used to enhance overall well-being, promote self-care, and support spiritual development.

## **The Reiki Session**

A typical Reiki session lasts between 60 and 90 minutes. The recipient lies down fully clothed on a massage table or sits in a comfortable chair. The practitioner places their hands gently on or above the recipient's body, using specific hand positions to channel Reiki energy.

During the session, the recipient may experience a range of sensations, including warmth, tingling, or deep relaxation. Reiki flows naturally to where it is most needed, promoting healing and balance.

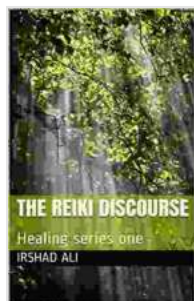
## **Becoming a Reiki Practitioner**

To become a Reiki practitioner, one must undergo attunement, a process that channels Reiki energy into the student and activates their ability to heal. There are three levels of Reiki attunement:

- **Level 1:** Basic Reiki training
- **Level 2:** Advanced Reiki techniques
- **Level 3:** Master Reiki practitioner

After completing the attunement process, practitioners can begin practicing Reiki on themselves, others, and animals.

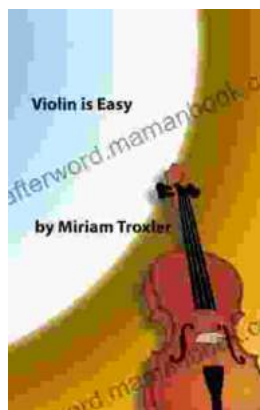
The Reiki Discourse provides a comprehensive overview of the ancient Japanese art of Reiki. This gentle and non-invasive therapy has the power to heal on physical, emotional, mental, and spiritual levels. By adhering to the principles of Reiki and embracing the healing energy that flows through them, practitioners can facilitate profound healing and well-being.



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