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# Foreword

Reiki was looked as a strange practice from the days it was originated in Japan in the year 1922. It was started by Buddhists in Japan with intentions to heal using the palm of the individual in order to release positive energy to the patient.

At times reiki is considered as oriental method of treatment by specialized medical bodies.



## ***Reiki 101***

Learn The Natural Curing Energies Of Reiki

# Chapter 1:

## *Introduction To Reiki*

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### Synopsis

Divided into two loosely termed branches reiki is divided into two branches that are known as Japanese and Western Reiki.



## **The Fundamentals**

In general it is divided into 3 major stages of proficiency, which are first, second and third degree, those who practice reiki will be able to cure and heal themselves and others as well.

The second stage of practitioners has the capability to cure and heal anyone from a distance, which is referred as distance healing. The final degree (highest) is the vital level in which the practitioner is meticulously knowledgeable with the essential acquaintance and proficiency to edify and attune others to reiki practice.

In simple words, it is a simple method of healing concept with holistic methods and without using any medications at all. The method is done by the practitioner by placing his or her hands on the person who needs the healing.

The basic idea of the process is to emit positive energy from the practitioner to the recipient and indulge in the healing process. There have been some strange claims which state that the healing energy is self-seeking and can “zero” in on the wound to begin the healing progression.

The prevailing feature in reiki healing process is the positive energy that is assumed to emit for curing and healing purposes. Since the energy of the practitioner is said to be positive and at higher optimum levels, he or she has to follow certain practices to be a successful

practitioner. One of the main and the most important factor is to keep the body and mind as clean and pure as possible.

Most of the people still believe that Japanese reiki adds more focus on specific areas which needs healing, which is as opposed to the second type of western reiki style which normally treats entire body.



# Chapter 2:

## *Learning about Reiki*

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### Synopsis

Although this method of healing, Reiki has existed for long time, it is in this generation that it is considered as an alternative method to seeking the traditional and standard medical treatments. Learning and attaining knowledge in this form of art is simple and does not need extensive rational capacities, neither does it need or takes lot of years to master in it. The magnificence of reiki is its easy accessibility to pass it from the teacher to student with no much bias.





## **Getting Schooled**

The basic requirement to be a successful reiki practitioner is to achieve clear and pure mind set as energy is made to transfer from one to another body for healing purposes.

This form of positive energy is very vital to be a successful practitioner. There are people that connects the reiki healing process to that of God's healing methods while other connect between the mind and the body.

Several people that have really taken this form of art very sincerely prove to have certain psychic understanding. Many others believe to have the "third eye" abilities and augmented consciousness of the surroundings even to the basic molecular levels.

The practice is totally related to the ones personal health issues and healing the same. It is the ability of connecting the positive energy from one body to another that helps in healing health issues.

Several people have gone through this healing process and have been successful. These people are those who do not want to follow the western extensive medical process. This secret of reiki can be mastered easily and would remain in yourself for ever. One cannot forget the method easily.

The victorious reiki practice affects the individual's whole body, mind and emotions. Since toxins are stored in our system from time to time, it causes negativity in the body but performing reiki helps to discharge process to commence with the positive energy.

Only if you understand the seriousness of the negative energy and its impacts that can have on the body is required to perform reiki effectively to gain most favorable health conditions.

In order to practice reiki successfully, one should be ready to change his lifestyle a bit. All these requirements will have lot of beneficial qualities.



# Chapter 3:

## *Negative Effects and sides of Reiki*

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### Synopsis

As with anything in life, there are always good and bad sides. Reiki proves to be no different. Making the decision to embark on the process of acquiring reiki skills takes time and effort. A certain amount of commitment and perseverance is expected which is sometimes difficult to muster in this “instant gratification” expectations of today’s society.



## **What To Look For**

To make sure the possible reiki practitioner is capable to acquire positive energy, he or she has to made few sacrifices in life. The first is to stop consuming non vegetarian food for few days before beginning to practice reiki.

Since purity is the last goal when performing reiki, consuming non-vegetarian food, drinks that contain toxins, alcohol, drug, pesticides, other bad for health ingredients are to be stopped strictly. These negative ingredients make the system to be thrown off balance and make it harder for the smooth flow of positive energy.

The best method is to go on a liquid, juice diet is more appreciated and helpful. Decreasing or stopping the consumption of is also necessary. These elements generate disparity in the nervous system and also in the endocrine system. Few more things to avoid at least three days prior to performing a reiki sessions are alcohol, sweets, and smoking.

Maintaining a calm and quiet lifestyle is also buoyant, but this might be complicated in the busy lifestyle that people have nowadays. Similarly, reducing your exposure to external negative elements is also compulsory, therefore watching television, listening to disturbing music also reading upsetting news are to be stopped.

Apart from the above mentioned negative elements, it is also important to keep away from fear, anger, jealous, worry, and hate. These emotions can stop and block a person from being a successful reiki practitioner and from practicing reiki sessions.

In few severe cases, people practicing reiki lean to banish themselves from others just because they believe and consider those people around them are impure with negative energy that they do not like to be connected.



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