

Reiki energy is guided by SOURCE. It, therefore, goes where it is needed and knows what to do. It can do no harm. All life energy responds to this loving energy from SOURCE. The practitioner as well as the receiver benefits from a Reiki treatment, as the Universal Life Energy flows through the practitioner to the receiver revitalizing all it comes in contact with.

Reiki is a gift from SOURCE. It is to be used with gratefulness and a clear intention to serve. One-hour service.

Just for today...worry not.

Just for today...anger not.

Be grateful for your blessings.

Be kind to living things.

Be true to yourself.

The 5 Principles of Reiki



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ST. JOHN  
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VAN ELSLANDER  
CANCER CENTER

## What is Reiki?

Reiki (pronounced “ray key”) is a Japanese word meaning Universal Life Energy. Ray means universal and refers to spiritual energy. Ki means the vital life force that flows through all that is alive. Ki is also known as Prana in India, Chi in Chinese, Light, Cosmic Energy, and Universal Radiant Energy. Reiki is an ancient, natural healing technique.

Dr. Mikao Usui revived this ancient healing technique in the mid-19th century. The complete system of Reiki came to him during a 21-day meditation and fast on a Holy Mountain in Japan, which was part of his quest to discover how Buddha and Jesus healed. The information was passed on through Dr. Hyashi, Hawayho Takata and succeeding Reiki Masters.

Reiki is an ancient art designed to increase your healing potential through specific teachings and attunements/initiations. A Reiki Master gives the attunement/initiations to a student. They balance and fine-tune the personal energy field. They raise the frequency of the vibratory rate of your personal energy field to a higher-level opening the body to accept and transfer greater quantities of the life force energy.

Reiki promotes healing, the maintenance of wellness, and the balancing of energy on the physical, emotional, mental and spiritual levels. It is a system of holistic healing.

Reiki is not a religion and does not interfere with any religious practices or beliefs; in fact, it usually enhances a person’s belief system.

Reiki is real. You do not have to believe in it for it to work. Anyone willing to try it will experience its effects. Most people new to Reiki simply feel relaxed and energized, to a very profound degree.

## Treatments

Reiki treatments are very simple. The client can relax in a chair or on a massage table. One or more practitioners will lay their hands on or near the recipient’s body, stationing at the head, limbs and torso.

Treatment results depend entirely on what you are open to experience, and on what you have going on. Reiki has a lasting and cumulative effect. Successive treatments yield more impact because of this. We usually recommend three days in a row then weekly for six weeks for acute conditions.

A Reiki treatment is relaxing and can help

you into meditative states. Sometimes it puts people to sleep! Most people feel heat, tingles, and waves or pulses of energy moving through them. This is just like what you have felt before from static cling or holding magnets near each other—only you feel this on your skin, inside your body, and ballooning out from your body like a field. Often recipients twitch involuntarily—a sign of release. People see colors. People hear their inner voice of wisdom clearly, giving insight and guidance through intuition. Sometimes people cry or laugh for no reason—another sign of release. It is common to feel light, weightless, or a sense of floating or melting. Regular treatments can induce a joyous feeling. Some people get very giggly and others profoundly relaxed and free of incessant chattering of the mind.

