



myholistics.me



Introduction to Reiki

You are about to embark on a journey of enlightenment.

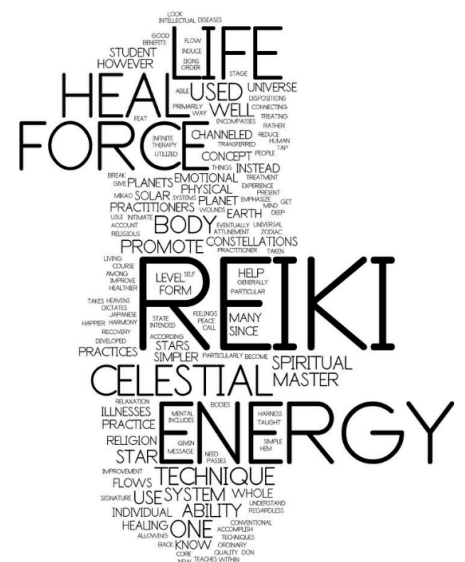
Reiki is vibrational healing energy which you acquire through initiation.

There are three Reiki levels:

- First degree
- Second degree
- Master degree

Reiki can be used on anyone, once you receive the attunement of Reiki it is with you for life. Whether you use it everyday or once a year, the energy is always there.

The Reiki energy can be used on oneself or others, which ever way you use Reiki the results are astounding.



How did Reiki start?

Reiki is a very ancient healing method, rediscovered at the turn of the century by Dr. Mikao Usui in ancient Sanskrit texts, after a long and dedicated quest.

The texts contained the intellectual knowledge necessary, but Dr. Usui had to undergo a near fatal three-week fasting meditation before he received the healing empowerment of the system. Dr. Usui founded a Reiki clinic in Japan, and taught what he had learned to several other highly evolved Japanese gentlemen.

In the thirties an American lady, Mrs. Hawayo Takata, was cured of a serious tumour at the Reiki clinic. She decided to dedicate her life to Reiki and asked to be trained by the Japanese Masters. At first they refused, but seeing her earnestness, eventually Dr. Chujiro Hayashi agreed to instruct her.

Just before the second world war Dr. Hayashi completed Mrs. Takata's training and told her to take the knowledge to the West and to preserve the tradition. Mrs. Takata created 22 Reiki Masters in her lifetime, and shortly before her death she also instructed her granddaughter Phyllis Lei Furu moto. Meanwhile in Japan, some Reiki masters survived the war, and there are Japanese lineages unconnected with Mrs. Takata.

Traditional Seichem Masters claim that their knowledge is derived from the same ancient Sanskrit texts where Dr. Usui found the Reiki information.

The Tera~Mai healing system provides standardised attunement procedures to connect students to the various rays for healing and personal growth. Tera~Mai Masters are required under the terms of the trademark not to perform attunements from any other Reiki or Seichem system, as combining systems like this has been found to disrupt the flow of energies in the master.

The Tera~Mai trademark was set up to protect and maintain the integrity of the attunements.



What is Reiki

Reiki is a universal healing energy. It was rediscovered in the last century by Doctor Mikao Usui and consists of three levels.

To become a reiki practitioner you receive sacred symbols and attunement's from the reiki healing energy.

Rei - Meaning universal

Ki - Meaning life force

Reiki is different from others healing systems because the initiations are an ancient process of tuning the healers body both physical and etheric, to a higher vibration thereby allowing a clear channel for the energy to flow. Once this channel is open it remains open for the rest of the healers life.



The Reiki Principals

Just for today do not worry

Just for today do not anger

Honour your parents, teachers and elders

Earn an honest living

Show gratitude to every living thing

The attunement is not a healing process, it creates a healer

The process of attunement or initiation is what sets Reiki apart from other forms of laying on hands or touch healing. The tradition Usui Reiki First Degree uses four stage attunement, which opens up the channel to the energy.

The first attunement opens up the healing Chakra', then healing energy will start to flow imminently. Once you become dedicated to using the Reiki energy you will release the potential of having further attunements as they increase your sensitivity and thus taking you further and into higher states of consciousness, this is where we receive further channeled teachings from, where you already receive them

The reiki healing energy moves through the healer and dispels blocks and negativity before being channelled through the recipient, thus never graining the healer. The more Reiki practitioner gives of the energy the more that is received.

After being attuned to the First Degree you will begin a spiritual cleansing from the physical body, as well as the mind and the emotions. It is usual for the student to go through a release of emotional energy.

If there is a need to sort or finalise any area of the emotional side of your life then this is the time it will be cleared. When this has taken place you will feel lighter and cleared in the mind and this then allows you to progress further in yourself.

The cleansing cycle varies from student to student and 31 days is an average.

By the time you experience Reiki most of you may already have adjusted your diets, just to help you there recommendations will greatly benefit you.

- Drink lots of water
- Cut out Tea, Coffee, alcohol and cigarettes
- Eat a vegetarian diet with lots of fresh fruit and vegetables
- Allow yourself more sleep if you need it
- Give yourself Reiki every day on the main chakras

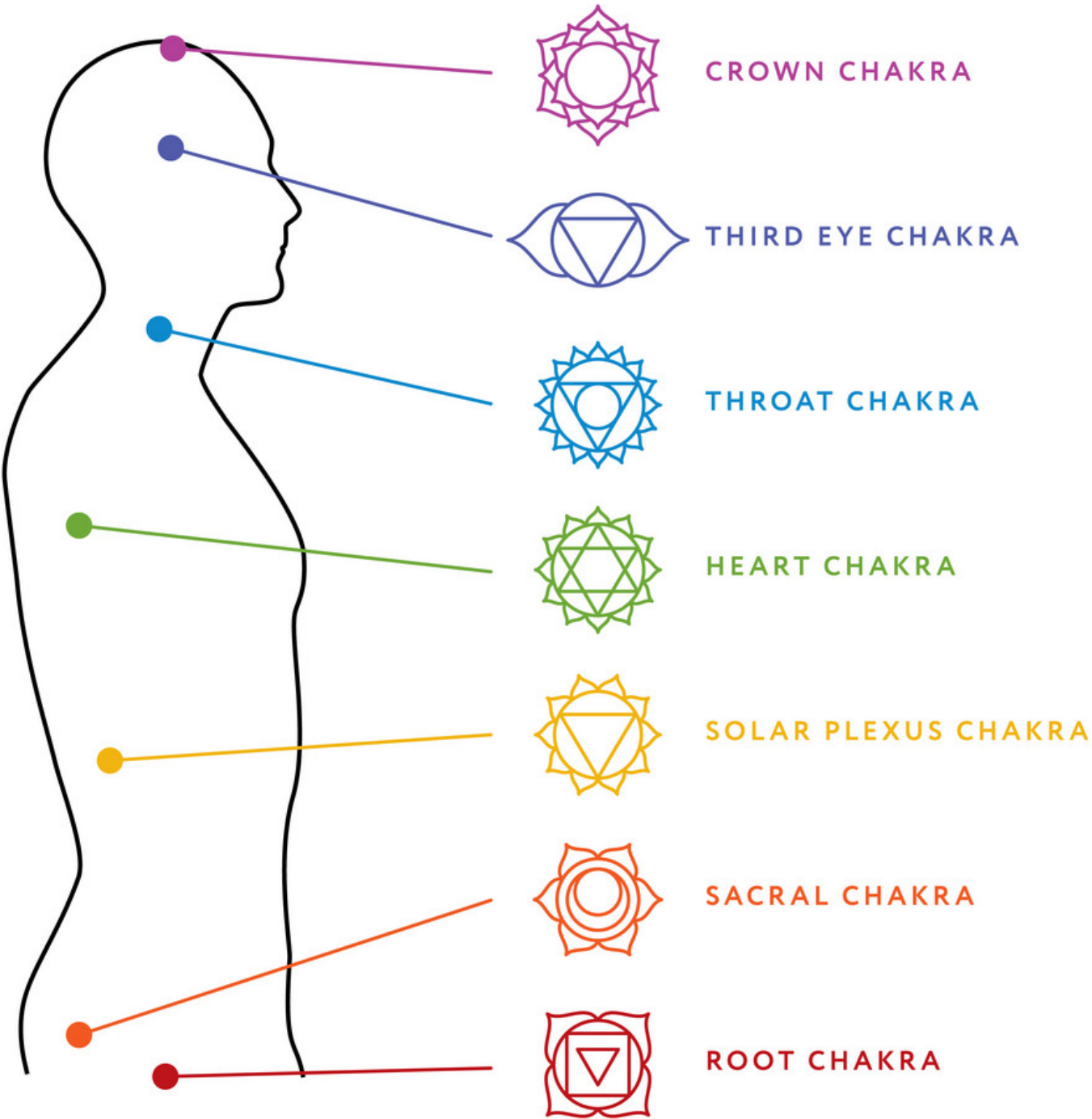
Immediately after the attunement the reiki energy will start adjusting to you.

While the adjustment is tasking place it also increases you capacity to channel it.

More KI energy is now entering your Aura and body than you have ever experienced before, your Aura and Chakra's are clearing.

It is advisable to do as many healing session's possible at this time.

Your Chakra's





Reiki at myholistics.me

To start your journey, please contact Brian Hilton:

07960 123100

brian@myholistics.me

www.myholistics.me