

What is Reiki?

Reiki is a simple, natural and safe Japanese method of spiritual healing and self-improvement technique for stress reduction and relaxation. It is based on the idea that unseen "life force energy" flows through us. If this energy is low, then we are more likely to get sick or stressed, whereas if it is balanced, we are more able to be happy & healthy.

Reiki works to balance and align Chakras (main centers that energy flows through in the body) and feels like a wonderful glowing radiance is flowing through and around you. Reiki treats the whole person; including body, emotion, mind & spirit, creating many beneficial effects including the release of unwanted emotion, relaxation and feelings of peace, security and wellbeing. Reiki stimulates your body's own natural healing ability.



"Reiki" is made up of two Japanese words:
Rei = "God's Wisdom or Higher Power"
Ki = "life force energy".

What to Expect from a Reiki Session

A Reiki session is an individualized experience involving healing in a way that will empower you while respecting your feelings and choices. Your Reiki practitioner is obligated to respect your confidentiality, be considerate of your needs, and answer your questions. If at any time during the session you have any concerns you should let your practitioner know so that appropriate adjustments can be made.

Treatments can be done laying down on a massage table or sitting in a chair. Please inform your practitioner of your preference ahead of time.

During the treatment, the practitioner will feel your energy field by placing her hands over your body. This will enable a skilled practitioner to identify areas in your energy field that may need healing before she begins sending Reiki to the area. She may then place her hands just above or lightly touch areas of your body. It is at this stage that people usually begin to feel relaxed and their stress lifting.

For most, effects are immediate for others, it may take a few days. However, Reiki always works, and the more open you are, the more intense your experience.

Therefore it is advised to approach the session affirming that you are "open and willing to receive Reiki healing energy".



Reiki always goes where it is needed most whether it is mental, physical, emotional and/or spiritual. Many clients report that they felt calm, relaxed, or tingly during their session. Sometimes tears and emotions may stir as tensions are released, please do not hold back; allow yourself to feel and express these emotions as this release is a part of the healing process.

Each time you have a session Reiki moves you closer to your unique place of balance. This could manifest itself as a clearer sense of purpose, a release of emotions, or a deeper connection to your spiritual development. Reiki philosophy suggests we must always heal our spirit first since clearing the body is a natural and connected method that supports wholly healthy living. A non-physical clearing may often be at the root of a physical clearing. Reiki is beneficial in keeping your energy from becoming stagnant, which can stop your emotional connection to life.

History of Reiki?

The system of Reiki was developed by Mikao Usui in 1922 whilst performing *Isyu Guo*, a twenty-one day Buddhist retreat held on Mount Kurama involving meditation, fasting, chanting, and prayer where he experienced a mystical revelation. Usui had gained the knowledge and spiritual power to apply and attune others to what he called Reiki, which entered his body through the top of his head. In April 1922, Usui moved to Tokyo in order to teach others his healing method and to treat people on a large scale.



Benefits

The American Institute of Stress estimates that 75% to 95% of all visits to the doctors are the results of reaction to stress. The effects of unreleased stress range from minor aches to major health concerns such as heart disease, digestive disorders, respiratory & skin problems. Stress can also activate our fears and cause our life force energy to diminish. Reiki can help to restore the balance thrown off by stress.



Mikao Usui's Reiki Ideals

These principles were created to help people realize that healing the spirit by consciously deciding to improve oneself is a necessary part of the Reiki healing experience. In order to achieve lasting results, the client must accept responsibility for their own healing and take an active part in it.

The secret art of inviting happiness,
The miraculous medicine of all diseases,
Just for today, do not anger.

Do not worry and be filled with gratitude.

Devote yourself to your work.

Be kind to people.

Every morning & evening, join your hands in prayer.

Pray these words to your heart
& chant these words with your mouth

Usui Mikao

Soul Blessings

Reiki Healing



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