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The definition of Reiki: "Reiki is a form of alternative medicine, in which the Reiki therapist acts as an energetic connection and balances and purifies the energy flow of their patients using different hand positions and symbols to send Reiki. In this way, patients get

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healed physically, mentally and emotionally."

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Reiki is a form of alternative medicine which is mostly useful for stress reduction, peace and healing wounds that are not entirely physical. The word "reiki" is made of two Japanese kanji (Japanese ideograms), "rei" (spiritual, mystical, sacred) and "ki" (or "Qi,

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pronounced "tchi" in Chinese).

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reality and align with Source Energy,  
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you hands on your self and others and  
experience Reiki Healing for your self.  
How you begin your practice of Reiki is  
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## **Reiki for Beginners - Ascension Reiki**

Reiki stimulates energy (Reiki) to move

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in the body. You already have energy in the body but it may be blocked and not flowing smoothly. During or after a treatment, you may feel the effects of energy being unblocked. For a time, physical and psychological symptoms may worsen as the mind/body cleanses itself.



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Learning Reiki is a good starting point for experiencing and working with healing energy and a wonderful method for deepening awareness of universal energy. In general, Reiki complements other healing methods and spiritual

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practices. There are no hard and fast rules about how to approach starting Reiki and starting healing.

## **Learning Reiki | Reiki**

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encourage self-healing, according to ...

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Reiki for Beginners Reiki is a healing therapy that was designed by the Japanese Buddhist known as Mikao Usui approximately 100 years ago. The healing process is based on a simple

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spiritual principle that we are all being guided by one invisible life force that tends to control our physical, emotional and mental well-being.

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Usui-Frank Arjava Petter

## **Reiki Information Resources**

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healing mechanism, and get the opportunity to explore the deeper spiritual undertones it is built upon.

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