

# What is Reiki

**Reiki- Rei** means "God's Wisdom / the Higher Power" and **Ki** is "life force energy". Reiki therefore means "spiritually guided life force energy".



The **Reiki** distance healing technique is used to send energies over a distance and treat clients.

**Reiki** creates balance and harmony in the recipient to promote healing.



A basic tenet of **Reiki** is that the flow of energy varies according to the degree of disharmony in the person or animal's body/mind.

**Reiki** energy flows freely from the healer's body to the recipient just like free flowing water. It relieves pain or stress from a part of the body with the greatest need.



靈氣  
Reiki



**Reiki** energy works in harmony with all other forms of healing, including medicines, surgery, psychological care or any other method of alternative care.

83% studies show moderate to strong evidence supporting the merits of **Reiki** treatment.



About 4 000 000 people all over the world have taken atleast one level of **Reiki** training.

# Reiki Benefits

Relieves aches and Pains of all types



**Detoxifies** The body



Relaxes muscles And relieves fatigue



Relaxes **body** And **mind**



Improves **Self-healing** Processes



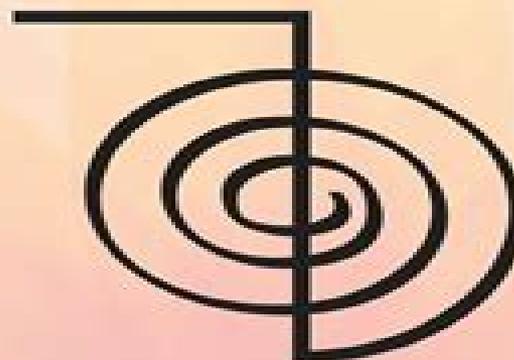
**Promotes** peaceful and **Positive outlook**



Boosts **Energy**



Improves **Sleep**



# Reiki Healing Techniques

**Hongru Du**



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