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Reiki is a form of hands on healing, with its origins in India and the East dating back many thousands of years to the time before Christ and Buddha. The original name, disciplines and techniques of Reiki were lost due to the traditional method of passing knowledge from generation to generation by word of mouth.

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Reiki: Reiki For Beginners: The Complete Guide to

asking for Reiki to flow will develop a reverence and respect for Reiki, the person receiving the treatment and yourself. Method 1: In the beginning of a Reiki treatment you may wish to bring your hands into "Namaste" position at the heart and bow gently. Silently ask for the Reiki to Flow into and through you.

2.1 Reiki for Beginners

Reiki for Beginners Reiki, the healing therapy created by a Japanese Buddhist named Mikao Usui over a hundred years ago, is based on a simple spiritual principle: Weâ€™re all guided by the same invisible life force, and it controls our physical, mental, and emotional well-being.

Reiki for Beginners | Goop

Reiki: A Beginnerâ€™s Guide. ... First, recognize that Reiki is not a cure-all answer to health and wellness. It is commonly referred to as "laying of hands," a process by which a practitioner channels the natural life force energy that surrounds us, into a subject (I say subject because it works on all living things, not just humans). ...

Reiki: A Beginner's Guide - FinerMinds

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