

The 5 Reiki Principles

"The secret of inviting happiness
The spiritual medicine for all
illness
Just for today, do not get angry
Do not worry
Express your thanks
Be diligent in your work, and be
kind to others
Pray and repeat them in the mind
at the beginning and the end of
each day."

Usui Reiki Ryho - Improve your
mind and body
Founder
Mikao Usui



Kristen Waters

617 Vine Street
Greensburg, PA 15601
Phone: 724-691-2614
kwaters81@yahoo.com

<http://HealingHandsTherapy.yolasite.com>



Reiki Healing



Kristen Waters
Certified Reiki Practitioner

Reiki

What is reiki?

Reiki is a Japanese energy healing method. It is a system to help promote healing and to maintain good health. It is a non-intrusive method of providing healing so there is no risk of aggravating any existing physical injury. It is NOT massage therapy! The premise of reiki is that the healing energy travels to you, the recipient, through the practitioner's hands. Reiki means "universal life-force energy" as well as refers to the healing system.

How does reiki work?

Reiki is energy that is passed to you through the practitioner during a treatment. Reiki works on all levels - physical, emotional, mental, and spiritual - and therefore heals on all

Universal Life-Force Energy

levels. Physical ailments are often symptoms of problems in the emotional, mental and spiritual selves. Addressing these problems aids physical healing. This is why it is important to heal on all levels. This is also why reiki treatments are available for everyone. It is not just for those with physical ailments. Reiki can help lift your spirits and make you feel happier.

Receiving reiki treatments regularly can help you achieve a balance and a good overall wellbeing in life. Reiki used on a daily basis can bring you peace and tranquility.

What is a reiki practitioner?

A reiki practitioner is a channel for reiki to pass through and heal. A reiki practitioner has gone through an attunement process to open various energy centers in the body through which reiki passes. Since the reiki

practitioner is only a channel for the energy, the practitioner does not use her own energy to aid in treatment. Reiki simply passes through the practitioner. Reiki helps both you and the practitioner as the energy travels through both of us.

What are the benefits of reiki?

The obvious benefit of reiki is healing on all levels. For some, the healing may take a longer time than expected, but healing will occur. I believe that the best healing is gradual and not rushed. Reiki also provides a balance and wellbeing in life. In the long term and with continued use and treatment, it can provide enlightenment. For a practitioner, reiki provides inspiration, peace, tranquility, and a sense of fulfillment. For both a recipient and a practitioner, reiki is a connection to a higher source, something greater than this world.