

A photograph of a sunset over a beach. The sun is a bright, glowing orb in the center of the horizon, casting a warm orange and red glow across the sky and the water. The foreground is filled with a dense layer of smooth, dark pebbles of various sizes, some reflecting the light from the sun. The overall mood is peaceful and serene.

IS REIKI RIGHT FOR YOU?

Top 3 Reasons

Table of Contents:

Name	Page No.
Introduction	3
Chapter 1: What Is Reiki?	5
Chapter 2: A Brief History Of Reiki	7
Chapter 3: The Top 3 Reasons Why Reiki Is Right For You	10

Introduction

Does it feel like, no matter what we do, no matter how advanced we get when it comes to science and medicine, we're just getting sicker? Not a day passes by without the media telling us there is a rise in cancer, in heart problems, stroke, diabetes....

It almost seems that, no sooner that we hear the fanfare of a disease being 'conquered' or 'eradicated,' just 5 minutes later we hear that some other virus, syndrome or condition is on the rise.

And that's just the physical ailments. It's a known fact that mental and emotional health issues are on the rise. With all of our medical advances and cutting-edge hospitals, why does it feel like we're not getting any healthier?

We're not saying that our ancestors didn't have their fair share of diseases to battle against. But they certainly didn't have the knowledge and modern medicine that we now have at our disposal.

So why does it feel like we're not getting any healthier?

A quick glance at the census of any first world country will show that we are all living longer...much longer than our forefathers did just a handful of centuries ago. Which is undeniable proof that we must be getting healthier...

However, what we define as 'healthy' has certainly shifted drastically in the last century. Much like how we define beauty has shifted (a few hundred years ago, to be considered 'good looking' was to simply have all one's own teeth), what we consider 'healthy' has also changed.

Whereas our ancestors would have defined healthy as being without disease, we now consider healthy as feeling balanced, not just from the physical point of view, but also our mental and emotional states.

And it's when we sense imbalance that we feel 'unhealthy.' The most telling manifestation of unhealthiness in the modern world is stress.

The European Agency for Safety and Health at Work reported that over half of the 550 million working days lost annually in the U.S.A from absenteeism were stress related.

And over 75% of U.S. employers believe that workers now have more on-the-job stress than a generation ago.

It's this never-ending stressful life in the 21st century that is the malevolent reason as to why, despite all of our revolutionary medicines and state-of-the-art hospitals, we don't feel healthier and happier.

Stress is the insidious generator of mental and emotional health problems, such as anxiety, depression, eating disorders and personality disorders.

But it's also a key catalyst in physical ailments, such as irritable bowel syndrome, gastritis, alopecia, eczema, psoriasis, impotence and other sexual dysfunctions, menstrual problems, fertility problems, heart disease, high blood pressure, stroke and even cancers.

Yes we can look at all the statistics showing us that, compared to just a few generations ago, we are living longer. But we don't FEEL healthier and happier...

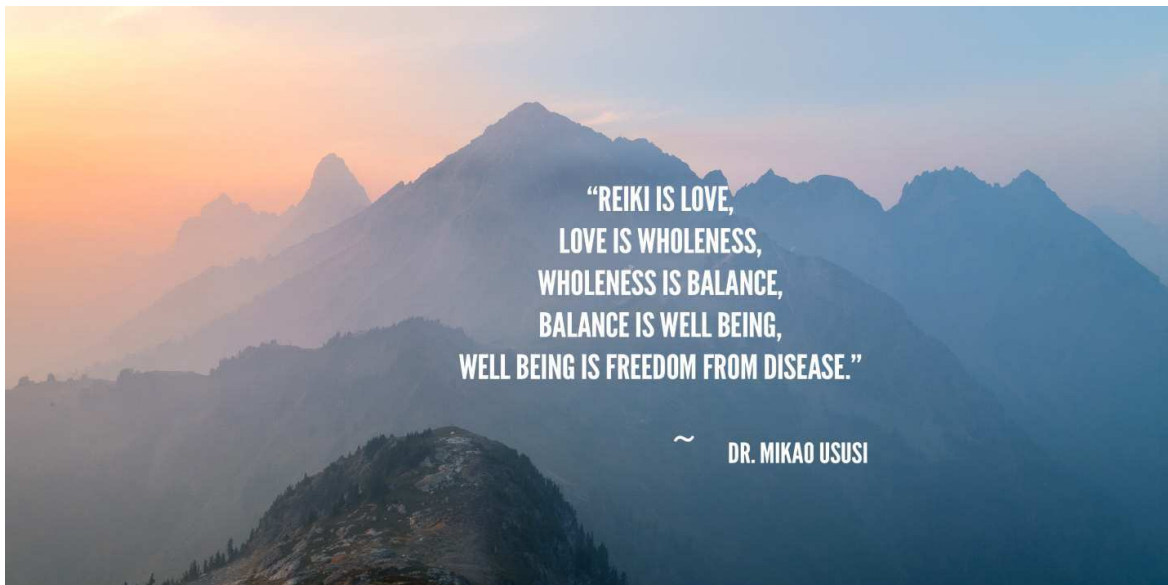
And there lies the conundrum of modern medicine. We are most certainly healthier than we have ever been before in terms of how long we live...

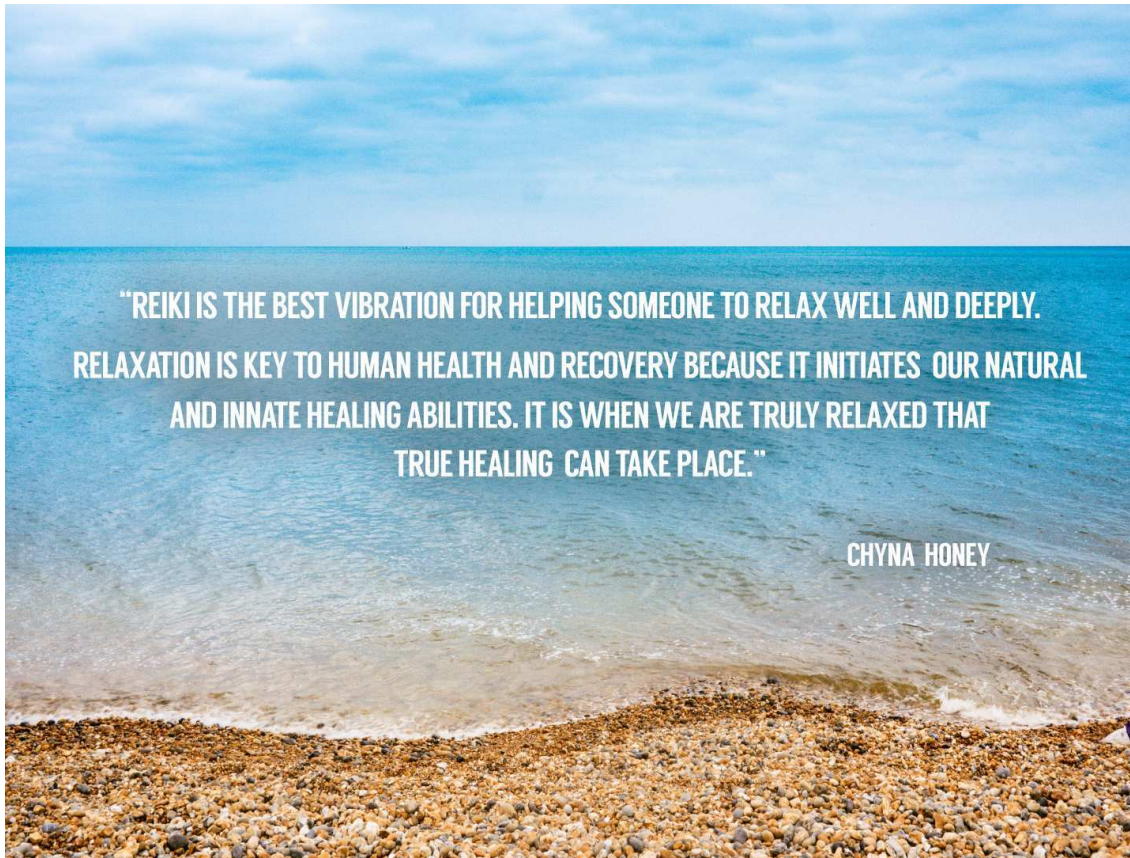
But we're more stressed, miserable and 'disconnected' than we've even been! Given the choice, we'd all rather have a shorter lives full of health and happiness, than a long, stressed out, painful existence.

But what if there was a way to have both? A long life that's also full of abundant health and happiness...

This is where the science of Reiki comes in.

The founder of Reiki distills the power of Reiki in just one paragraph:





Reiki, or ‘universal life force’ is a healing system that originates from Japan. Reiki practitioners use their hands to guide this life force (or “Ki”) and transfer it to where it is most needed, be that within their own bodies, or into the body of another person.

Reiki practitioners can do this because they learn to use the 5 principles of Reiki to channel this universal life force into wherever they see fit, to remove disease and pain.

However, Reiki isn't just about healing and being healed through the power of touch. It's also concerned with creating physical, emotional and mental balance...

In other words, it's about a holistic approach to health. It's not just about healing what is already dysfunctional. It's about making sure that, once healed, you remain in balance for the rest of your life, so you don't suffer the same, or different, dysfunctions again.

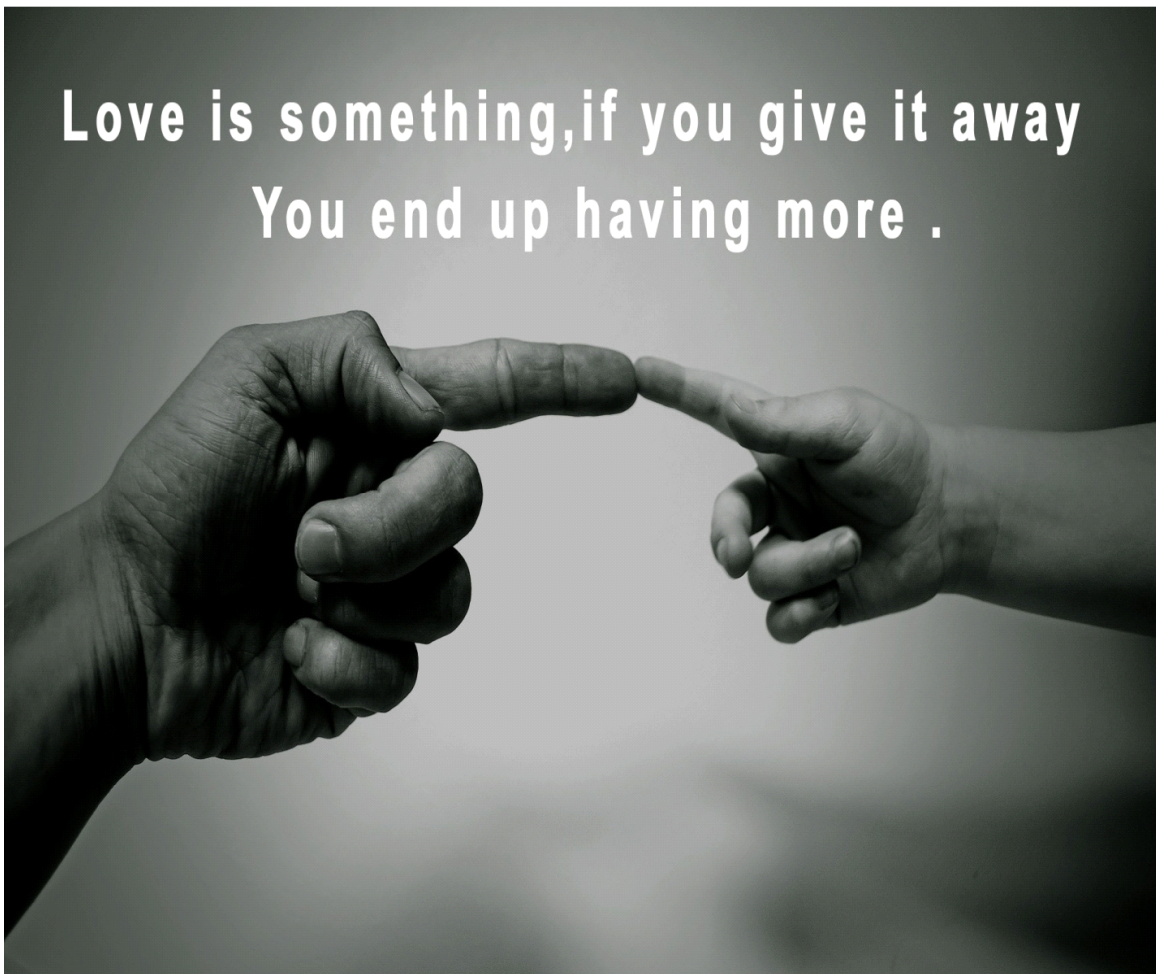
This is a key difference when compared to the approach of conventional medicine. Generally, we wait until something goes wrong before we see the doctor, or go to the hospital.

Conventional medicine, from the most life-threatening situations to the smallest of ailments, concerns itself with 'fixing' what is wrong. Something has to go wrong first.

Yes, Reiki is about healing ailments, but it's also about giving you the secret to a life free of pain and disease thereafter.

Unlike conventional medicine, it's not about treating different issues with separate, disjointed medications.

Reiki is about harnessing the universal life force to heal ourselves as whole beings, from our physical bodies to our emotional and mental states.



The first recorded mention of Reiki is in Japan, and it dates back to 1001 AD. The word Reiki comes from 2 separate words:

Rei = universal (also translates into ‘God’s wisdom’)

Ki = life force, or life energy

The concept of a universal life force is not just embedded into Japanese culture, but it spans across the globe.

It is known as “prana” in Hinduism and Buddhism, and it is what all yoga breathing techniques center around. It’s known as “qi” or “chi” in China, which is the energy associated with Qigong and Tai Chi, and it is also known as “mana” in Hawaiian culture.

Reiki was introduced as a full healing system in 1922 by Dr Mikao Usui, the founder of Reiki.

Also known as Usui Sensei (sensei means ‘the one who teaches’), he was born in Japan to a Buddhist family, and was schooled in a traditional Buddhist monastery. During his lifetime, he mastered Samurai swordsmanship, Kiko (the Japanese version of Qigong), and was interested in many different types of medicine, religions and spirituality, such as Taoism and Shinto.

Usui Sensei devoted his life to finding a way of healing himself and others in a way that was natural, did not need expensive medicine and equipment, had no side effects, and could never cause any harm.

He knew, from his Buddhist upbringing, that there is a universal life force that connects everyone and everything. He also realized that other religions and belief systems also talked about this life force, but it just went by different names.

Usui Sensei didn’t believe in restricting himself to one religion or system of beliefs. He was on a mission to find a definitive system of healing, and if that meant he needed to become well read in a wide variety of belief systems, then so be it.

It’s this open-minded approach that makes Reiki accessible to anyone, no matter what religion or beliefs you have (or indeed, if you have no beliefs).

He traveled to China and to the West to study their medicines. Later, once he came back to Japan, he became a Tendai Buddhist monk, and developed a definitive system of healing, forged from everything he had learnt so far.

A prolific healer, he taught Reiki to over 2000 people in his lifetime, people who then went on to heal and teach tens of thousands. There are now millions of people around the world who benefit from Reiki.

One of the people he taught Reiki to was Dr Chujiro Hayashi, a former naval officer who became a healer, once he met Usui Sensei.

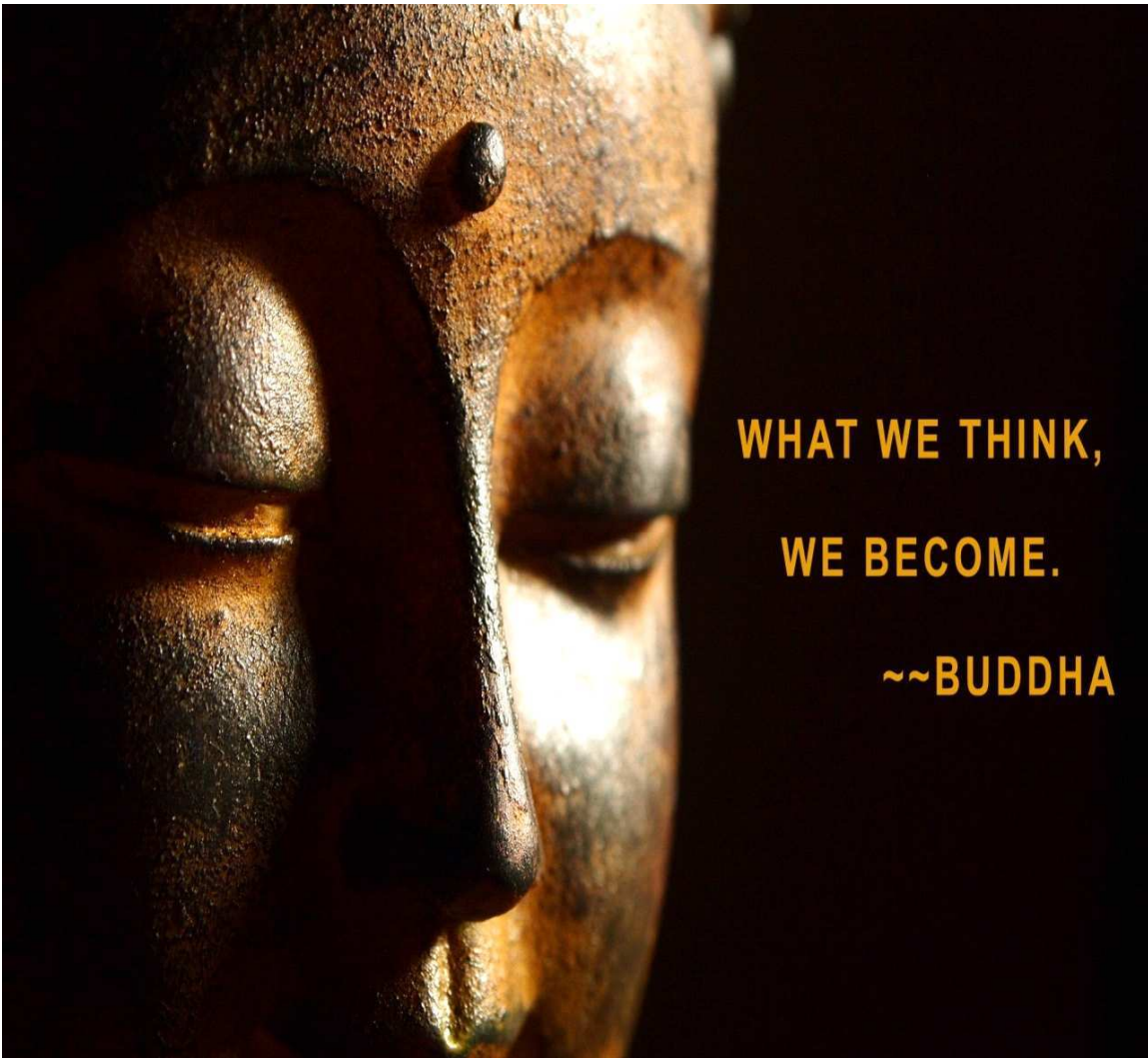
Dr Hayashi is noted for being the person who introduced additional hand positions, which covered more of the human body, and therefore allowed more comprehensive healing, all with the blessing of Usui Sensei.

One of Dr Hayashi's students was Mrs. Hawayo Takata, a Japanese-American lady who originally sought Dr Hayashi's help to heal her own ailments, and then became so enamored with the power of Reiki, she started healing others.

Mrs. Takata is credited for being the person who brought Reiki to the West, and making the teachings more accessible to the West.



CHAPTER 3 – THE TOP 3 REASONS WHY REIKI IS RIGHT FOR YOU



**WHAT WE THINK,
WE BECOME.
~~BUDDHA**

- **Drastically Boost Energy Levels**

Reiki practitioners believe that there is a universal energy (Ki) that flows in and out of every living thing, be they humans, animals or plants. It's an invisible net that connects all of us.



This life force surges and ebbs, depending on what we do and even how we think. When you have high levels of Ki, you feel energized and full of life. When you retain high levels of Ki for long periods, your immune system strengthens, and you build a natural ability to ward off disease.

Conversely, low levels of Ki lead to lethargy, confusion and depression. And low Ki over longer periods leads to sickness and disease.

We can receive Ki from nutritious food, clean air, sleep and sunshine. We can also receive high doses of Ki from doing activities that specifically harness Ki, such as yoga, meditation and Reiki.

How much Ki any of us needs is dependent on each individual, but one aspect holds true; the older you are, the more Ki you need on a regular basis.

A great metaphor is to think of your body as a mobile phone. When you buy a new phone, you'll find the battery charges up easily, and the power lasts for days at a time, without the need to recharge.

As the phone gets older, it takes longer to charge up to full power, and the power seems to deplete much faster, to the point that you need to charge up your phone more than once a day.

In the same way, the older you are, the more easily you lose your Ki, and the more Ki you need to get from different sources.

It's why young people seem to be able to party through the night on little sleep, drink lots of alcohol, and survive on nutrient-lacking fast food, without any real adverse effects on their health.

It's why just a couple of glasses of wine, or not sleeping well for a few nights, can really affect an older person.

The older you are, the more important it becomes to eat well, sleep well and do positive activities that ensure you have a strong, regular gush of Ki flowing into your body.

The good news is, Reiki, along with meditation, is one of the most efficient ways of getting super-high doses of Ki.

- **Eradicate Stress & Switch On Your Body's Natural Ability To Heal:**

A key tenet of Reiki is the belief that stress is the real root cause of all ailments, from the common cold to the most life-threatening of cancers.

And that true relaxation of the body, mind and soul is the cure. The modern world is very stressful, and even relaxation is packaged up as something to be sold to us, whether that's in the form of holidays, spa breaks etc.

Not that there's anything wrong with relaxing spas and breaks, but we think of relaxation as something that is to be enjoyed for a day here and there, or for a couple of weeks a year on holiday.

In fact, deep relaxation is something that we need on a daily basis. Relaxation allows Ki to flow through us in abundance. Lack of daily relaxation leads to blockages in the flow of Ki.

Meet anyone who practices daily relaxation, through Reiki, meditation, yoga, mindfulness etc., and you'll meet one of the healthiest, happiest people alive!

Reiki practitioners think of relaxation differently to the average person. They don't see it as a 'nice to have.' Instead, it is as essential to them as their daily food and water.

The average person thinks of stress as a mental and emotional ailment that manifests itself in forms such as anxiety, depression or panic attacks. Ask anyone who understands Reiki, and they will tell you that stress is the cause of all ailments, even physical.

Many of us either know or have heard of a couple who simply could not conceive a child, and chose to adopt, only to become pregnant after adoption. Once the stress of trying to conceive is over, nature can miraculously take over.

However, once you've allowed Reiki into your life, you'll realize that cases like these are not miracles. It's simply Ki being allowed to flow in abundance again because of decreased stress.

Reiki is the ultimate way of inducing pure relaxation for your mind, body and soul on a daily basis, and eradicating stress, the root cause of all illnesses.



- **Complimentary, Non-Invasive and Safe For Everyone:**

One of the biggest issues with conventional medicine is that each ailment is generally treated separately. It's not uncommon to find people who have different medications to treat their heart, their digestive system, sinus problems and so on.

Medical doctors scrutinize our medical records before prescribing anything, because they need to make sure that what they prescribe will not adversely interact with our current medications.

Drug interactions can result in too much or too little drug in the body, unwanted side effects, or even cause a drug to be ineffective.

Not only that, medical doctors seemingly have the impossible task of ensuring we remain safe because the medications they prescribe may also interact with over-the-counter medications not listed in our medical records, herbal supplements or even vitamins.

There can even be interactions that can occur between certain drugs and certain foods and drinks.

The wonderful thing about Reiki is that it can never adversely interact with any other treatment you are receiving. From simply taking antihistamines to alleviate symptoms of hay fever, to undergoing grueling chemotherapy, channeling Ki into your body will never do you any harm, and will certainly do you a lot of good.

It's the perfect complimentary therapy to any treatment, surgery or procedure. It will put your body, mind and soul into a deep relaxation that triggers your natural recovery process.

It will also retune your mind to think positively, and expect a speedy recovery (ultimately, we are what we think)!

This is important. Genuine Reiki practitioners will never encourage you to replace any conventional treatment with Reiki.

This is not because they think that Reiki is ineffective. Reiki practitioners know how powerful channeling Ki into the human body is for eradicating disease.

Many of us live in a world where we no longer eat nutritious, unprocessed food on a daily basis, a world where we are expected to wake up and go to work before dawn has broken, or work night shifts, which completely disrespect our natural circadian rhythms, a world where sleep and relaxation are luxuries...

We are now so disconnected to what is natural, we are susceptible to dangerously low levels of Ki for long periods that can turn into chronic and even life threatening illnesses.

Can Reiki turnaround even a grave illness? Absolutely! However, all diseases start of as a small seed. Once it is at a life threatening stage, it's so huge that it can be likened to a mighty oak.

Reiki can certainly start to reverse the growth of this diseased tree, but to forgo any conventional treatment that has been prescribed by a knowledgeable clinician would be foolhardy at best, and downright dangerous at worst.

When our bodies have become extremely diseased, it means we have been suffering from chronically low levels of Ki for a very long time. Consequently, it will take time for our Ki levels to rise.

Much like how a long-term anorexic can't be expected to fully recover after eating just one hearty meal, having a couple of Reiki sessions cannot eradicate a serious illness.

However, can it act as a catalyst to conventional medicine, making the treatment exponentially more effective? Yes!

Additionally, Reiki is not a religion. Usui Sensei may have been born into a Buddhist family, but he took onboard teachings from his birth country, Japan, as well as teachings from China and the West.

He believed that all religions and belief systems were hinting at the same thing; a universal life force that binds us all, and has an incredible ability to heal us from all mental, emotional and physical ailments.

Many religions choose to call this life force God (Allah, Yahweh) and the 'Rei' in Reiki is often translated as 'God's Wisdom.'

The wonderful thing here is, whatever religion or belief system you identify with, Reiki can never be in competition with it.

We hope you've enjoyed this brief introduction to the tremendous benefits of Reiki.

Last year over 1.7 million people tried Reiki in the USA. Prestigious hospitals affiliated with Duke, Yale, Johns Hopkins, and other top medical research centers now all offer Reiki as an effective complementary therapy to their conventional treatments.

Isn't time you found out how Reiki could change your life?

Access The Complete Reiki Course Below!



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