

# Usui Reiki

## What is it?

Reiki is a spiritual practice and an energy healing system originating in Japan from its founder Mikao Usui. The word reiki is derived from the Japanese words **rei**, meaning universal, and **kei**, meaning life energy. Reiki improves the flow of the life force energy and balances your energy.

Reiki is a complementary approach used alongside conventional medicine. Treatments are performed by the practitioner laying hands on or off the body correlating to the major chakra centers in the body. This aids in facilitating and boosting the recipients own natural healing capabilities, by focusing energy into both the physical body and energetic field. Reiki helps to release blocks, harmonizes, and promotes all the physical systems in working efficiently. It aims to work on four levels; the physical, mental, emotional and spiritual.

## What are the benefits?

- Reduce stress and anxiety
- Promote relaxation
- Improve sleep
- Boost mood
- Increase energy levels

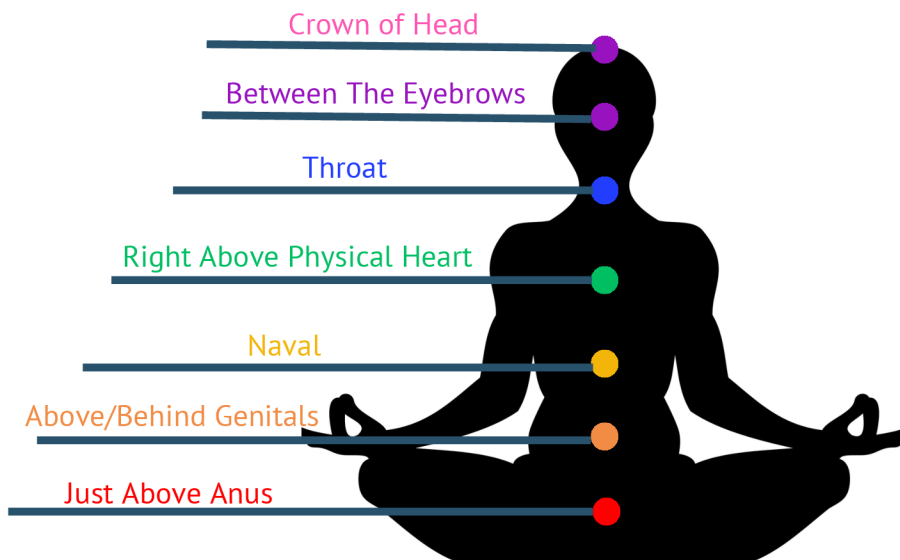
## What are chakras?

Chakras are where your energy flows in the body. The word chakra means “spinning wheel.” It is important to keep your chakras “open” and aligned for emotional and physical well-being. Reiki providers use the chakra system to channel energy and remove energetic blocks, which can affect your physical health.



### Reiki Hand Positions

for healing others  
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- Crown Chakra: Spirituality
- Third Eye Chakra: Awareness
- Throat Chakra: Communication
- Heart Chakra: Love and Healing
- Solar Plexus Chakra: Wisdom and Power
- Sacral Chakra: Emotions and Intimacy
- Root Chakra: Grounding