

A journey through REIKI USUI RYOHO



all that is
HUMILITY now create
guidance SOUL abundance
SACRED SUPPORT healing
unconditional oneness
forgive SHARE intention JOY
blessings REIKI inspi
connect compass
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FAITH ener
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believe purpos
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FRIENDS community
trust celebrate
PRECIOUS



Going through the benefits of reiki
step by step

BY BESOVIBE 

Unlocking the flow of universal energy

Usui Ryoho Reiki, an ancient energy healing practice, has gained popularity around the world for its physical and mental benefits. Deeply rooted in Japanese tradition, Usui Ryoho Reiki offers a path toward harmonizing body, mind and spirit through the channeling of universal energy. In this article, we will explore its origins, definitions, benefits, techniques, and its impact on physical and mental health.



important tip

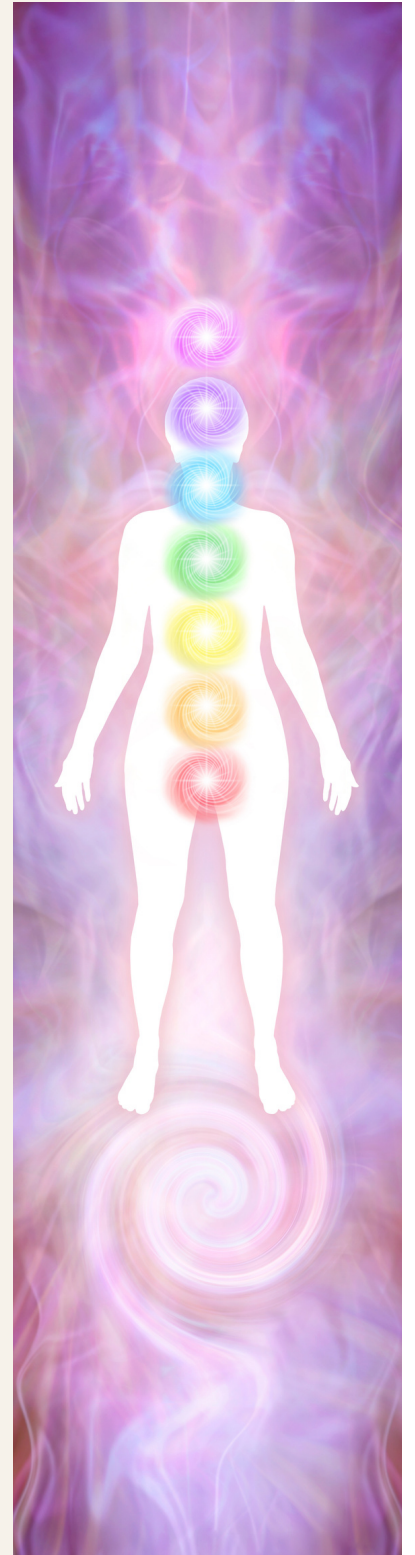
Trust in the healing power of Reiki and allow it to flow freely through you.

Usui Ryoho Reiki was developed by Mikao Usui, a Japanese monk, in the early 20th century. After a period of meditation and fasting on Mount Kurama, Usui claimed to have received the ability to channel universal energy for healing. "Reiki" is made up of two Japanese words: "rei," which means "universal," and "ki," which means "life energy." Therefore, Reiki translates as "universal life energy." "Usui Ryoho" refers to Usui's healing method.

Attributions with Physical and Mental Health

Usui Ryoho Reiki is practiced by placing the hands on or near the patient's body to channel healing energy. This energy is believed to help unblock the body's energy channels, known as meridians, and balance energy centers, called chakras. Doing so promotes relaxation, reduces stress, and stimulates the body's natural ability to heal.

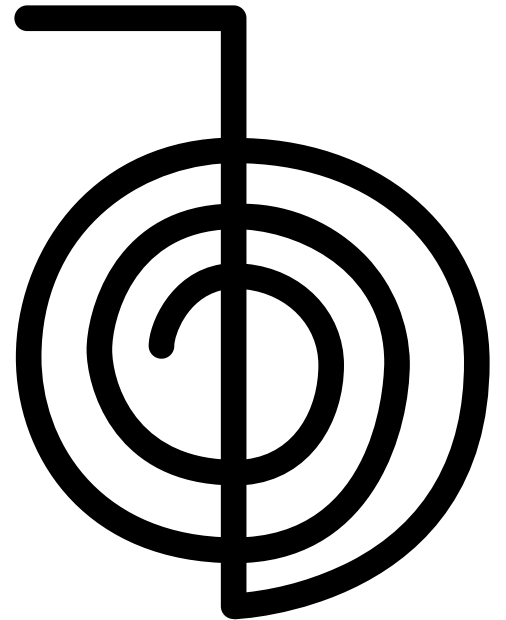
The benefits of Usui Ryoho Reiki are diverse and may include reducing pain, relieving stress, improving sleep, speeding recovery after illness or injury, strengthening the immune system, and increasing feelings of calm. general well-being.



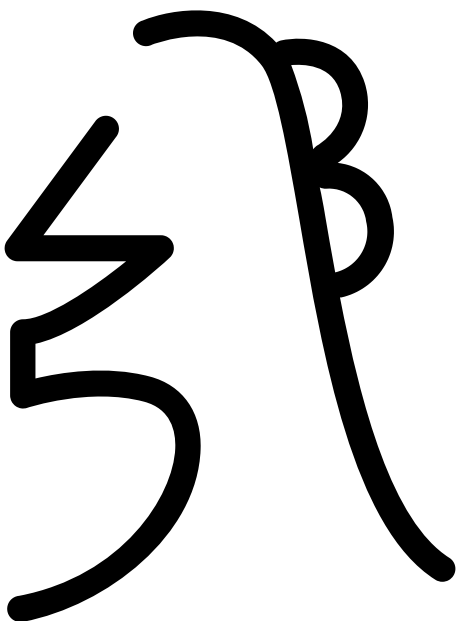
Usui Ryoho Reiki recognizes seven main chakras that correspond to different aspects of the human experience, from the physical to the spiritual. These chakras are energy concentration points in the body and Reiki is believed to help balance them, thus promoting holistic health and well-being.

Reiki Symbols

In Usui Ryoho Reiki, several symbols are used that are considered sacred and energy enhancing. These symbols are used during Reiki sessions to intensify the connection with universal energy and improve the effectiveness of healing.



Cho Ku Rei: Known as the "power switch", this symbol is used to increase Reiki energy and potency.



Sei He Ki: The mental/emotional symbol, used to treat emotional and mental problems.

Reiki Symbols

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Hon Sha Ze Sho Nen: The symbol of distance, which allows Reiki to be sent through time and space.

Dai Ko Myo: The master symbol, used for spiritual healing and connection with the divine essence.

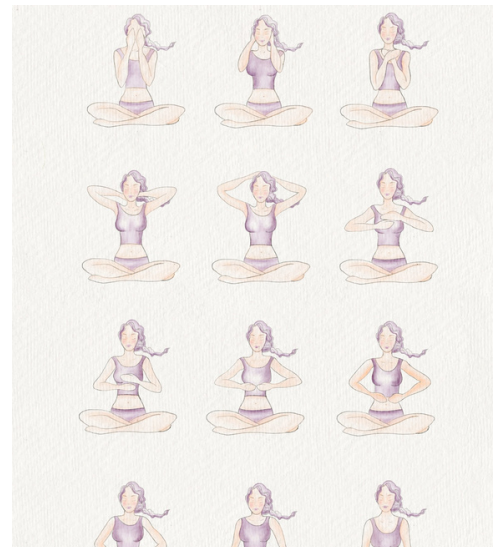
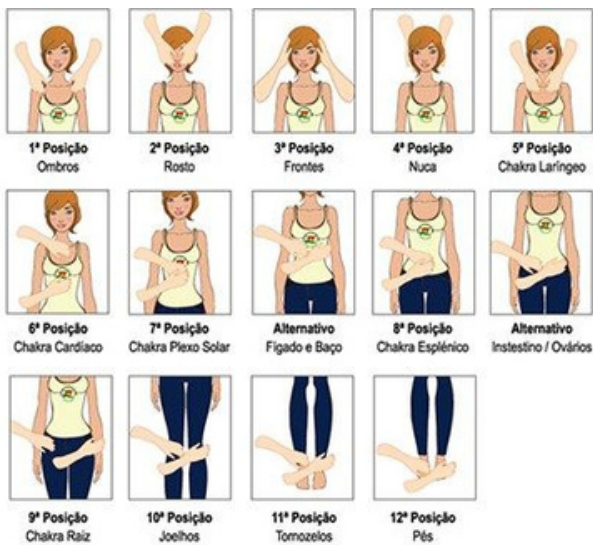
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Raku: "the separator", is used at the conclusion of a Reiki session to disconnect the energy between the practitioner and the recipient, ensuring a safe and harmonious completion of the healing process.



Hand positions



Step by step for a third party session

1. Start by establishing a calm and relaxed environment.
2. Ask the person to lie down comfortably, preferably on a stretcher or flat surface.
3. Place your hands on or near his body, starting from his head and working your way down.
4. Tune into the universal energy and allow it to flow through you to the person.
5. Maintain an attitude of love and compassion as you channel the energy.
6. Stay in each position for as long as you feel necessary, paying attention to any intuition that guides your practice.

Step by step for self-reiki

1. Find a quiet, comfortable place to sit or lie down.
2. Place your hands on different parts of your body, starting from the head and moving down to the feet.
3. Close your eyes and focus on your breathing.
4. Visualize the universal energy flowing through you and into the areas that need healing.
5. Remain in this state for as long as you wish, allowing the energy to do its work.



Important tip

During a Reiki session, trust your intuition and the sensations you perceive. You may feel hot, cold, tingly, or simply a sensation of energy flow. These sensations can vary from one person to another and from one session to another. Allow yourself to be open to receiving intuitive information about where to direct energy and how to adjust your practice based on the specific needs of the person you are treating. Trusting your intuition will help you be a more effective channel for the healing energy of Reiki.

Distance Reiki

Usui Ryoho Reiki can also be sent remotely, meaning that the practitioner can send healing energy to people who are physically far away. This is done through intention and visualization, using the Hon Sha Ze Sho Nen symbol to connect with the recipient.



Conclusion

Usui Ryoho Reiki is more than a healing technique; It is a path towards connection with universal energy and personal transformation. As we continue to explore and practice this ancient form of healing, we open ourselves to a world of possibilities for physical, mental and spiritual healing. May the flow of universal energy guide us on our journey towards holistic health and well-being.



"Reiki has been my beacon of hope in dark times; a light that restores my balance and guides me toward inner peace."



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