

**Reiki is an ancient Japanese system of natural healing based on channeling energy through the hands. This gentle touch therapy is non-invasive and non-manipulative. Reiki is a complete method for activating and learning to use natural energy to promote healing, wholing, personal growth and transformation.**

- **Reiki is a powerful natural system which unlocks the inner flow of vital energy.**
  - **Reiki treats the whole body rather than addressing specific symptoms.**
  - **Reiki provides symptomatic relief without suppressing symptoms.**
  - **Reiki is given for the primary purpose of stress reduction and relaxation.**
  - **Reiki enhances the immune system's ability to heal itself.**
  - **Reiki works in perfect harmony with all other modalities and healing techniques.**
  - **Reiki aids the prevention of disease.**
  - **Reiki is a consistent means of relieving stress, tension and hypertension**
  - **Reiki is a support for medical procedures which does not conflict with treatment.**
  - **Reiki is a way to control anxiety often associated with disease, illness and crisis.**
  - **Reiki is a completely self-contained natural healing system.**
  - **Reiki is a powerful tool for personal development and spiritual awareness.**
  - **Reiki is effective in creating high-level wellness and reducing the cost of health.**
  - **REIKI IS SAFE TO USE ANYTIME, ANY PLACE, AND IN ANY SITUATION.**
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**Reiki is often confused with other therapies and belief systems. This is a direct result of Reiki being used in conjunction with, but not distinguished from, other therapies. It is important to clear up any misunderstanding that the recipient may have. A true understanding of this healing therapy should also include what Reiki is not.**

**Reiki is Not:**

- **A religion, cult or belief system**
- **A dogma or specific doctrine**
- **A form of psychic healing, hypnosis or a form of mind control**
- **A psychic surgery technique**
- **A type of massage or massage technique**
- **It will not bring you instant enlightenment. You will get a disposal of a significant amount of spiritual and healing energy to help you walk your path, but the choice and hardwork of surrendering your ego is still something that only you can do yourself.**
- **It does NOT relieve someone of the responsibility of seeing a doctor or other medical specialist, and it does NOT make any Reiki practitioner a medical specialist.**
- **Reiki will never violate one's free will. If a receiver does not want the reiki energy and refuses healing for some reason, the energy will simply be bounced back to the sender.**