

What is Reiki Part one



Reiki is an ancient rediscovered natural healing technique that Mikao Usui has brought back to life for all of us; in order to get our own live energy flowing again. It involves the placement of hands onto the body, Reiki is not difficult to learn it is not a technique, through Reiki Initiations Reiki awakens our natural energy again. These Initiations from Reiki 1 and Reiki 2 are needed for a complete purified healthy Reiki energy. The Initiations should be done through a proper initiated real Reiki Master; this is a must to get the right attunements. Our Kundalini energy channel gets cleaned with the right Reiki Initiations. Therefore listen to your own Soulsheart and then you will be guided in choosing the right Reiki Master for you.

Reiki is amazingly simple to learn method. It does not take years of practice; it is simply passed on through a series of attunements from a qualified Reiki Master/Teacher to the student. As soon as this happens, everyone has the ability to use this Reiki energy again, it belongs to us, but our energy flow was not right. "The master teacher fine tunings" have to be right to purify our Kundalini energy or the students will get the wrong energy; therefore be sure about whom your Reiki master is. It is the individual's own abilities to channel Universal life force energy. Reiki energy is received as a warm sensation coming from the hands, it is gentle and stimulates mind and spirit. Reiki heals by flowing energy through the affected parts of the energy field and recharge them with positive energy. It raises the vibratory level of the energy field and around the physical body where the negative thoughts and feelings are attached too. Reiki cleans and heals the negative Kundalini energy; allow the energy to flow freely, healthy in a natural way.



Through Reiki initiations we will grow spiritual, because our SQ mind wakes up. Reiki is a good starting point for everything and your life will change positive. Experiencing healing energy, Reiki will always complement other healing methods and other spiritual practices too. Once you have learned and understand this very easy healing technique you can begin, it will become active in your own healing too. Give yourself a Reiki healing everyday and you keep good energy too. Our Kundalini energy should be right; but through our own unawareness, we had some negativity. We can use Reiki for everything; stress reduction and relaxation that allows us to tap into an unlimited supply of life force energy; if this energy is cleaned. Reiki helps you to become a believer again in your own natural Soulsheart energy. Through trusting and believing in yourself, your inner self and Kundalini energy will flow as a natural purified energy. It can be defined as "spiritually guided life force energy". An unseen energy flows through all living things; it is connected directly to our own quality of health and quality of life; and also the quality of our own wisdom.

How Reiki heals our Kundalini energy; to improve health and enhance the quality of life, we are alive because the life force is flowing through us. Life force flows through our physical body, it flows around us in a field of energy called the aura or Lightbody. Life force nourishes the organs and all cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the

organs and tissues of the physical body. The life force is responsive to thoughts and feelings; it becomes disrupted when we accept unconsciously negative thoughts or negative feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and cause a disruption in the flow of our own life force energy. This diminishes the vital function of the organs and cells of the physical body and we feel very tired.

Through an attunement; Reiki is transferable to a student by a Pure Reiki Master during an attunement process. This process opens heart, throat, inner- eye and crown chakra. With Reiki 2 Attunement the crown chakra gets another attunement this is for the spiritual part to activate our spiritual SQ mind and also the 2 palm chakras receive the ability to channel Reiki. For Reiki 2 you receive 3 symbols for distance healing. The Reiki attunements start a cleansing process that affects the physical body as well as the mind and emotions. Toxins stored in the body may be released along with feelings and thought patterns that are no longer useful. After an attunement there is a 21 day cleansing for the 10 chakra system each day. Once you have received the Reiki attunements, you will have Reiki for the rest of your life.