



The Reiki Ideals

The secret art of inviting happiness

The miraculous medicine of all diseases

Just for today, do not anger

Do not worry and be filled with gratitude

Devote yourself to your work

Be kind to people.

*Every morning and evening,
join your hands in prayer*

*Pray these words to your heart and
chant these words with your mouth*

Usui Reiki Treatment for the
improvement of body and mind

The founder

U_{SUI} M_{IKAO}



The purpose of the association is to promote the professional practice of Reiki. Members have completed a required course of study, agree to abide by a code of ethics and standards of practice, and use approved class manuals when teaching.

www.reikimembership.com



Linda L Groman
Holy Fire® III – Karuna Reiki®
Master/Teacher

Gentle Dove Wellness LLC

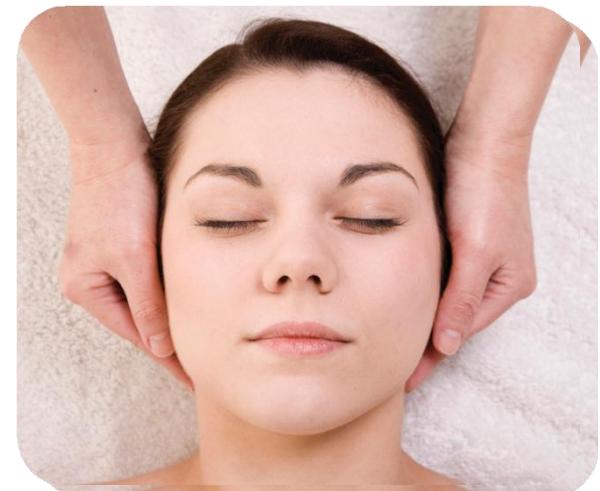
653 Skippack Pike, Suite 226

Blue Bell, PA 19422

267-416-6005

Visit our website to book your
Reiki session with us today!
www.gentledovewellness.com

Reiki



*The peaceful way to
maintain or restore
health and promote
relaxation*

What is Reiki?

The awareness that unseen energy flows through all living things and directly affects a person's health has been part of the wisdom of many cultures since ancient times. This life energy goes by many names: *qi* in China, *ki* in Japan, and *prana* in India.

The ancient Hawaiians called it *ti* or *ki*. It has also been called *orgone* energy and *élan vital*, and science refers to it as *biofield* energy.

When your life energy is low, it is more difficult to deal with stress; you may not sleep well, and you're more susceptible to illness. When your life energy is strong, you feel strong, can more easily deal with stress, and are less likely to get sick. Reiki is a technique that increases a person's supply of life energy.

What is a Session Like?

Reiki is administered through the hands of a Reiki practitioner with the client lying fully clothed on a massage table. A session typically lasts 45 minutes to 1.5 hours, and shorter sessions are also available.



The Reiki practitioner places their hands on or near the head, shoulders, abdomen, and legs and feet.

Tissue is not manipulated. The practitioner's hands are simply held at each location, lightly touching or slightly away from the body. Reiki energy flows from the practitioner's hands and into the client's body and energy field. A Reiki session feels like a wonderful, glowing radiance that surrounds and fills the client, promoting relaxation, peace, and well-being that supports healing.

Benefits

Reiki energy helps muscles relax and increases blood flow to treated areas, which in turn accelerates the healing process.

Practitioners and clients report help with stress, headaches, insomnia, upset stomach, sprains, and other minor conditions.

Occasionally, miraculous results are reported. Reiki also promotes psychological healing, including the release of anger, fear, worry, sadness, and other unhealthy feelings, and replaces them with self-worth, confidence, and tranquility.

Use in Hospitals

Reiki is increasingly popular with the medical community, with over 800 hospitals in the U.S. offering it as a standard part of hospital care. A research study at Hartford Hospital in Hartford, Connecticut, indicates that Reiki improved patient sleep by 86 percent, reduced pain by 78 percent, reduced nausea by 80 percent, and reduced anxiety during pregnancy by 94 percent.



In addition, nurses report that Reiki helps patients heal faster with less pain, reduce stress and improve mental attitude, improve appetite, and reduce the negative side effects of chemotherapy, radiation, and other medical procedures.

Reiki Classes

Classes are available for those wishing to learn how to give Reiki sessions. Reiki is simple to learn; anyone can learn it, with no prerequisites. Once you've learned, you can give Reiki to yourself or to others. Teacher training classes are also available.

History

Reiki was developed in Japan in 1922 by Mikao Usui and was brought to the West in 1937 by Hawayo Takata. The popularity of Reiki has grown exponentially in the past few decades. A 2007 survey indicates that, in the previous year, 1.2 million adults and 161,000 children in the U.S. received at least one Reiki session.