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Reiki 1. level: the first Reiki level is for opening the energy channel. In this phase, the student is prepared to become a Reiki practitioner. Reiki 2. level: in the second Reiki level the students learn the three most important Reiki symbols (explained below). Reiki 3. level: the 3rd level is also called the master level. Here the students learn to use the fourth symbol, the master symbol.

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Reiki (pronounced ray-kee) is a Japanese term usually translated as "Universal Life Force". It is made up of two ideograms; Rei meaning "Universal" and Ki meaning "Life

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Reiki Healing for Beginners Reiki, the healing therapy created by a Japanese Buddhist named Mikao Usui over a hundred years ago, is based on a simple spiritual principle: We're all guided by the same invisible life force, and it controls our physical, mental, and emotional well-being.

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for your self. How you begin your practice of Reiki is up to you as there are no set in rules for learning Reiki.

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Then hold it between your hands for 5 minutes allowing Reiki to flow between your hands and through the card. This will send the affirmation deep into your psyche and empower it with the transformational energy of Reiki. 5. Then begin to exercise.

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Reiki is a form of alternative medicine which is mostly useful for stress reduction, peace and healing wounds that are not entirely physical. The word "reiki" is made of two Japanese kanji (Japanese ideograms), "rei" (spiritual, mystical, sacred) and "ki" (or "Qi, pronounced "tchi" in Chinese).

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