



Self-care reduces symptoms of

- Anxiety
- Stress
- Depression
- Fatigue
- Interrupted sleep patterns

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WHAT IS REIKI?

"Beneath our consciousness a deeper intelligence is at work- the evolved intelligence of humankind."

-Anthony Stevens *The Two-Million-Year-Old Self*

(Shutter Stock, 2022)

The smooth, balanced flow of chi - your life-force energy - is the single most important determinant to your health, vitality and happiness.



Taoist Lineage Master
Bruce Frantzis
The Chi Revolution

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HOW TO FEEL CHI ENERGY?




氣
Energy

(Shutterstock, 2022)

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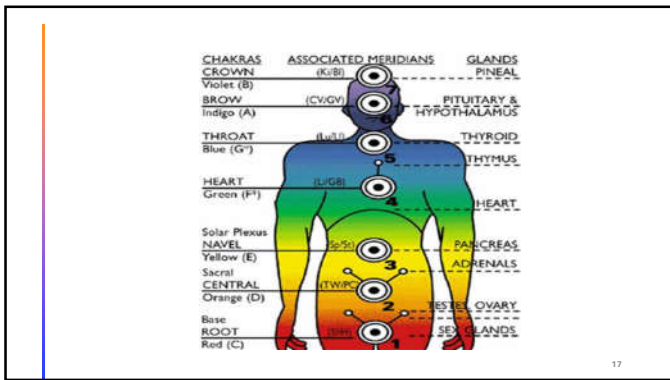
We are beings of energy and vibration



(Getty Images, 2022)

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Gokai= rules of conduct

Just for today, I will not feel anger.

Just for today, I will not worry.

I appreciate everything and give thanks.

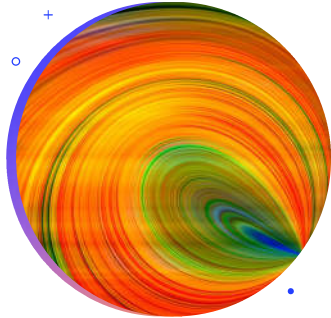
I embody the teachings in action.

I am kind to myself and other beings.

REIKI LEVELS

Reiki I Reiki II Reiki Master





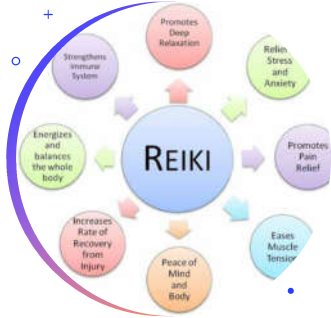
Good Vibrations

- Showing gratitude
- Smiling
- Humming or singing
- Avoiding alcohol & illegal drugs
- Eating healthily
- Exercising

(Pixabay, 2022) 22

BENEFITS OF BALANCING ENERGY WITH REIKI

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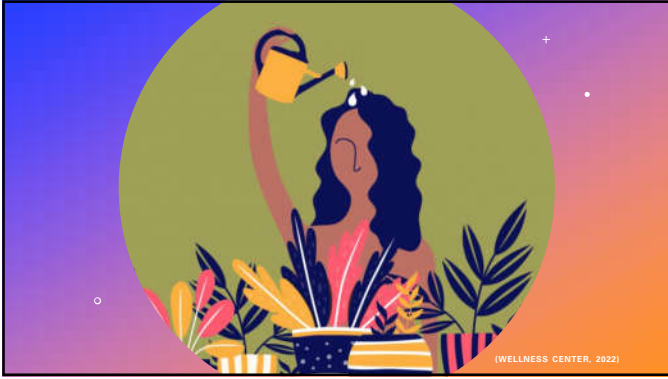


Benefits

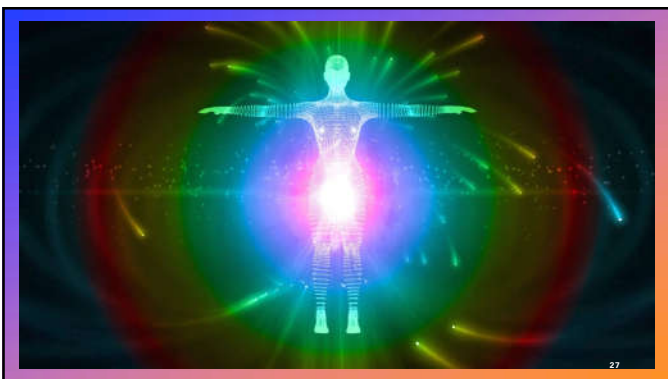
- Relaxation
- Relieve stress and anxiety
- Promotes pain relief
- Eases muscle tension
- Allows peacefulness
- Assists with faster recovery
- Energizes and balances body
- Strengthens immune system

(REJEVANDA, N.D.) 24

USING REIKI TO PROMOTE BALANCE AND HEALTH





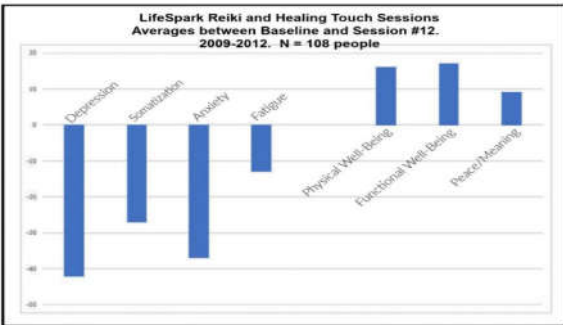


Harvard Reiki Effectiveness Trial

Study: 99 Reiki Practitioners across the U.S. tested outcomes after 1411 Reiki sessions.

Conclusions: The results from this large-scale, multi-site effectiveness trial suggest that a **single** session of Reiki improves multiple variables related to physical and psychological health.

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Our entire biological system, the brain, and the Earth itself, work on the same frequencies.

Nikola Tesla

Quadrinity

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ENERGY EXERCISES




Third-eye (or Ajna) Chakra Tune Up

- Promotes self-love
- Hones intuition
- Creates clarity
- Releases stagnant energy
- Aids in emotional balance

(BLACK STAR SPELL SHOP, 2022)

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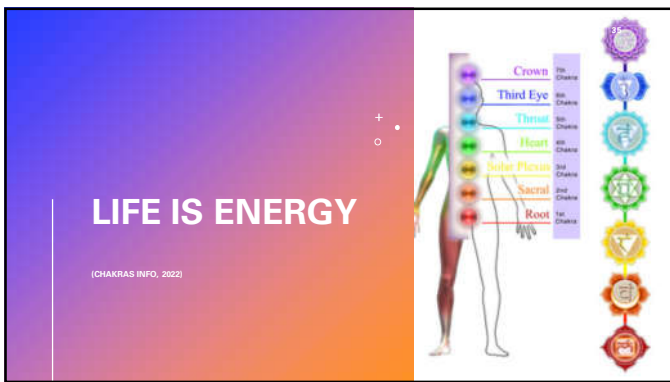
Visualization Exercise

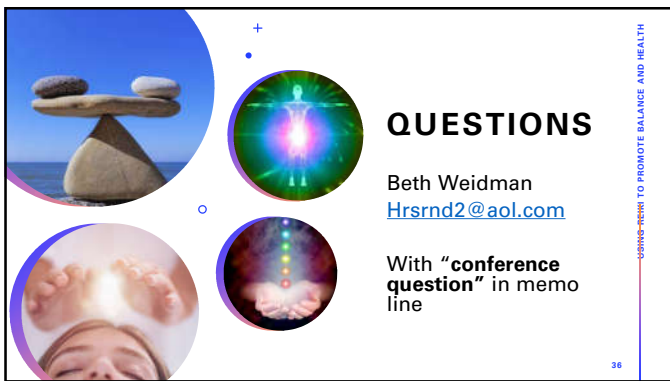


(Can Stock Photo, 2022)

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