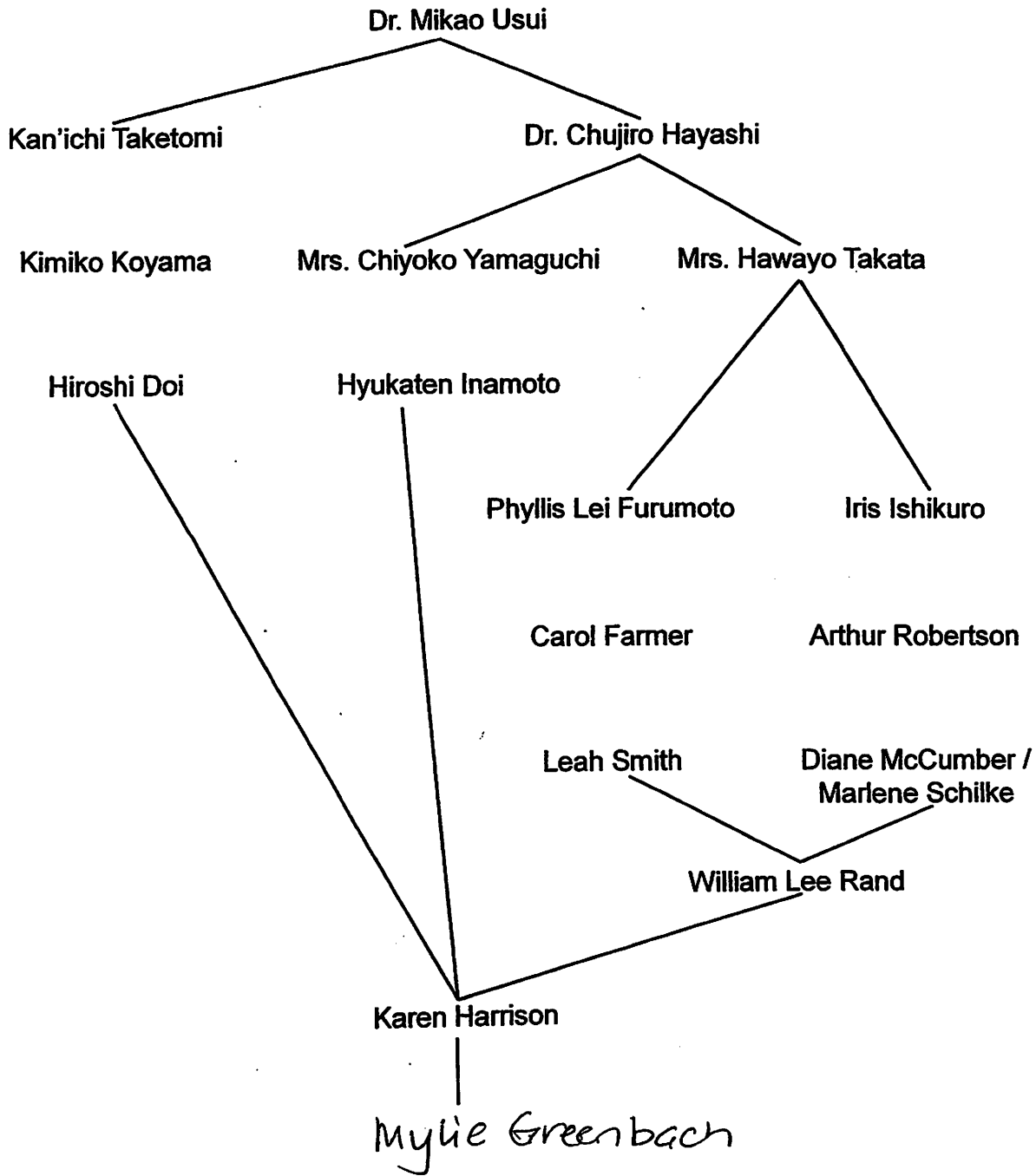


USUI Reiki Lineage



The Reiki Principles

*Just for today I will give thanks for my
many blessings.*

Just for today I will not worry.

Just for today I will not be angry.

Just for today I will do my work honestly.

*Just for today I will be kind to my neighbor
and every living thing.*

What Reiki can be used for?

- Virtually every illness – major or minor - multiple sclerosis , heart disease, cancer , skin problems, bruises, colds, flu , headaches
- Virtually every injury - major or minor - broken bones, cuts, burns.
- Works in harmony with all other kinds of treatment.
- Reduces negative side effects of surgery, chemotherapy.
- Shortens healing time.
- Improves mood and reduces anxiety
- Get quicker results by using with psychotherapy
- Use with massage
- Use with medical profession - nursing, physical therapy, chiropractic, medical doctor, occupational therapy, and more
- Decrease stress and relax
- Plants grow better with Reiki
- Cars, camera batteries, computers
- Empower goals
- Increase your spiritual development, connect to an enlightened being
- Clear room, release ghosts and entities
- Animals – pets, farm, and wild
- Improve the energy of food you cook and eat
- Get to sleep or get back to sleep
- Meditate with Reiki
- Exercise with Reiki
- Enhance your creativity with art, writing , music, dance
- Strengthen and protect energy field - especially helpful for empaths
- Clear your energy field with Reiki
- Use at work to create better results and harmony with co-workers
- Send Reiki at a distance for - past traumas, future events
- Send Reiki at a distance for – family members, friends, world traumas
- ANYTHING and EVERYTHING

Don't worry, be Reiki!

field of the organ thus helping the organ to return to a healthy state.

How Reiki Heals

Ki has two categories – **genki** or healthy ki and **byoki** or unhealthy ki. When we have a lot of genki, our physical energy level is high, we feel good about ourselves and others, we are confident, able to accomplish things easily, and we're less likely to get sick. To raise your genki, get more sleep and rest, take in nutrients, exercise, have a positive attitude, have a fulfilling job, and loving relationships.

When adverse situations arise, process the negative feelings in a healthy way by feeling them and letting them go, so that they move out of your energy system. If you don't process them but suppress or deny them, the affected organs and will reduce their functioning. For example, anger creates byoki around liver, fear creates byoki around kidneys, and grief creates byoki around the lungs. Byoki appears as dark shapes that are stuck in a person's aura field and blocks or distorts the natural flow of the auric field.

Reiki flows into the client's energy field, affecting their ki and flows around organs and tissues, enhancing their genki. Reiki seeks out the byoki, flowing directly to it, through it, and around it. It breaks up the byoki into small particles, removing its negative programming, melting it or burning it up with higher frequency energy, transmuting it into back into genki. Or Reiki can release it as one big chunk of energy that lifts up and out of the person's energy field and is sent to the light where it is transformed. By removing the byoki, the natural flow of genki is restored along with the person's health. Reiki provides a higher level of nurturing to body and works on the mind, emotions, and spirit, helping us to feel better.

What is Reiki

Mylie Greenbach
Licensed Reiki Master

It is a Japanese technique for healing, stress reduction and relaxation. It is considered energy work, working with subtle energy and energy fields to induce relaxation, it is touch therapy, and promotes healing.

Terms

Rei: The universal, spiritual consciousness—our higher power.

Ki: The same definition as “chi” in Chinese; It is our life force energy. Ki is guided by our higher consciousness.

Reiki: Is a spiritually guided life force energy to promote healing.

What Qualifies as Reiki

Everyone has this life force energy running through them. The ability to do healing comes from an attunement. The healing energy is not one's own energy, but comes from and is guided by the Higher Power. The healing energy can do no harm. The healing technique is part of a lineage leading back to the founder of the technique.

Scientific Understanding

The human body is electrical in nature. Currents flow through the nerves, blood, organs, and cells. **Electrocardiogram (EKG)** measures electrical activity of heart. **Electroencephalogram (EEG)** measures electrical activity of brain and nervous system. **Ampere's Law** states that when an electric current flows through a conductor, an electromagnetic field is created around the conductor. Every cell, tissue, and organ has its own electromagnetic field. Devices that measure these are called **magneto cardiogram**, **magneto encephalogram**, and **magneto myogram**. Through these devices, it has been found each organ has a pulsing electromagnetic field. When the organ is healthy, it pulses within a certain range of frequencies, but when it is unhealthy, it moves out of this range. The hands of the Reiki healer produce pulsing electromagnetic fields and the healer's hands begin pulsing at the rate needed for the unhealthy organs or tissues to become healthy. Through the process of magnetic induction, the healer's hands induce the healthy frequency into the unhealthy electromagnetic