



A GUIDE TO REIKI & DISTANCE REIKI

*Universal Life Force Energy —
Ancient Wisdom, Modern Healing*

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WHAT IS REIKI?

Reiki (pronounced *ray-key*) is a Japanese energy healing practice. The word itself is composed of two kanji: *Rei* — meaning "universal wisdom" — and *Ki* — meaning "life force energy." Together they describe the intelligent, flowing energy that animates all living things. When this energy is blocked or depleted, illness and stress arise. Reiki works by gently restoring its natural flow.

HOW DOES IT WORK?

A Reiki practitioner acts as a clear channel for this universal energy, directing it to areas of the body where it is most needed. During an in-person session, light touch or hovering hands are used. The energy is intelligent — it goes exactly where it is needed. Sessions promote deep relaxation, reduce stress hormones, support the immune system, and activate the body's own natural healing mechanisms.

"The secret art of inviting happiness, the miraculous medicine for all diseases."

— Mikao Usui, Founder of Reiki

WHY DOES IT WORK? THE SCIENCE & PHILOSOPHY

Every living cell emits an electromagnetic field. Modern science — including quantum physics and biofield research — confirms that the body is not just biochemical, but energetic. Reiki works within this biofield, similar to the way acupuncture influences meridian pathways. Studies have shown Reiki can lower cortisol (the stress hormone), reduce pain perception, improve sleep quality, and accelerate recovery. In Japan, the concept of *Ki* has been central to medicine for thousands of years — the same energy called *Chi* in Chinese

medicine and *Prana* in Ayurvedic tradition. You don't have to "believe" in Reiki for it to work — energy flows regardless of belief.

◆ DISTANCE REIKI ◆



WHAT IS IT?

Distance Reiki is healing energy sent across any physical distance — across a room, a country, or an ocean. Time and space are no barrier. The session is just as effective as in-person work.



WHAT TO EXPECT

You relax in a comfortable place at a scheduled time. Many people feel warmth, tingling, emotional release, or simply profound peace — just as if the practitioner were present.



WHO CAN RECEIVE IT?

Anyone, anywhere. Distance Reiki is ideal for those with mobility challenges, busy schedules, or who simply prefer to receive healing from the comfort of their own home.



MIKAO USUI
1865-1926

THE FOUNDER

Mikao Usui · August 15, 1865 — March 9, 1926

Born in the Gifu Prefecture of Japan, Usui Sensei was a lifelong seeker — a scholar of medicine, psychology, Buddhism, Taoism, and martial arts. He was, by all accounts, a man of extraordinary compassion and breadth. After years of searching for a universal method of healing, he undertook a rigorous 21-day fasting and meditation retreat atop sacred Mount Kurama in 1922. There, he experienced a profound spiritual awakening and received the gift of Reiki. He opened his first clinic in Tokyo that same year, teaching Reiki to over 2,000 students and training 16 Reiki Masters before his passing. Today, millions worldwide carry forward his legacy. His five guiding precepts remain the ethical heart of every Reiki practice.

◆ THE FIVE REIKI PRECEPTS OF USUI SENSEI ◆

- ◆ *Just for today, do not anger* ◆ *Just for today, do not worry*
- ◆ *Just for today, be grateful* ◆ *Just for today, be diligent in your work*
- ◆ *Just for today, be kind to others*

◆ FREQUENTLY ASKED QUESTIONS ◆

Do I need to believe in it for it to work?

No. Reiki energy flows regardless of belief, just as gravity operates whether or not you believe in it. Skeptics and believers experience equally meaningful results.

Is Reiki a religion?

Reiki is not a religion. Usui Sensei specifically designed it to be accessible to people of every faith — or no faith. It is a practice of energy, not doctrine.

Can Reiki replace medical treatment?

Reiki is a complement to — not a replacement for — medical care. Many hospitals now offer it alongside conventional treatment. It supports healing; it does not diagnose or cure disease.

How will I feel during a session?

Most people feel deep relaxation, warmth, tingling, or emotional release. Some drift into a dreamlike state. Others feel energized. Each session and each person is unique.

How many sessions do I need?

A single session can bring noticeable shifts. For deeper, lasting change — especially for chronic stress, grief, or physical conditions — a series of sessions is recommended.

Is distance Reiki really as effective?

Yes. Countless practitioners and clients confirm that distance sessions produce identical sensations and results. Energy is not limited by geography — and neither is healing.



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