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Self Health & Sustainable Living
The natural healing abilities become.

The stronger your personal energy, or Ki, the more effective your

initiates a clearing of stagnant energy allowing energy to flow freely.

This also seems to deliberately move energy through the body. This

area, a Reiki practitioner creates a strong inner core A practitioner

and the mind and spirit. The traditional teachings are based on the

Japanese energy system - the hara: the body’s point of balance

mind and spirit. The traditional teachings are based on the

The system of Reiki uses energy to promote healing in the body.

Suizuki can’t live and quietly teaching.

In Japan today there are even traditional practitioners, such as

evolved into one of the most popular self-help methods available.

crossed to the West at the time of the Second World War and has

1990s in Japan by a martial arts practitioner called Mikao Usui. It

The system of Reiki is a spiritual method developed in the early

Reiki.

She still practices his early teachings: the roots of

is a student of Mikao Usui (who died in 1926) and

change from time green to bring orange to red. She

outside the shoulder of someone who needs healing. Outside

San, a 79-year old Taido nun places her hand on

is a quiet monastery near Kyoto in Japan, Suizuki

What is Reiki?

The Roots of Reiki Part 1