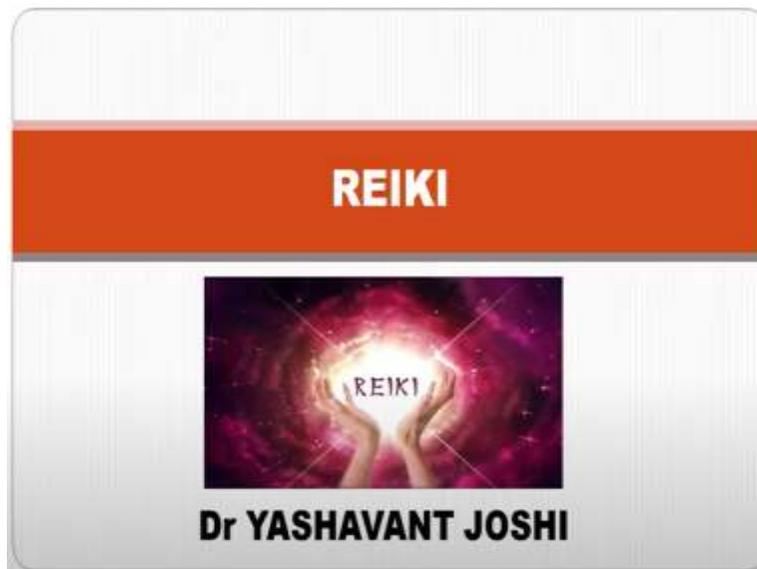


**Basic Certificate in Palliative Care**  
**Dr. Geeta Joshi**  
**Dr. Piyush Gupta**  
**Dr. Col. Yashavant Joshi**  
**International Institute of Distance Learning**  
**Indian Institute of Technology, Kanpur**

**Week-05**  
**Lecture 41: Reiki**

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Hello friends, namaste. This is the second lecture about reiki of course in the first lecture we did mention about reiki and we give you certain brief description but now we will learn in detail.

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## PRELUDE

- Reiki is a Japanese form of energy healing therapy. It's based on the notion that all humans have energy fields, or life forces, that keep us alive. According to the practice, physical, mental, and emotional issues can occur if this energy is low or becomes blocked. 'Rei' meaning universal life and 'Ki' meaning energy.
- Reiki is a complementary or alternative health approach. It does not directly cure diseases or illnesses. Instead, it's used to manage and improve general well-being.

Reiki is a Japanese form of energy healing therapy they call it TCM, traditional Chinese medicine. It is based on the notion that all humans have energy fields or life forces that keep us alive we call it prana they call it chi life force according to the practice physical mental and emotional issues can occur if this energy is low or becomes blocked or disturbed rei means universal life and chi it means energy so reiki If you combine both the words, it is something which provides you universal energy and life. It is a complementary or alternative health approach. It does not directly cure diseases or illnesses.

Instead, it is used to manage and improve general well-being.

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## The purpose of Reiki

- The purpose of Reiki is to promote good health by balancing these energy fields.
- It's done by a Reiki practitioner, who places their hands on or just above your body to redirect energy.
- Research suggests it may help reduce pain and anxiety, improve your mood and sense of well-being, and help with depression.

The purpose of Reiki is basically to promote good health by balancing these energy fields. It is done by a Reiki practitioner who places their hands on or just above your body like hovering to redirect energy. Research suggests it may help reduce pain and anxiety, improve your mood and sense of well-being and help with depression.

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## INDEX

**PART: I**  
**The Reiki Principles**

**PART: II**  
**The Benefits of Reiki**

**PART: III**  
**How Does It Work?**

We will see this lecture in three parts. In part one, we will talk about Reiki principles. In part two, the benefits of Reiki, particularly the health benefits. And in part three, we will

just discuss how the Reiki works on our body, the Reiki principles. Like any other spiritual practice or any other work process, Reiki is also based on a set of principles.

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## The Reiki Principles

- Like other spiritual practices, Reiki is based on a set of principles. These core concepts are similar to affirmations or intentions. By **focusing on the present moment**, they offer guidance for connecting with your Reiki energy, which may help boost your sense of well-being in various ways.
- Let's get into what the Reiki principles are, and how you can use them to help create more positivity in your day-to-day life.

These core concepts are similar to affirmations or intentions by focusing on the present moment they offer guidance for connecting with your Reiki energy which may help boost your sense of well being in various ways let's get into what the Reiki principles are and how you can use them to help create more positivity in your day to day life.

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### 1. Just For Today, I Release Angry Thoughts

- It's normal to feel angry sometimes. This emotion can be triggered by many scenarios, like dealing with a rude co-worker or getting cut off in traffic.
- But according to Reiki, anger doesn't come from these outside events. Instead, it stems from angry energy already within you.
- This principle aims to help you release this angry energy. **It encourages you to recognize anger and to let it go, allowing you to invite happiness into your life.**

The first principle just for today, I release angry thoughts. Actually, all these five principles, basically they are the principles to improve your moral standards. If you, whether you are learning Reiki or not, but all these five principles will help you in your social development, how to behave with others and it will increase your reputation. First principle, just for today, I release angry thoughts. Just for today and when you keep on doing this thing, actually then it becomes your habit not to get angry unnecessarily.

It is normal people do feel angry sometimes. Some people they are always you know having that particular anger mood. This emotion can be triggered by many scenarios like dealing with a rude co-worker or getting cut off in a traffic, anything which you do not like and happens you just get angry. But according to Reiki, anger does not come from these outside events. Instead, it stems from angry energy already within you.

Reiki says that there is some angry energy. It is already stored with you. It is inside. Anger doesn't come from outside sources. This principle aims to help you release this angry energy.

It encourages you to recognize anger and to let it go allowing you to invite happiness into your life. So, understand this, anger does not depend upon any circumstances or person or situation, it is there, anger is there in your mind, anger is there in your heart and when something happens you just release that particular anger. However, the first principle says just for today I release angry thoughts, I will not get angry.

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## 2. Just For Today, I Release Thoughts Of Worry

- Many of us worry about things that haven't happened yet. And while it's easy to feel like that worry comes from an external source, **Reiki maintains that it starts from within.**
- If you're holding on to worry-energy, thinking about future events can produce negative emotions. However, if you're able to release this worry-energy, you may have an easier time living in the present moment and worrying less about the future.

Second, just for today, I release thoughts of worry. I will not worry.

Every time we are worrying this thing or that thing. Many of us worry about things that have not happened yet. We are worrying about the future which we do not know it is going to happen. Past is a history and future is a mystery. Why are you worrying about the mystery? We must live in the present and while it is easy to feel like that worry comes from an external source, Reiki maintains that it starts from within.

Again Reiki says that worry does not come from external source, that source is you, it is within you. If you are holding on to worry energy, thinking about future events can produce negative emotions. So, the Reiki says that this particular like in the first principle we spoke about anger energy. The second principle talks about worry energy and if you release this worry energy, you become peaceful. You may have an easier time living in the present moment and worrying less about the future.

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### 3. Just For Today, I'm Grateful

This is a reminder to express gratitude for all that you have. By slowing down and recognizing the good in your life, it may help you foster more positive energy.



Just for today, I am grateful. This is a reminder to express gratitude for all that you have. By slowing down and recognizing the good in your life, it may help you foster more positive energy. About the importance of gratitude, you must have learnt in the class of pranic healing. So I will not dwell further on that.

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#### 4. Just For Today, I Expand My Consciousness

In Reiki, actively practicing mindfulness is key to balancing your energy.

This principle encourages you to recognize how you've been more conscious about appreciating the present moment.



Fourth principle, just for today, I expand my consciousness. In Reiki, actively practicing mindfulness is key to balancing your energy. Live in present moment. Your mind should be generally dealing with the present moment and not in anger and not worrying about future. This principle encourages you to recognize how you have been more conscious about appreciating the present moment.

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#### 5. Just For Today, I'm Gentle With All Beings

This principle focuses on how being kind to others lets you receive positive energy in return. It includes being gentle with yourself, which is essential for spiritual health.



Just for today, I am gentle with all beings. This principle focuses on how being kind to others lets you receive positive energy in return. It includes being gentle with yourself, which is essential for spiritual health. So, you must have seen these five principles. It is basically nothing but it talks about your moral standard.

It generally says that it is very good to become a good gentlemanly person and if you behave nicely, with your peers, with your friends in the society, with your colleague and automatically you are going to complete this particular five principles. After learning about this five principles, lets see how to practice them, how to use them in daily life.

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### How Can You Use Reiki Principles In Your Daily Life?

- You can use Reiki principles **as mantras** to help guide your thoughts and actions each day. According to Reiki practitioners, this is believed to promote spiritual and personal growth, helping you live a healthier, more fulfilling and balanced life.
- Here's how to use these principles as daily mantras or guidance.

You can use Reiki principle as mantra to help guide your thoughts and actions each day. What is mantra? You keep repeating. When you keep repeating, automatically that sort of emotions occur in your mind.

According to Reiki practitioners, this is believed to promote spiritual and personal growth, helping you live a healthier, more fulfilling, and balance life here is how to use this principles let us see in daily.

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## 1. Recognize And Release Angry Feelings

**The first principle, "I release angry thoughts," focuses on improving your relationship with anger. To incorporate this principle into your life, follow these steps:**

- Say "Just for today, I release angry thoughts" **aloud or to yourself**.
- **Think about** when you felt angry today. If you just woke up, think about any anger you experienced yesterday.
- **Think about past events** that are like these events. Compare your emotions.
- **Ask your higher self to help** you release these angry thoughts and feelings.
- **Take two deep breaths**. Imagine letting go of angry energy every time you exhale.

The first principle it was about releasing anger so recognize and release angry feelings the first principle. I release angry thoughts focuses on improving your relationship as anger to incorporate this principle into your life follow these steps say just for today I release angry thoughts allow to yourself the second step is think about when you felt angry today first step was say allow to yourself that just for today I release my angry thoughts and second step is just think about, why did you feel angry? If you just wake up, think about any anger you experienced yesterday. If you cannot find any other reason, just think what happened yesterday. So, think about, find out the reason of your anger. Think about your past events that are like these events.

Compare your emotions. In the past also, you must have got angry on that particular point, particular issue. So, compare all those issues where you got angry. Ask your higher self to help you release these angry thoughts and feelings. And then ask your higher self, ask your God to help you out. Why should you get angry on these points every time? And that is how you release your angry feelings.

Once this is done, take two deep breaths and release it. In fact, after each step, If you do this, you keep releasing, you keep taking deep breath, it will help you more.

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## 2. Recognize And Let Go Of Worry

**You can also embody the second principle, "I release thoughts of worry," by mindfully releasing worried thoughts. Here's how:**

- Say "Just for today, I release thoughts of worry" aloud or to yourself.
- Think about when you felt worried today. If you just woke up, think about the times you worried yesterday.
- Think about similar scenarios from your past. Look for similarities between your past and current emotions.
- Ask your higher self to help you let go of these worries.
- Take two deep breaths. Think of releasing worry energy with each exhale.

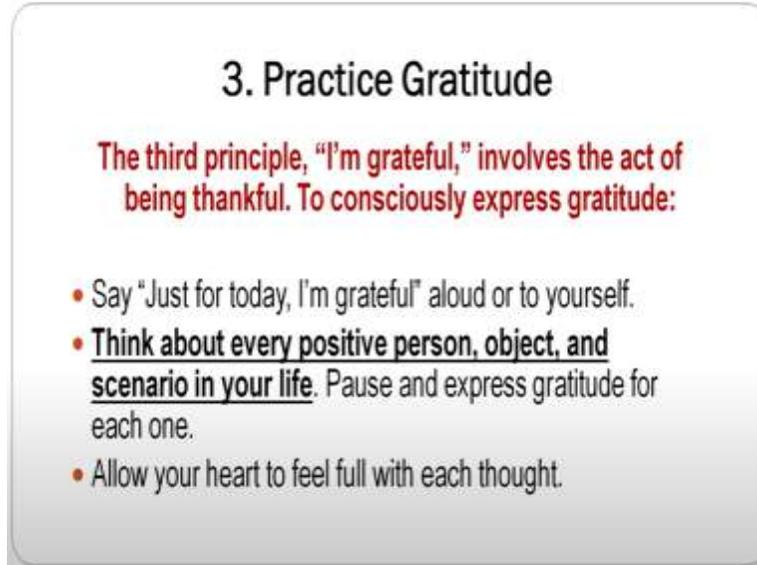
Recognize and let go of worry. You can also embody the second principle, I release thoughts of worry by mindfully releasing worried thoughts.

Here is how. The first step is the same. Just say aloud to yourself, just for today, I release thoughts of worry. Then think about when you felt worried today. If you just woke up, think about the times you worried yesterday. Why did you worry? What are you worrying for? And you worried for the same issue yesterday also.

So just think about it. Find out the reason for your worries. Think about similar scenarios from your past. Look for similarities between your past and current emotions. Ask your higher self to help you let go of these worries. And then finally take two deep breaths.

Think of releasing worry energy with each exhale. Whenever you exhale, then at that time you just think that you are exhaling worry also from your body.

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**3. Practice Gratitude**

**The third principle, "I'm grateful," involves the act of being thankful. To consciously express gratitude:**

- Say "Just for today, I'm grateful" aloud or to yourself.
- **Think about every positive person, object, and scenario in your life.** Pause and express gratitude for each one.
- Allow your heart to feel full with each thought.

Practice gratitude. The third principle I am grateful involves the act of being thankful to consciously express gratitude.

The first step, again the same. Say loudly yourself that just for today I am grateful. Then in second step, think about every positive person, object and scenario in your life. This is a very important point. Gratitude for having good people with you. Gratitude for kind help people have given it to you.

So pause and express gratitude for each one. Allow your heart to fill full with each thought.

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#### 4. Recognize Your Own Consciousness

The fourth principle, "I expand my consciousness," involves acknowledging your own mindfulness. Mindfulness is about paying attention to the here and now, and living in the moment. Start by saying the principle aloud or to yourself. Next, visualize when you have recently experienced greater consciousness, such as:

- Being present in the moment
- Feeling thankful
- Doing some form of meditation
- Doing a meditation walk

Recognize your own consciousness. The fourth principle, I expand my consciousness involves acknowledging your own mindfulness. Mindfulness is about paying attention to the here and now and living the moment.

You see whenever we talk about mindfulness is basically living in the present, just forget about the past and never worry about the future and then automatically you start living in the present, now, here, now, now and now, nothing else. Start by saying the principle aloud to yourself, next visualize when you have recently experienced greater consciousness such as being present in the moment, feeling thankful, doing some form of meditation, doing a meditation walk.

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## 5. Practice Kindness

The fifth principle involves recognizing when you've been unkind. This allows you to acknowledge how this makes you feel and then let go of those emotions:

- Say "Just for today, I'm gentle with all beings, including myself" aloud or to yourself.
- Think about when you've been unkind to yourself or others today.
- Recognize any guilt or anxiety related to these events. Ask your higher self to release that energy.
- Take two deep breaths. Think of releasing that negative energy on each exhale.

Practice kindness, the fifth principle involves recognizing when you have had been unkind, This allows you to acknowledge how this makes you feel and then let go of those emotions. Say just for today I am gentle with beings including myself. Think about when you have been unkind to yourself or others.

Recognize any guilt or anxiety related to these events. Ask your higher self to release that energy. Take two deep breaths. Think of releasing that negative energy on each exhale.

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## THE BOTTOM LINE

- The five Reiki principles are meant to promote natural healing of your Reiki energy.
- When practiced regularly, they may help create more balance and flow in your life, and boost your sense of well-being.

The bottom line. That is, five Reiki principles are basically meant to promote natural healing of your Reiki energy. All this energy is coming basically from you. You have to practice it yourself that you have to release your anger, you have to release your worries, you have to be kind to everybody. When practiced regularly, they may help create more balance and flow in your life and boost your sense of well-being.

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## REFERENCES



- Medically reviewed by Courtney Sullivan, Certified Yoga Instructor
- Written by Kirsten Nunez on August 24, 2020

This is a Courtney Sullivan.

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## REIKI

- Reiki means universal energy and is a Japanese energy healing method to promote overall well-being and relaxation.
- During a session, a practitioner puts their hands on or above your body and you may feel heat or tingling coming from their hands.
- The predominant form of Reiki practiced worldwide today, also known as Usui reiki, was created by Dr. Mikao Usui in the early 20th century.
- During a Reiki session, the practitioner places their hands directly on you or above you to bring about healing.
- The belief is that the practitioner can stimulate your body's natural healing abilities.

In part two, the benefits of reiki reiki means universal energy and is Japanese energy healing method to promote overall well-being and relaxation during recreation a practitioner puts the hands on or above your body and you may feel heat or tingling coming from the hands, the predominant form of reiki practiced worldwide today also known as Usui Reiki was created by Dr. Mikau Usui in the early 20th century. During a Reiki session, the practitioner places their hands directly on you or above you to bring about healing. The belief is that the practitioner can stimulate your body's natural healing abilities.

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## 1. Relieves Pain, Anxiety, And Fatigue

- According to a review of randomized trials, Reiki may help to reduce pain and anxiety, though more research is needed. It may also help to reduce fatigue.
- A 2015 study found that people being treated for cancer who received distant Reiki in addition to regular medical care had lower levels of pain, anxiety, and fatigue. These levels were significantly lower than those of the control group, who only received medical care. Participants had 30-minute sessions of distant Reiki for 5 days.
- In another 2015 study, researchers looked at the effects of Reiki on women following cesarean delivery. They found that Reiki significantly reduced pain, anxiety, and the breathing rate in women 1-2 days after having a cesarean delivery. The need for and number of analgesic painkillers was also reduced. Reiki didn't affect blood pressure or pulse rate.
- A 2018 study compared the use of Reiki to physiotherapy for relieving lower back pain in people with herniated disks. Both treatments were equally effective at reducing pain, but Reiki was more cost-effective and, in some cases, resulted in faster treatment.

It relieves pain, anxiety and fatigue. This has been proved by number of research studies. According to a review of randomized trials, Reiki may help to reduce pain and anxiety through more research is needed. It may also help to reduce fatigue. There is a study of 2015. In this study, they found that people being treated for cancer who received distant Reiki in addition to regular medical care had lower levels of pain, anxiety and fatigue.

These levels were significantly lower than those of control group who only receive medical care. Participants had a thirty minute session of distant reiki for five days. So, this was the effect what they got in the reiki session of thirty minutes for. In another study of the same year 2015, researchers looked at the effects of reiki on women following cesarean delivery. They found that reiki significantly reduced pain, anxiety and the breathing rate in women 1 to 2 days after having a cesarean delivery.

The need for and a number of analgesic painkillers was also reduced. Reiki did not affect blood pressure or pulse rate. A 2018 study compared the use of reiki to physiotherapy for

relieving lower back pain in people with herniated disc. Both treatments were equally effective in reducing pain, but reiki was more cost effective and in some cases resulted in faster treatment.

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## 2. Treats Depression

- Reiki treatments may be used as part of a treatment plan to help relieve depression.
- In a small **2010 study**, researchers looked at the effects of Reiki on older adults experiencing pain, depression, or anxiety. The participants reported an improved mood and well-being. They also reported feelings of relaxation, increased curiosity, and enhanced levels of self-care.
- Larger, more in-depth studies are required to expand upon these findings.

It treats depression. Reiki treatments may be used as a part of treatment plan to help relieve depression. In a small 2010 study, researchers looked at the effects of Reiki in older adults experiencing pain, depression or anxiety. The participants reported an improved mood and well-being. They also reported feeling of relaxation, increased curiosity and enhanced level of self-care. Larger more in depth studies are required to expand upon this particular things.

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### 3. Enhances Quality Of Life

- The positive benefits of Reiki can enhance your overall well-being.
- Researchers in a small **2016 study** found that Reiki helped improve the quality of life for women with cancer.
- Women who had Reiki showed improvements in their sleep patterns, self-confidence, and depression levels. They noted a sense of calm, inner peace, and relaxation.

It enhances quality of life. The positive benefits of Reiki can enhance your overall well being. Researchers in a small 2016 study found that Reiki helped improve the quality of life for women with cancer. Women who had Reiki showed improvements in the sleep patterns, self-confidence and depression levels. They noted a sense of calm, inner peace and relaxation.

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### 4. Boosts mood

- **Reiki may help to improve your mood by relieving anxiety and depression.**
- According to results from a **2011 study**, people who had Reiki felt greater mood benefits compared to people who didn't have Reiki. The study participants who had six 30-minute sessions over 2-8 weeks showed improvements in their mood.

Reiki boosts mood. It may help to improve your mood by relieving anxiety and depression. There is a 2011 study. People who had Reiki felt greater mood benefits compared to people who did not have Reiki.

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### 5. May Improve Some Symptoms And Conditions

- Reiki may also be used to manage:
  - Headaches
  - Tension and Insomnia
  - Nausea
- The relaxation response that happens with Reiki may benefit these symptoms.
- However, specific research is needed to determine the efficacy of Reiki for the treatment of these symptoms and conditions.

It may improve some symptoms and conditions. Reiki may also be used to manage headaches, tensions and insomnia, nausea.

The relaxation response that happens with Reiki may benefit these symptoms. However, specific research is needed to determine the efficacy of Reiki for the treatment of these symptoms and conditions.

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Here in this poster, the six benefits of Reiki. Dissipates anger that we just said it is the first principle of Reiki, release of anger. Encourages self healing the principle of gratitude, relieves pain, clears blockages, transcends time and distance and energizes and balances and thereby it increases your mood.

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Another poster shows, the five benefits of Reiki, it facilitates growth in emotional well being, because you are not getting angry with anybody, your relationship is getting better and better, you feel gratitude to the people who are helping you. So, that gives you that

emotional stability, alleviates various symptoms effectively, enhances relaxations and it aids in stress reduction, offers comforts from persistent anxiety and depression, and it aids in healing, inflammation and combative infections.

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It helps with pain management, complements medical treatment, assists the body in cleansing itself from toxins, protection from negative energy, healing in relationship issues. Cure all incurable and chronic diseases.

Can cure people in distances. Yes, that is there. Reiki can be given at a distance places also. Heal people from psychic attack. It balances seven chakras.

Heal karmic issues. Heal stress and depression. Clean and change houses and offices. Helps in developing psychic powers. heal nature, heal earth elements, heal property, heal business and career, increases intuitions power, increases spiritual powers. They have written so many things, but we do not have any research backup to prove those claims.

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## Are There Risks Or Side Effects?

- **Reiki is noninvasive and thought to be safe.** It doesn't have any known harmful side effects.
- For those with a past trauma, lying quietly in a dim room with someone close to you might be uncomfortable.
- **Reiki is not intended to replace any doctor-approved treatment plan.**

Other risk of Reiki or side effects. Reiki is non-invasive and thought to be very, very safe. It is like acupuncture, there is no needling required. it does not have any known harmful side effects. For those with a past trauma, lying quietly in a dim room with someone else close to you might be uncomfortable.

Reiki is not intended to replace any doctor approved treatment plan. So, along with Reiki you must continue what your doctors tells you about your health statements.

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Third part how does it work?

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These are the five power symbols which we will see in our next lecture. That is a power symbol, harmony, distance, master and completion.

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### How To Prepare For Your Appointment

- Wear clean, loose-fitting, comfortable clothing.
- You may wish to wear natural fabrics such as cotton, linen, or silk.
- Remove your shoes, jewelry, and glasses before your session, and keep your phone switched off or leave it behind.



How to prepare for your appointment? Whenever when you take reiki, wear clean loose fitting comfortable clothing.

You may wish to wear natural fabrics such as cotton, linen or silk. Remove your shoes, jewelry and glasses before your session and keep your phone switched off or leave it behind.

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### What To Expect After Your Appointment

- Drink plenty of water after your session.
- Some people feel calm, peaceful, or energized.
- You may also feel tired.

A photograph showing a Reiki practitioner, a woman with brown hair wearing a blue long-sleeved shirt, standing over a client who is lying on their back on a table. The practitioner has her hands positioned over the client's abdomen, performing a Reiki session. The background consists of light-colored curtains.

After your appointment, drink plenty of water after your session. When reiki session is over, drink plenty of water. Some people feel calm, peaceful or energized after reiki session.

You may also feel tired sometimes.

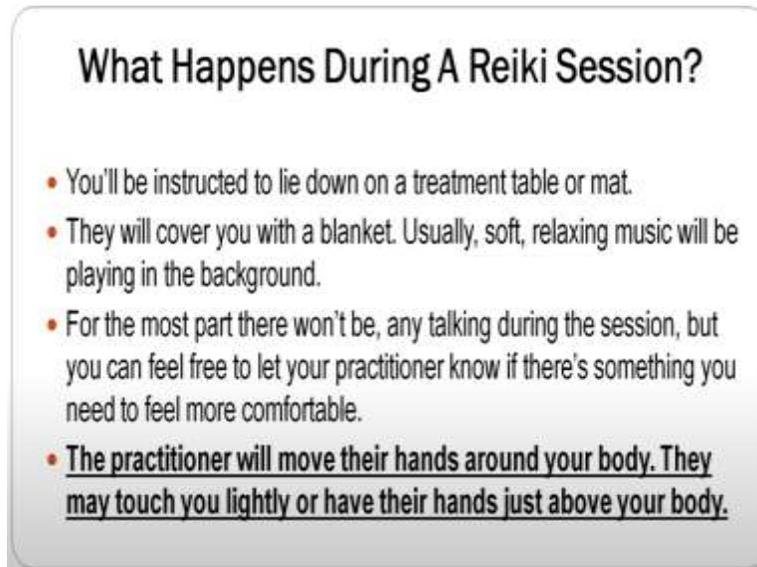
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### What Happens During A Reiki Session?

- A typical Reiki session lasts between 20 and 90 minutes. At your first appointment, you'll meet with your Reiki practitioner.
- You'll have a short introduction or chat about the process and your expectations.
- Let your practitioner know about any symptoms you want to be addressed or if there are places in the body on which you'd like them to focus.
- Also, let the practitioner know if you have any injuries or areas that are sensitive to touch.

During a reiki session, what happens? A typical reiki session lasts between 20 and 90 minutes. Generally, it is about 30-40 minutes. At your first appointment, you will meet with your reiki practitioner. You will have a short introduction or chat about the process and your expectation let your practitioner know about any symptoms you have or you want to be that to be addressed if there are places in the body on which you like them to focus.

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### What Happens During A Reiki Session?

- You'll be instructed to lie down on a treatment table or mat.
- They will cover you with a blanket. Usually, soft, relaxing music will be playing in the background.
- For the most part there won't be, any talking during the session, but you can feel free to let your practitioner know if there's something you need to feel more comfortable.
- **The practitioner will move their hands around your body. They may touch you lightly or have their hands just above your body.**

Also, let the practitioner know if you have any injuries or areas that are sensitive to touch will be instructed to lie down on a treatment table or a mat they will cover you with a blanket usually soft relaxing music will be playing in the background for the most part there won't be any talking during the session but you can feel free to let your practitioner know if there is something you need to feel more comfortable.

The practitioner will move the hands around your body. They may touch you lightly or have their hands just above your body.

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## What Happens During A Reiki Session?

- You may experience sensations in the body such as heat or tingling.
- Some people report seeing visualizations such as colors or pictures or having memories appear.
- Try to allow whatever arises to pass without aching too much meaning to it.
- Your experiences may become more profound the more you continue with Reiki.

You may experience sensations in the body such as heat or tingling. Some people report seeing visualizations such as colors or pictures or having memories appear. Try to allow whatever arises to pass without taking too much meaning to it.

Your experience may become more profound the more you continue with Reiki.

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## What Happens During A Reiki Session?



This is how they keep the hands above the body.

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### Are Crystals Used During Reiki?

- Your practitioner may use crystals during your Reiki session.
- Crystals are thought to add an extra element of healing to the treatment by helping to release emotional, mental, or spiritual blocks.



Sometimes crystals are also used to increase the benefit during reiki sessions. Crystals are thought to add an extra element of healing to the treatment by helping to release emotional, mental or spiritual blocks.

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These are the same points before or after.

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### Use of Crystals

- Crystals may be placed on or around your body, or you may be asked to hold a crystal.
- No research supports the use of crystals for healing.
- However, some people claim they can have a calming effect and help with their healing.

**Examples of crystals that may be used include:**

- Rose Quartz
- Amethyst
- Moonstone
- Topaz
- Tourmaline
- Aquamarine

Use of crystals. Crystal may be placed on or around your body or you may be asked to hold a crystal.

No research supports the use of crystals for healing. However, some people claim they can have a calming effect and help with the healing. Examples of crystals that may be used include rose quartz, amethyst, moonstone, topaz, tourmaline and aquamarine.

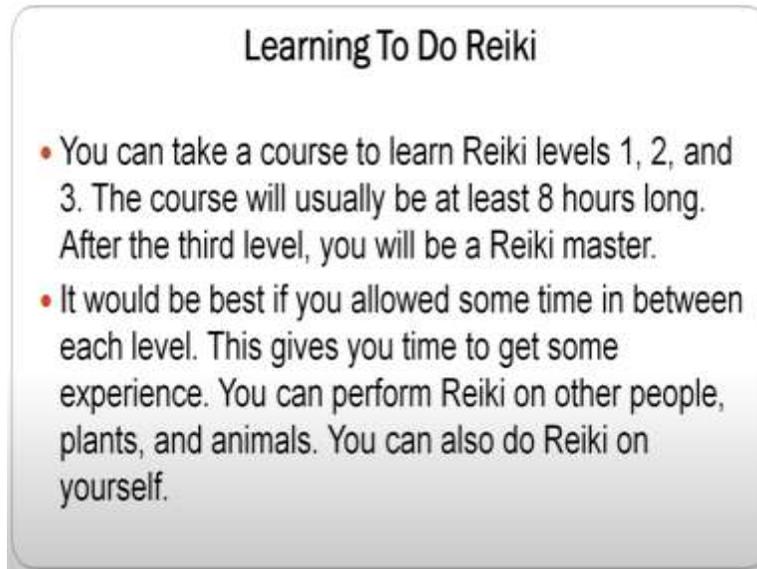
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### Learning To Do Reiki

- If you want to get trained in Reiki, you'll need to do an attunement process with a Reiki master.
- A Reiki master is someone who has been attuned to the highest level of Reiki.
- The attunement process opens your body so that you're able to channel energy, and lasts for your entire life.

If you want to learn Reiki, then you can get trained, you will need to do an attunement process with a Reiki master. A Reiki master is someone who has been attuned to the highest level of Reiki, that is level 3. The attunement process opens your body, so that you are able to channel energy and last for your entire life.

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**Learning To Do Reiki**

- You can take a course to learn Reiki levels 1, 2, and 3. The course will usually be at least 8 hours long. After the third level, you will be a Reiki master.
- It would be best if you allowed some time in between each level. This gives you time to get some experience. You can perform Reiki on other people, plants, and animals. You can also do Reiki on yourself.

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## TAKEAWAY

- Overall, Reiki has the potential to bring about many positive benefits to your overall well-being.
- Some minor research studies show promising results, but more research is needed to determine the benefits of Reiki.
- Always speak to your doctor if you use Reiki to help with any medical condition.
- Remember that Reiki is a complementary therapy and should be used alongside a conventional treatment plan. You may also use it alongside complementary treatments such as acupuncture, massage, or counseling.

Take away. Overall Reiki has the potential to bring about many positive benefits to your overall well being. Some minor research studies show promising results, but more research is needed to determine the benefits of Reiki.

Always speak to your doctor if you use Reiki to help with any medical condition. Remember that Reiki is a complementary therapy and should be used alongside a conventional treatment plan. you may also use it alongside complementary treatments such as acupuncture, massage or counseling. Thank you friends.