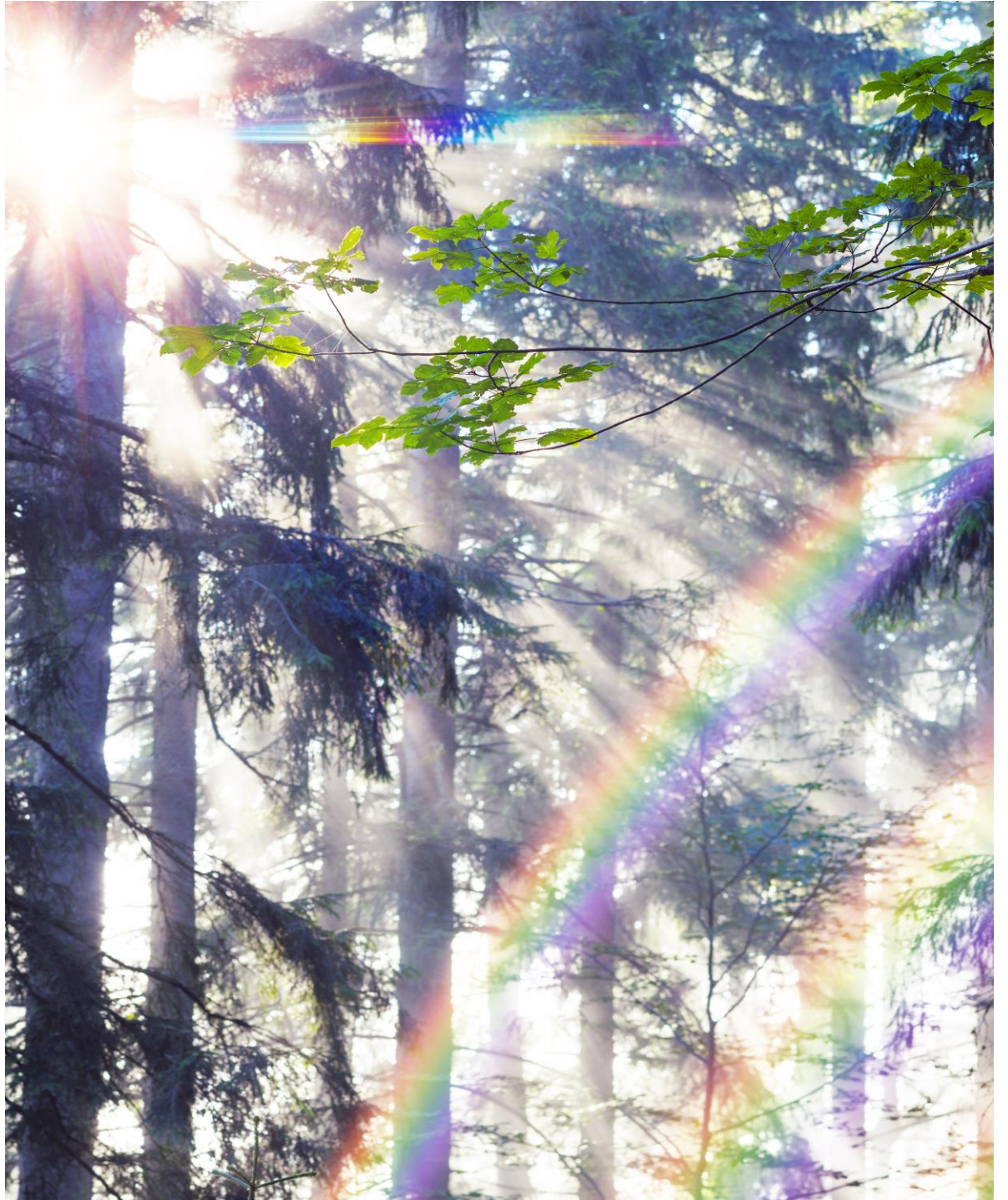


靈氣

REIKI I
SCROLL

(ONLINE EXCERPT)



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WELCOME

this reiki scroll is lovingly compiled in honor of your journey as a healer, which looks different ways for different folks. some find in reiki a deep key to personal transformation or healing, some help friends or family, some discover a profession, some live to serve. whether you are beginning or continuing your healing path, I honor you as a fellow journey person called to help anchor light and joy here. welcome to reiki!

I've created this scroll to help ease your reiki transition. each of us experiences this journey differently, and the ideas shared here are intended to support you in your process. **ultimately, reiki is our finest teacher, and the best way to understand and BE reiki is to play and practice and learn who you are as a reiki practitioner.**

on my own path, I have experienced reiki as an immensely magical and fulfilling aspect of my life, and I welcome you into our reiki lineage with a full heart. I find reiki to meet the truest definitions of service for self and circle, offering a full, peaceful, and vibrant celebration of life.

I encourage you to explore as many reiki resources as you can find, and incorporate the ideas that resonate with you, celebrating your own unique path. these words are shared in the spirit of things I've found interesting and resonant, and can be enhanced by hundreds of different disciplines and perspectives. your truth is your own, and I celebrate you discovering and refining it...welcome home!

**may you lovingly heal the world
through the lens
of wonder and delight!**



WHAT IS REIKI?

reiki is...love.

it's that simple, that profound, and that powerful. the word itself is actually two words – 'rei' can be translated from the japanese as something mysterious or miraculous or sacred, and 'ki' as energy. so, we might understand reiki as a mysterious healing energy.

there are so many ways we can describe reiki with language – as healing energy, as intelligent ki, as universal life force, as bioenergy, as love. you'll find your own perfect way to define reiki with words, and the simplest way to explain it is just to...experience it. we can talk endlessly about chocolate mousse, but once you taste it, you know how what mousse is, experientially. simplicity itself!

the ability to practice reiki is inherent in all of us – you might think of yourself as a house already wired for electricity, and learning reiki is like flipping on a light switch. one of the wonderful things about reiki is that the ability to 'flow reiki' is passed on from person to person in a lineage descended directly from it's founder, usui sensei. this passing on of the ability to flow reiki occurs through a series mysterious and sacred energetic 'attunements' (reiju in japanese) that open the receiver to become a conduit or 'hollow bone' for reiki energy. once attuned, the reiki practitioner is connected permanently to reiki, and can act like a conduit for healing energy without depleting their own energy reserves. the attunements will last your entire life – your continued and consistent practice will only strengthen and enhance your abilities.

I find reiki to be an intuitive and intelligent modality – it will direct itself to where it is needed. you may find that you practice with the intent to help ease the progress of a physical imbalance, and learn from your receiver that their mental, emotional or spiritual path gained momentum instead. reiki can offer healing for physical, mental, emotional, spiritual, transpersonal, sexual, financial, or ancestral levels (and beyond), and one of the most beautiful aspects of reiki is that it is always beneficial and will positively affect everyone you work with. reiki knows what it's doing...**you don't have to 'try' or 'do'...just put your hands on, and offer reiki.**