



Reiki Creed

(One translation of Dr. Usui's creed)

Just for today, I will not worry.
Just for today, I will not be angry.
Just for today, I will give thanks for
my many blessings.
Just for today, I will do my work
honestly.
Just for today, I will be kind to
every living creature.

(Dr. Usui recommended saying
these words every morning and
evening by "praying these words
to your heart and chanting these
words with your mouth")

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Reiki

Brought to you by

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What is Reiki? It is a technique for stress reduction and relaxation and it may promote healing. In the early 1900's this technique was discovered by Dr. Mikao Usui. Techniques such as this have been practiced for thousands of years.

Reiki is administered by "laying on hands" on or above the body and based on the idea that we have an unseen life force flowing through us which allows our body to be alive.

There are various definitions of "Rei-ki". "Rei" is traced to Japanese and Chinese languages and is translated as "spirit; soul; divine" and in modern, western translations as "universal". "Ki" or "chi" means "life force energy." So Reiki means "spiritually guided life force energy" or "universal energy." Reiki treats the whole person: spirit, mind, body and emotions. The practitioner can help you release some blocks to your life force energy.

After a Reiki session, you may feel peaceful and relaxed. Many report decrease in physical symptoms and some report miraculous results after a session. Some people describe having a "floating" feeling. Others feel negative energy "being pulled out" of their body followed by a warm flow of loving energy then filling the same area. Some report deep relaxation or peace within and around themselves. Still others state they feel "lighter".

It is important, even after a brief "mini" Reiki session, that you take time to treat your body with love: do some deep breathing, drink plenty of purified water, take time to go for a walk or do mild exercise, enjoy life, laugh and eat healthy light meals. Your body may have received some deep healing energy and it may need to release negative energy as it heals. Some Reiki energy may continue to flow through your body as blocked pathways open. Enjoy!

Call with questions or to set up an appointment for a session or for classes. A full Reiki session may take 45-90 minutes. You may need one or more sessions to experience full benefits.