

Reiki 1
Lesson 1
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Reiki the
Universal Life
Force




Reiki Level 1

Usui Reiki Level 1 Course – Certified Reiki Practitioner Level


Reiki – The Universal Life Force

- ▣ non physical ubiquitous energy.
- ▣ power to heal & influence our lives.



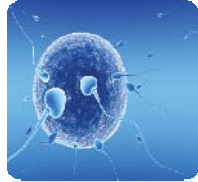
Reiki – The Universal Life Force

- ▣ Ki
- ▣ Chi
- ▣ Prana
- ▣ Holy Spirit.



Reiki – The Universal Life Force

- ▣ Reiki Energy inside us all.
- ▣ Conception



Reiki – The Universal Life Force

- ▣ Kirlian Photography allows us to see the energy.



Reiki – The Universal Life Force

- ▣ Ancient Eastern Cultures used Energy for Healing.



Reiki – The Universal Life Force

- ▣ Reiki, Tai Chi, Feng Shui.
- ▣ Meditation, Yoga and Acupuncture.
- ▣ pure Omniscient Wisdom.



Reiki – The Universal Life Force

10 Things That Weaken The Life Giving Energy

- ▣ Too Much Alcohol.
- ▣ A Poor Diet.
- ▣ A Lack of Exercise



Reiki – The Universal Life Force

10 Things That Weaken The Life Giving Energy

- ▣ Drugs
- ▣ Tobacco
- ▣ Negative Habits
- ▣ Stress



Reiki – The Universal Life Force

10 Things That Weaken The Life Giving Energy

- ❑ Poor Breathing
- ❑ Lack of Sleep & Rest
- ❑ Negative Psychic Activity



Reiki – The Universal Life Force

- ❑ Humanity has become fragmented & hollow
- ❑ Your natural abilities to heal yourself & others



Reiki – The Universal Life Force

- ❑ Wisdom and Growth.
- ❑ Happier more fulfilling Life.



Reiki – The Universal Life Force

- ▣ Gift from God
- ▣ Your Birthright



Reiki – The Universal Life Force

- ▣ Everyone has access to Reiki
- ▣ We **all** use Reiki daily



Reiki – The Universal Life Force

- ▣ Unconsciously work with this energy everyday.



Reiki – The Universal Life Force

- ▣ Sending & Channelling
- ▣ Receiving & Drawing.



Reiki – The Universal Life Force

- ▣ This Wonderful Energy is FREE and Abundant



Reiki – The Universal Life Force

- ▣ Desire to Connect
- ▣ Attunement to Reiki



*A new philosophy, a way of life,
is not given for nothing.
It has to be paid dearly for and only acquired
with much patience and great effort.*
- Fyodor Dostoyevsky

Please Move On To Lesson 2
