

## Reiki Principles

To give his students an ethical foundation to work from, Usui Sensei created the 5 Reiki Principles:

1. Observe throughout the day, with all your effort, the arising of anger, then look deeper for its true cause.
2. Observe your mind throughout the day for the arising of worry and restlessness, look deeper at their roots.
3. Be mindful, each moment of your day, appreciating the gift of life, find the right livelihood for yourself and be honest in your work.
4. In your day, as you appreciate your life, be kind to yourself and to all beings.
5. Your mind and body will truly transform with the power of Reiki, practice daily, connect to the universal nature of mind, and develop these Reiki ideals everyday.

*Usui Mikao*



Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.



*Sherry Cress*

*Certified  
2nd Degree Reiki  
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*For Your Appointment  
Call Sherry  
217-440-4930*



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A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

Its use is not dependent on one's intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.

While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

While Reiki is not a religion, it is still important to live and act in a way that promotes harmony with others. Dr. Mikao Usui, the founder of the Reiki system of natural healing, recommended that one practice certain simple ethical ideals to promote peace and harmony, which are nearly universal across all cultures.

*Reiki Session*

*1 Hour \$55.00*

*Aromatherapy Oils*

*Additional depending on quantity  
and type used.*

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