

# Practice Reiki with STRENGTH&NUTRITION

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## What is Reiki?

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.

## What does *Reiki* mean?

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."



## Benefits of Reiki

- Heals Body, Mind, Spirit
- Works on causes
- Develops positive attitude
- Releases stress
- Balances energy and chakras
- Increases energy
- Enhances personal growth
- Expands creativity

## How does Reiki Work?

We are alive because life force is flowing through us. Life force flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in a field of energy called the aura. Life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

*"Strength and Nutrition provides solutions and results for anyone interested in improving their health and fitness, being happy, and living a better life."*

The life force is responsive to thoughts and feelings. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and cause a disruption in the flow of life force. This diminishes the vital function of the organs and cells of the physical body.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.

### **What is a Reiki session like?**

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. Many have reported miraculous results.

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.

### **What Reiki is not**

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. [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 Ideals**

The ideals are both guidelines for living a gracious life and virtues worthy of practice for their inherent value.

*The secret art of inviting happiness*

*The miraculous medicine of all diseases*

*Just for today, do not anger*

*Do not worry and be filled with gratitude*

*Devote yourself to your work. Be kind to people.*

*Every morning and evening, join your hands in prayer.*

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*Pray these words to your heart  
and chant these words with your mouth  
Usui Reiki Treatment for the improvement of body and mind  
The founder , Usui Mikao*

## **How to Start with Reiki**

Interested in learning more about beginning your Reiki sessions? One of the best ways to learn about Reiki is through experience.

**Contact Joseph at [StrengthandNutrition.com](http://StrengthandNutrition.com) to schedule your complementary Reiki session.**

Reiki sessions can be tailored to fit your needs.

Sessions can last from 30 – 60 minutes.

Fee per session:

\$45/ 30 minute session

\$75/60 minute session

Package options available also

*My intention is to use Reiki as pure, positive energy to promote your strength and well-being.*

Joseph Morstad

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