



## **UNIVERSAL FREE REIKI**

### ***Divine Energy Healing***

## **FREE MANUAL**

War. Suffering. Disease. All of these problems in the world may seem overwhelming, but there is a cure. It is the diving, loving energy of the one true God or Universal Spirit. Universal Free Reiki is a healing system that allows anyone, without any prior healing experience, to easily tap into this healing, loving energy to heal themselves and others.

If you have never done any healing before, you can easily learn this simple process to perform self-healings for your own personal health and well-being. You can also share this healing energy with others for their benefit. Finally, you can use this energy to help heal the energy of everyone on the planet.

Universal Free Reiki is also a call to healers everywhere to expand their healing practices to go beyond the boundaries of their personal lives and professional clients. Healers are needed now in the war-zones of the world. Healers are needed now in inner cities. Healers are needed now to interact directly with the homeless, the drug addicts, and the hungry.

You are being called to be "emissaries" of Reiki, and to evangelize much in the way that missionaries have spread their religions to various parts of the world. There will be those of who are called to get directly involved with new populations, such as teaching gang members how to do Reiki energy healing. Imagine, if the would-be terrorists of the world were "recruited" by Reiki healers instead of Al Qaeda agents! Why let the bad guys of the world take over the minds and hearts of our youth? It is time to take a stand and start spreading more love and light! Go door to door if you have to! Go to prisons! Be like Mother Teresa and take a stand in the slums of Calcutta!

What if you can't go door to door? Reiki healers who may be limited in terms of mobility or time may instead be guided to send prayers and healing over a distance to the war-torn regions of the world. As long as there are totalitarian states and populations plagued with poverty and violence, our work is not done. Some of you may be guided to make Reiki more prominent in the media, and you will be doing "PR" for Reiki. Imagine if people were watching a Reiki reality television show instead of Jersey Shore. What can you do to spread the word? We need to make Reiki a household name, and that means we need to step up our efforts to teach healing to others.

Universal Free Reiki is here to help with the mission of Reiki evangelizing. It is meant to be given away, not charged for. Please give this manual away and teach as many people as you can this simple healing process. Universal Free Reiki can be used in lieu of "traditional" Reiki or along with it.

## **FAQ**

### **WHAT IS REIKI?**

Reiki is a form of "energy healing" that uses spiritual energy to heal on the physical, emotional, and spiritual levels. It is primarily "hands-on" healing, but can also be sent across distances via a process similar to prayer. It was originally brought to the world by a Buddhist monk named Mikao Usui.

**WHAT IS UNIVERSAL FREE REIKI? IS IT DIFFERENT FROM TRADITIONAL REIKI?**

Universal Free Reiki is a simplified Reiki system designed to make Reiki as easy as possible to learn and use. It is not meant as a replacement for traditional Reiki, but it may be just as effective. If you are new to Reiki, once you learn Universal Free Reiki, you may decide you want to learn more. The Internet is filled with tons of information about Reiki that is easily accessible by any search engine.

**DO I NEED TO BE BUDDHIST TO DO REIKI? IS REIKI FROM THE DEVIL?**

No, you do not need to be a Buddhist to do Reiki. Some people might be concerned that Reiki energy is "occult" and may be from the devil. Reiki energy comes from God. It does not conflict with most religions as it is divine energy that comes *through* you from God. You are not using your own energy to heal anyone. You are not casting spells when you do Reiki.

If you read the Bible, you will see that Jesus was a healer and he said that we would also be able to do what he has done: "Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father." (John 14:12) You are welcome to call upon Jesus to help with your healing, and in fact, many Reiki practitioners also like to ask for help from the archangels found in the Bible. You do not have to be a member of any particular religion to do Reiki, but you do need to believe in a loving "higher power."

**WHAT SHOULD I EXPECT?**

A Reiki energy healing will feel different to different people, but many people report feeling a warmth or tingling sensation. You may feel "lighter." Some people do not feel much at all but will report a general sense of well-being and improved health over time.

**DOES REIKI CURE DISEASE?**

To overstate the health benefits of Reiki would not be fair or right; please do not expect that Reiki is going to magically cure stage 4 cancer. Reiki is not a magic pill or bullet. It is gentle and works to enhance overall health and well-being. In certain cases, it may produce what may seem to be "miraculous cures." But these generally do not happen in a vacuum. If you use Reiki to attempt to cure lung cancer in a patient who is still actively smoking and refusing conventional treatment, it's not going to help much, other than perhaps finally encourage the person to stop smoking. Perhaps only then some physical healing can start to occur. Reiki always works best with good diet, rest, exercise, and appropriate conventional medicine when warranted.

**DOES REIKI IMPROVE MENTAL HEALTH?**

Yes, Reiki is a great, drug-free way to help alleviate anxiety and depression. Reiki works by clearing out negative "energy," which, as you can presume, would include habitual negative thought patterns. Exercise is also known to be as effective (if not more effective) than anti-depressants in managing depression, so Reiki combined with exercise can be especially beneficial. Please note, however, that Reiki might clear the way for some old emotions to be brought up (to be released), so it is advised that you work with a very good counselor or talk therapist if you have painful wounds from the past to deal with. Do not stop use of medications without the help of a qualified physician.

**DOES REIKI HAVE ANY SIDE EFFECTS?**

Unlike the many side effects that come from using pharmaceutical drugs, Reiki does not harm the body in any way. It is impossible to harm the body using Reiki. After a Reiki healing, you may experience a "detox" where your body might be release some toxins and negative energy, and this can make you feel a little tired and rundown while the body is processing the healing. This should soon, pass, however.

You may also experience some lifestyle "side effects," as Reiki will clear out negative energy in your life. This may mean that negative people and situations will end up coming to a head in order for you to be able to release them. The best thing to do is to "go with the flow" and focus on your goals and dreams. Work to actively mitigate or remove negative habits, patterns and people from your life.

### **HOW DO I GET THE ABILITY TO DO REIKI?**

Traditionally, the ability to heal with Reiki came through master to student using a process called an "attunement." The Reiki Master would "attune" the student to the Reiki healing energy through a special ceremony. Since Universal Free Reiki is designed to be accessible to all, this process has been simplified and the more accessible term "blessing" will be used instead of "attunement." In Universal Free Reiki, you do not need a Reiki Master to "attune" you. The blessing is provided directly from God. This will be explained in the next section.

### **How to Receive the Universal Free Reiki Blessing**

The Universal Free Reiki Blessing consists of a simple prayer that you can tailor personally. Different people have different ways of relating to God, so here are a few examples of the prayer:

*Dear God, please bless me with the Universal Free Reiki Blessing, so I may heal myself and others. Amen.*

*Great Spirit, I ask to be illuminated with the Universal Free Reiki Blessing, so I may heal myself and others. Thank you.*

*Abba, loving Father, please bless me with the Universal Free Reiki Blessing, so I may heal myself and others. Amen.*

*Father/Mother God, share with me the universal blessing of Reiki, so I may heal myself and others. Amen.*

You only need to ask once. God will do the rest. You might want to set aside a little bit of time for prayer and contemplation afterwards.

### **How to Use Universal Free Reiki**

Universal Free Reiki is primarily hands-on healing. You place the hands on or above the area that you want to heal. When healing the whole person, you can start from the lower part of the body and move up, or go from the top down. Be mindful and do not touch anyone else's private parts. You can do front only or back only. For a quick healing, place the hands on the top of the head for 10 minutes.

In traditional Reiki, elaborate symbols are used as a mental focal point to "start" the Reiki energy flowing. Symbols simply provide the intention to use the Reiki energy. You can use a very simple symbol to use Universal Free Reiki, or simply ask God to start the healing through you, i.e.:

*Holy Spirit, please let the Universal Free Reiki energy flow through me.*

(Use language that works best for you!)

The symbol for Universal Free Energy is designed to be simple and to the point. It is simply the plus sign. The plus sign stands for "positive," meaning "positive energy":

+

Imagine this in your mind, or draw it on the palm of your hands with your index finger to start to the healing. Imagine the energy flowing out of the palms of the hands when doing the healing.

You can use Reiki on yourself, on friends and family, and even on your pets and houseplants. An easy self-treatment is to simply lay your hands on your chest or abdomen before you go to sleep and start the healing. It will continue while you sleep.

When you are done with your Reiki healing, it's nice to close out the session by expressing gratitude to God: "Thank you!"

### **Distance Healing**

Distance healing is a way to send the Universal Free Reiki healing to others across the globe. You do not have to be with someone in person to heal them. The easy way to do this is to activate the energy in the method of your choosing (symbol or prayer) and then visualize the person(s) in front of you. You can hold your hands out and imagine the healing being sent to the person(s) or just visualize it entirely in your mind without any physical movement. You can send the healing energy to entire regions, cities, countries and even the globe. Since everyone needs Reiki, and Reiki is non-harming, give it freely!

When you are done, remember to say "Thank you!"

### **One Final Thought**

The essence of God is love. The world we live in has lost its connection to God, which is why there is so much suffering. Unfortunately, sometimes brutally religious people think they are representing God, when they are really pushing violence and hate. Those people more than any others need Reiki healing, because they clearly want to be connected to God, but are unwittingly separating themselves from God through their hate and anger. Part of your path as a healer is to also work on your own hate and anger, and notice those times you are letting your own personal opinions get in the way of being unconditionally loving towards others. This does not mean you can't take a stance on a problem or issue, or that you should never disagree with anyone, but that, at the end of the day, you see your opponent as your friend.

Please share this manual with everyone. Please do not charge for it or re-brand it as your own system, though you are welcome to supplement this manual with your own additional manual or writings. Feel free to write your Reiki URL on the manual when you give it to others. This manual is meant to be given away for free, freely, to everyone who needs it! Thank you!

*You can now share a little bit of heaven with your hands!*

**Elemental Reiki \* [www.elementalreiki.com](http://www.elementalreiki.com)**