

Reiki 101



**LEARN THE NATURAL
CURING ENERGIES OF REIKI**

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Foreword

Reiki was looked at as a strange practice from the days it was originated in Japan in the year 1922. It was started by Buddhists in Japan with intentions to heal using the palm of the individual in order to release positive energy to the patient.

At times reiki is considered as oriental method of treatment by specialized medical bodies.