

# The Book of Remembrance

סֵפֶר זִכָּרוֹן

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*"The Book of Remembrance is written in God's Presence for those who Love the Lord and who meditate on The Name".  
(Malachi 3:16)*

*"Ho! Everyone who thirsts, come to the waters; and you who have no money, come, buy and eat." (Isaiah 55:1)*

## The Gift of Love and Healing



Through the attunement process, unique to Reiki, the "Gift of Love and Healing" is easily achieved.

Reiki is a Japanese word pronounced Ray - Key

- Rei - means "Divine Love", "Divine Wisdom"
- Ki - (Chi, Prana) means "Vital Energy" or "Life Force Energy" which flows in and through everyone and everything
- Reiki is the essence of Life Energy guided by The Divine Love and Wisdom of Our One Creator.

The gift of "Reiki Healing" is very easy to receive. It doesn't take years of practice or study. The gift of Reiki Healing is received through an attunement that takes about an

hour. The only requirement to receive the Reiki Attunement is to be open to receive it.

Reiki Attunements can be received in person in a classroom setting facilitated by the Reiki Teacher or attunements can even be received at a distance in the comfort of your own home. Both methods work perfectly well.

After receiving a Reiki Attunement, healing energy will automatically flow in and through you for healing and personal growth. You do not have to will the energy to flow. All that is necessary is to have enough willingness to place your hands and trust. Once you have received a Reiki Attunement you will always have the gift of Reiki. You can never lose it and it will never wear off.

By simply placing your hands on yourself or others Reiki Healing Energy automatically begins to flow in and through you for healing. There is no need to direct or manipulate the Reiki Energy. It is guided by God's Love and Wisdom and will automatically flow to where it is needed for healing and the highest good of all.

Because Reiki Healing Energy comes from God and is Guided by God and not your own personal energy, your own energy is not depleted when practicing Reiki. In fact you may also receive energy and healing as you are laying hands on someone for their healing.

Even though Reiki is a gift from God it is not necessary to believe in God for Reiki to work. Reiki is a gift of God's Grace, not a belief system or religion. In fact you may actually believe that it won't work and have just the little bit of willingness to place your hands and trust. ....

May the words of an ancient hymn resonate within you as you witness the gift of healing through Grace.

"I once was lost, but now am found  
was Blind, but now.....I see."

## Traditional Meaning of Reiki



The old form Kanji (Japanese system of writing) describes the healing system known as Reiki. It is easily explainable as follows:  
Reiki- On the earth stands a shaman (healer) with his arms raised against the sky. From the heaven the rain comes down with lifesaving energy consisting of 3 parts, Light, Love and Wisdom. The shaman (healer) acts as a channel (channeling this energy down to all the people of the Earth). The Reiki Teacher is the channel when s/he initiates students and practitioner is the shaman (healer), when s/he channels this spiritual energy to the people treated.



Rei – Strokes, 24. Consists of 3 parts. Top is rain, middle is things and bottom is Shaman. Rei means "spirit or spiritual". The Japanese dictionary defines Rei as: (1) Spirit; the spiritual aspect of the human being as contrasted to the physical. (2) Divine, luminous, charismatic, supernatural, mysterious. (3) The luminosity of the spirit; the luminosity of a God or Sage. (4) Inconceivable spiritual ability; charismatic power; charisma; wonderful; a wonder. (5) A rainmaker, a diviner; a person or being with spiritual or supernatural powers. (6) A shaman. (7) Goodness; good, excellent, efficacious. (8) Clever, nimble, sharp. (9) Life. (10) A living being; a human being. (11) A supernatural (mythical) beast or being; a fairy, an elf. (12) Pure, undefined, unpolluted. (13) Bright, clear.



Ki – Strokes, 10. Consists of Breath with rice (Rice in Japan is sometimes used as a synonym for people). Ki means "energy". The Japanese dictionary defines Ki as: (1) Vital energy connected with the breath. Invisible life-force, somewhat equivalent to the Indian Prana. (2) In the view of Zhuxi and other Neo-Confucians, the material force of the Universe. The generative forces of heaven and earth, by means of which all things are constantly reproduced. (3) Air. (4) Breath, steam.

Note: Above Traditional Meaning of Reiki Kanji explanations from:  
<http://www.angelfire.com/az/SpiritMatters/intro1.html#ryoho>  
Southwestern Usui Reiki Ryoho Association

## Questions and Answers

### Questions:

1. What is unique about the gift of Reiki healing?
2. What is the definition of the word Reiki?
3. Is the gift of Reiki healing easy to receive?
4. Does a Reiki attunement wear off?
5. Do you need to direct or manipulate Reiki energy for healing to take place?
6. Is Reiki a gift of God's Grace or is it a belief system or religious practice?
7. Does a person need to believe in God for Reiki to work?
8. What is a shaman?
9. What is the traditional meaning of Rei?
10. What is the traditional meaning of Ki?

### Answers:

1. The gift of Reiki healing is received in an attunement; not by years of study.
2. Reiki is the essence of life energy guided by The Divine Love and Wisdom of Our One Creator.
3. Yes.

4. No, it never fades away.
5. No, Reiki energy is directed by God where to go and what to do for healing and the highest good for all.
6. Reiki is a gift of God's Grace and is not a belief system or religion.
7. No
8. A shaman is a person who is a channel of healing Light, Love and Wisdom from Heaven.
9. Rei is the Divine, luminous Spirit of God.
10. Ki is the invisible, vital life force energy that generates and sustains the universe. It is also equivalent to the Indian word prana.