

Reiki for Everyone – Level 1 Lesson 1: What is Reiki?

Slide 1: What is Reiki?

Welcome to Reiki for Everyone – Level 1. In this lesson, we begin with a simple but powerful question: What is Reiki?

Slide 2: What Reiki Is

Reiki is a Japanese technique for reducing stress, promoting relaxation, and encouraging physical healing. It was discovered by Dr. Mikao Usui in the early 1900s.

Slide 3: Ancient and Accessible

Reiki is given by gently placing hands on or near the body. Practices like this have existed for thousands of years. Reiki is both simple and powerful — and anyone can learn it.

Slide 4: The Meaning of the Word

The word “Reiki” comes from two Japanese words: Rei – meaning Universal and Ki – meaning Life Energy. Together, Reiki means spiritually guided life energy.

Slide 5: Reiki’s Intelligence

Reiki is life energy guided by higher wisdom. It flows on its own — not from the practitioner. You don’t need to control it. Just allow it to flow.

Slide 6: Reiki vs. Other Energy

All healing involves life force, or Ki. But Reiki is unique. It can only be channeled by someone who has received an attunement. That’s what makes Reiki different from other energy practices.

Slide 7: What Makes Reiki Unique

Reiki isn’t taught like a normal skill. The ability to channel Reiki is passed from teacher to student during a sacred attunement.

Slide 8: Using Reiki

After attunement, just place your hands with intention. Reiki will begin flowing automatically. You don’t have to think or direct — Simply be present and allow it.

Slide 9: Who Can Learn Reiki

You don't need years of training or spiritual mastery. Reiki doesn't depend on intellect or discipline. If you are open — you can receive it. If you are attuned — you can use it.

Slide 10: The Essence of Reiki

Reiki is gentle. Reiki is wise. And once you are attuned, it is always available to you. It flows through intention, not effort. This is the gift you are learning to use.