



NYU



Usui Ryoho Reiki Manuals

Traditional Usui Shiki Ryoho teaching certification manuals

Usui Ryoho
Reiki Level I
Certification Manual

Usui Ryoho
Reiki Level II
Certification Manual



The Reiki Level 1 and Level 2 Manuals are Traditional Usui Shiki Ryoho teaching certification manuals. The information in the manuals is intended to help teach individuals the history, foundations, values and practice of the Japanese relaxation technique of Reiki.

Reiki is an ancient, gentle, noninvasive, hands-on technique that facilitates deep relaxation. The practitioner places her or his hands on or close to your body in a series of positions. The goal is to release the flow of energy through your body. Practitioners believe this promotes the body's ability to heal itself, ease pain, lessen muscle tension, and relieve insomnia.

Technology ID

SAL05-01

Category

Creative Works
Copyright/Healthcare
Copyright/Other
Copyright/Education & Training
Consumer Health
Beth Sheckler

Authors

Darah Salmaggi, MS, RMT
Marci Resnicoff, MSN, RN, HNB-BC, RMT
NYU Langone Health

Learn more

