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# Usui Ryoho Reiki Manual Level 1

Traditional Usui Shiki Ryoho teaching certification manual, Level 1

## Technology ID

SAL05-01

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Creative Works

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Life Sciences/Consumer Health

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Usui Ryoho  
Reiki Level I  
Certification Manual



The Reiki Level 1 Manual is a Traditional Usui Shiki Ryoho teaching certification manual. The information in the manual is intended to help teach individuals the history, foundations, values and practice of the Japanese relaxation technique of Reiki. For the Level 2 manual, please visit:

<https://license.tov.med.nyu.edu/product/reiki-level2>

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.