

The Two Precepts of Reiki

1) The Person Must Ask

We must ask to be healed, and in asking, we open ourselves up at the throat level. We vocalize and hear ourselves say "I want to change where I am; I want to alter my state of existence". In asking we are putting forth a conscious decision to become involved. The request may also be made on the soul level. It is from the soul level we ask for a healing. As a Reiki practitioner, we are a viaduct, a channel through which the energy of Reiki flows. It is essential to listen to our own selves and listen to the person to whom we are giving a Reiki treatment. We must render service to the request of the soul.

2) There must be an Exchange of Energy for Service

The healing energy belongs to the Universe, to God or to the Undefined Source. However, there needs to be a creative exchange from the recipient, the healee, to the person whose time and service are being rendered. Energy exchange can be anything from the stored concept of energy we call money, to an exchange of services between the healee and the Reiki practitioner.