

THE WORKSHOP SERIES



REIKI WORKSHOP - PHILIP PERMUTT

Written by Philip Permutt
 Music from the album Reiki Gold by Llewellyn
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Love and special thanks to Lyn for her help with this recording

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HOME WORKSHOPS FOR YOURSELF OR WITH FRIENDS

REIKI

WORKSHOP

PHILIP PERMUTT

靈氣



靈氣

INTRODUCTORY GUIDE TO REIKI WITH EXERCISES AND MEDITATIONS

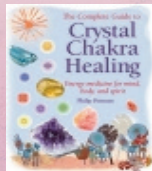
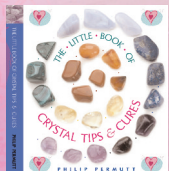
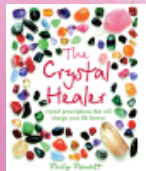
PHILIP PERMUTT

Philip is a Reiki Master and has been practising and teaching Reiki since 1994. He is author of the internationally acclaimed best selling books *The Crystal Healer* (2007) *The Little Book of Crystal Tips & Cures* (2008) and *The Complete Guide to Crystal Chakra Healing* (2009) all published by Cico Books. Philip has also written and recorded many albums for Paradise Music including *Crystal Workshop*, *Meditation Workshop* and the highly successful *Little Meditation Album Series*.

He lives in Hertfordshire with his wife, Lyn and German Shepherd Dog Cassie.

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WHAT IS REIKI?



Reiki is a Japanese word which can be translated as Universal Life Force Energy. It is a type of healing that is completely unconditional. It is a powerful, yet simple form of hands-on healing, but may also be used for distance healing and as an effective self development tool. Reiki is different from many other forms of healing in as much as it is passed on through a Reiki Master to a student by means of an attunement. Anyone can be attuned to receive Reiki and Reiki naturally flows through all of us and the whole universe, allowing anyone to receive the benefit of a Reiki treatment from a qualified Reiki practitioner.

Reiki was "discovered" by Usui Sensei (Dr Mikao Usui) around 1914. He practised and taught Reiki for the rest of his life. Although he died just 12 years later he taught more than 2,000 students and initiated sixteen Masters. The story of Usui Sensei's life is well documented in various books and is a standard part of the teachings you are given at the first level of Reiki. (Although there are several versions of his life story, the essence is always there.)

Today Reiki is practised and taught throughout the world. It is an accepted complimentary therapy which is available on the NHS in the UK. (Please note that not all health trusts offer this but more and more are each year.)

THE ORIGINAL REIKI IDEALS

The secret art of inviting happiness
The miraculous medicine of all diseases
Just for today, do not be angry
Do not worry and be filled with gratitude
Devote yourself to your work and be kind to people
Every morning and evening join your hands in prayer,
Pray these words to your heart,
And chant these words with your mouth
Usui Reiki Treatment for the improvement of body and mind

The founder... Usui Mikao

Reiki Workshop Album is not intended to be a substitute for medical care. If you are currently suffering with any medical disorder, we strongly suggest that you please discuss using these notes with your doctor or therapist. Always use this cd under supervision.
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