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Meaning of "Reiki" Energy within oneself, when concentrated and applied to patient, will cure all ailments -- "It is nature's greatest cure, which requires no drugs. It helps in all respects, human and animal life. In order to concentrate, one must purify one's thoughts in words and to meditate to let true "energy" come out from within. It lies in the bottom of the stomach about 2 inches below the naval.

Sit in a comfortable position, close your eyes, concentrate on your thoughts and relax. Close your hand together and wait for the sign. Kindly and gently apply the hands starting from head downward. The patient who is about to receive this treatment must purify ones (their) thoughts, feel comfortable, and (have) a desire to get well. One must not forget to feel grateful. Gratitude is a great cure for the mind. In all cases, the patient could be diagnosed just by the touch of (the) hand.