

Do you know:

Reiki is a complementary technique that facilitates health and well-being through self-treatment and treatment of others.

Reiki holistically moves the body's energies back toward balance physically, emotionally, mentally, and spiritually.

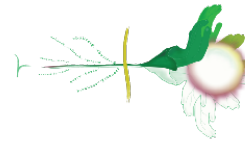
Reiki is safe, gentle, and non-invasive and is offered by placing one's hands lightly on or just above the body.

Reiki (*ray-key*) is a Japanese word that means "universal life force energy."

The benefits of Reiki include relaxation and stress reduction.

Reiki is easy to learn and is practiced throughout the world by many peoples and cultures.

**THE
REIKI
SHARE
PROJECT®**



The Reiki Share Project
PO Box 6983
Villa Park, IL 60181

**THE
REIKI
SHARE
PROJECT®**



Reiki...a holistic practice that supports healing and balance in body, mind, and spirit

www.thereikishareproject.org

THE REIKI SHARE PROJECT®

An Innovative Leader
The Reiki Share Project

Empowers individuals
to participate in their
own healing process

Integrates the practice of Reiki into
healthcare systems, community-
based organizations, and
emergency management services

Fosters a caring and
supportive wellness
community

*"Reiki has now become an integral part of treating my
body, mind, and spirit. As I continue my healing process,
Reiki helps keep me balanced and in good health."*

Joe S., cancer survivor & retired law enforcement officer

The Reiki Share Project is a 501(c)(3) nonprofit organization that offers people greater knowledge of and access to Reiki.

Through sharing the gift of Reiki,
it is our hope that we
empower others in their
journey as they seek balance and
healing in their daily lives.

Classes

Through our partnerships with other organizations and community groups, we provide introductory Reiki classes for individuals, caregivers, and professional caregivers. The benefits of Reiki include relaxation, stress reduction, mental clarity, and an enhanced sense of well-being. Upon completion of our classes, participants will be able to self treat with Reiki and offer Reiki to others.

Reiki for the Individual: a class for those diagnosed with serious illness or disability or dealing with trauma.

Reiki for Caregivers: a class for those providing physical care and assistance and/or emotional support to family members or friends diagnosed with serious illness or disability.

Reiki for the Professional Caregiver: a class for healthcare professionals and emergency management personnel.

Reiki Community Outreach

We raise awareness about Reiki through public speaking engagements and presentations, coordinate community Reiki Shares to bring people together to share and practice Reiki with each other, and provide Reiki at community events and in emergency or disaster situations.

How You Can Help

Your financial contribution, as an individual, organization, or corporation, allows us to provide our programs at minimal cost to our participants.

Help us make a difference in someone's life.

To Donate:

please call 630.244.8141

email us at info@thereikishareproject.org,

or visit our website at

www.thereikishareproject.org.

Every donation is gratefully accepted.

Mission

The Reiki Share Project is dedicated to providing Reiki training and education to groups of individuals and caregivers facing serious illness, disability, or trauma. Through our classes and community outreach programs, we teach and support the practice of Reiki, a complementary healing technique that facilitates health and well-being through self-treatment and treatment of others.

Reiki Principles

Just for today...
I release all anger
I release all worry
I am grateful for all life's blessings
I devote myself to my work
I am kind to myself and to all
living creatures.