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realizing the need for a factually based history of reiki i ve spent over twenty years researching this information based on written records and interviews with those close to its development the result is the following history of reiki which is derived from evidence based facts reiki before usui

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what is reiki reiki is derived from the japanese words rei meaning universal and kei meaning life energy it is a japanese healing art and a complementary energy therapy based on the principle that everything in the universe consists of energy that flows around and through living beings

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