

## *Benefits of Reiki Self-Treatment*

“Give yourself Reiki one hour each day, and your life will be transformed.”

Tadao Yamaguchi  
Founder, Jikiden Reiki Institute  
Kyoto, Japan

- Conducted in 2010 by Elaine Grundy, a survey of 546 practitioners found that 87% of practitioners who gave themselves Reiki one hour each day reported an improvement in their overall health.
- This figure dropped to 68% for those who gave themselves Reiki less than one hour per week.
- For those practicing self-treatment more than seven hours per week, an amazing 98% reported an improvement in overall health!
- The figures for those reporting *significant* improvement in overall health are even more telling: only 19% of those who gave themselves Reiki less than one hour per week reported a significant improvement, whereas, 62% of those who treated themselves seven hours each week reported significant improvement.

See pages 108-116 in *Reiki, A Guide for the Practice of Levels I & II* for self-treatment hand positions and suggestions for giving yourself a complete treatment.

Marianne Streich, R.M.T.  
www.reikiforliving.org  
marianne@reikiforliving.org  
206.523.4456  
Lynnwood, WA