



A Brief History of Reiki

It is believed that Reiki has been practiced in Japan for thousands of years but the earliest written records date back to 1919. The Usui method was developed by Dr. Mikao Usui while fasting on Mt. Kurama in 1922. During his lifetime Dr. Usui initiated sixteen teachers, one of which was Dr. Chujiro Hayashi. In 1935, while searching for a cure for her own illness, Mrs. Hawayo Takata was referred to Dr. Hayashi. After receiving her own healing through Reiki she felt compelled to learn herself. Mrs. Takata set up practice in Hawaii and is credited for bringing Reiki to 'the Western World'. There have been numerous advances as Reiki has evolved over the years but the basic principles and intentions for healing have remained the same as well as the five Reiki Ideals:

Just for today I will not get angry.

Just for today I will not envy.

Just for today I will be grateful.

Just for today I will be honest in all my affairs.

Just for today I will be kind to all living beings.



My Personal Reiki Journey

My journey began in 2007 while I was at the seamstress' having some clothes altered. She mentioned that it looked as if my body was physically 'out of alignment' and recommended that I see a friend of hers who could 'fix' me. I had no idea what Reiki was but I knew that something in my life was 'out of alignment' (I have since come to understand that the physical body will reflect one's mental, emotional or spiritual 'out of alignment') so I made the call & set up an appointment. That's when I met Reiki Master / practitioner, Claudette Durupt! Even after a number of sessions I still had no idea what she was doing or what it was but I started to sense things 'shifting' in my life. It wasn't until 4 years later, the summer of 2011, that I knew I had to learn more and signed up for the Reiki 1 & 2. The concept still seemed pretty foreign to me but I knew on some level that this 'hands on healing' made more sense to me than anything else I had experienced in my life and the 'shifts' that began occurring were hard to deny. It was awesome!! My cat was my first client then I moved on to family & friends. Bless them all! All my life I had had this desire to heal the world and encourage people, always knowing that 'Love' was the key and now I had the answer 'right at my fingertips', literally. That fall I took the Advanced Reiki training. It took me awhile to truly understand the concept of setting my own ego aside, trusting and letting the Reiki do 'it's thing'. Sounds easy now! Once again I want to thank my early clients, God and the fact that Reiki 'can do no harm'. In December 2013 I took the Reiki Master Class and I immediately felt my 'confidence in' and the 'flow of' the Reiki energy increase. *became a Reiki Master*

Practitioner
I was blessed with a career of over 23 years working with Seniors and the Elderly in both Long Term Care and Retirement Communities as an Activity Coordinator. I used to tell people, "I get to play with Seniors all day and they pay me! How awesome is that?" I value all the wonderful people and experiences that I have encountered along my path. I embrace all the knowledge and wisdom they shared about Life and I will carry that with me for the rest of mine.

~~I am now blessed to be sharing a passion of mine - Reiki - and I would love for you to join with me on this journey. (I still want to Heal the World!)~~

Heal the world + share this amazing healing energy
~~I want to~~ Namaste. (the God light in me sees and acknowledges the God light in you)

In Light, Love & Gratitude

Carol Bachiu

Usui Reiki Master/Practitioner

*Heal the
Soul ...
Heal the
Body*





I Believe

- the mind is extremely powerful
- our negative beliefs, thoughts, and behaviors create blockages in our energy centers and manifests in us as mental, physical and/or spiritual pain and 'dis-ease'
- the body is quite capable of healing itself and that in this high stress, competitive world we live in sometimes we just need a little help to achieve the level of relaxation our bodies need to heal
- Reiki is a means to achieve that self healing
- 'REIKI IS LOVE!' The Universal Life Force Energy, from the Divine, through me, to you!

***To feel the difference Reiki can make in your life,
Call to book your appointment today!***

Reiki is Love
Body ♥ Mind ♥ Soul

Carol Bachiu

Usui Reiki Master/Practitioner
944 Henry St., Moose Jaw, SK

For an appointment call

306-693-3647 or email cbachiu@sasktel.net

Experience the Healing Power of Reiki



Reiki is Love
Body ♥ Mind ♥ Soul

Carol Bachiu

Usui Reiki Master/Practitioner
944 Henry St., Moose Jaw, SK

For an appointment call

306-693-3647 or email cbachiu@sasktel.net

Experience the Healing Power of Reiki



What is Reiki

Pronounced: Ray – Kee

Meaning: Rei – All things in the Universe – 'Divine Wisdom'

Ki – the Life Force Energy - 'Love'

Reiki – the Universal Life Force Energy – 'God's Loving Wisdom'

Google Definition

Noun: A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.

Benefits of Reiki

- Creates a deep sense of relaxation, releasing tension & stress
- Promotes a natural balance between mind, body & spirit
- Accelerates the body's natural ability to heal itself
- Aids spiritual growth and emotional cleansing
- Assists the body in cleansing itself of toxins
- Increase energy levels
- Dissolves energy blockages
- Calms the mind to improve focus
- Relieves pain
- Reduces blood pressure
- Aids sleep
- Works to compliment all professional medical treatments