

Try typing out this passage:

Reiki

Reiki is a universal healing system, re-discovered in the early part of the twentieth century by a Japanese Buddhist monk Mikao Usui. Reiki means Rei= universal & ki = energy. Universal energy is both around us and in us, it is the vital life force that is in every living thing. It is continually flowing and we are able to harness this in a deliberate and purposeful way to help us heal and increase well being.

So how does this energy work?

In essence, our bodies are always healing ourselves, for example if we cut ourselves, our body automatically springs into action and tries to stem the flow of blood and fight any infection that maybe present. We do not have to think about it, it just does it! If you can imagine the uplifting effect of going for a walk on a warm sunny beach, being surrounded by loving caring people or taking some time out to relax in a hot bath, what we are doing is getting our batteries charged by universal energy. Conversely, think of the negative effect of energy draining from our system, how do you feel when you are surrounded by angry people, whinging, whining and complaining all the time!

Energy is channelled by the healer and is sucked in by the recipients body, in much the same way as if they had an open wound. Bodies are always trying to heal themselves.

Exercises to do

1. Save the exercise as: ReikiWP 1 and save it onto your floppy disc in a folder called reiki
2. Check that the document has been saved by going through "my computer" and viewing the contents of the floppy
3. Change the whole document to font aerial 16
4. Check that reiki is spelt right and add to the dictionary
5. Copy and paste the last paragraph, so that you have 2 paragraphs, one under each other
6. Open a new document and cut and paste the reiki document to the new document, use minimise/maximise buttons to alternate between the two
7. Name and save the other document as Reiki2 and save it in the reiki folder