

Coronavirus

February 29, 2020

Dear Reiki People,

An epidemic of the Coronavirus has started in China and has spread to other parts of the world. Some cases have been identified in the United States. At this time, it has not risen to the level of a pandemic. However, it is important that everyone be aware of this situation and do what we can to address this issue.

Things to Do

To counter this infection, wash your hands regularly, if you feel you are going to cough, do so into the inside of your elbow. Do not touch your face or eyes. Avoid public areas if possible and especially avoid those who are infected, unless you are a properly trained and prepared health care worker. At this time, a face mask is not recommended unless you are infected. Follow any other guidelines recommended by the Center for Disease Control. (CDC)

Use Reiki

While the possibility exists for the human immune system to identify and prevent the spread of this virus, it has the best chance of doing this if it is strong and healthy. Reiki energy is capable of strengthening the immune system and in so doing helping the body prevent infection. It is also capable of restoring health if one becomes infected. To this end, please follow these guidelines:

- Give yourself Reiki regularly throughout the day.
- Set aside time to give yourself full Reiki sessions once a day.
- Send Reiki to the world to help people prevent infection and help heal those who are infected.
- Use distant healing to send Reiki to individuals and groups who have been infected.
- Send distant Reiki to the health care systems around the world so they can more successfully provide appropriate care for those who need it.
- Send distant Reiki to the world health research system to develop better care and especially to develop preventative measures.
- Stay in touch with the latest news updates about this situation and take responsibility for the care of yourself, your family and your loved ones.
- Please click on the links below to become knowledgeable about this situation.

<https://www.nytimes.com/2020/02/24/opinion/coronavirus-pandemic.html>

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

<https://news.yahoo.com/face-masks-protect-against-coronavirus-102001857.html>

We are fortunate to have Reiki as one of the important tools to use in maintaining our health and well-being. May the love and healing power of Reiki watch over you now and care for you.

William L. Rand,
President,

[The International Center for Reiki Training](#)