



## Reiki Tummo Treatment

### History of Reiki Tummo

Most Reiki traditions taught in the world are based on the Usui tradition. This Usui tradition was rediscovered by Master Mikao Usui (1865 - 1926) from Japan in 1914.

Reiki TUMMO is **NOT** a tradition based on another Reiki tradition. **Reiki TUMMO was taught to Master Irmansyah Effendi by a non-physical spiritual teacher.** Master Irmansyah Effendi started teaching Reiki TUMMO in Indonesia to the public in 1998. Reiki TUMMO is now being taught in different countries around the world. Reiki TUMMO is not a "stand alone" lesson as it is a part of a program of spiritual learning. Tummo means "Kundalini."

Although the name Reiki is very familiar, if you look closely, Reiki TUMMO is quite different from other Reiki traditions. Yes, *the therapist* will be channelling energy, but the similarities to other Reiki traditions stops there. The main lessons of Reiki TUMMO will be about feeling your heart, connecting to your heart, being in your heart, and surrendering to the Divine Source by letting the blessing of the Divine Source work on you and through you.

### Benefit of Reiki TUMMO

- Maintains your health
- Heals physical, mental, emotional and other non-physical problems
- Improves your relaxation
- Improves your state of meditation
- Raises your awareness
- Increases your energy
- Protects you, others, and material properties
- Cleanses the body, chakras and energy channels
- Gives you a better understanding about the heart, Divine Source and the blessing of the Divine Source.
- Enables you to be connected and to be within your heart to let the blessing of Divine Source work on you and through you

**NOTE: It's advisable that if you've never had a Reiki Treatment before, to book 3 sessions within 3-6 weeks to ensure better healing. You will absorb more Reiki energy by the 3rd time, because your body is adjusting to it.**