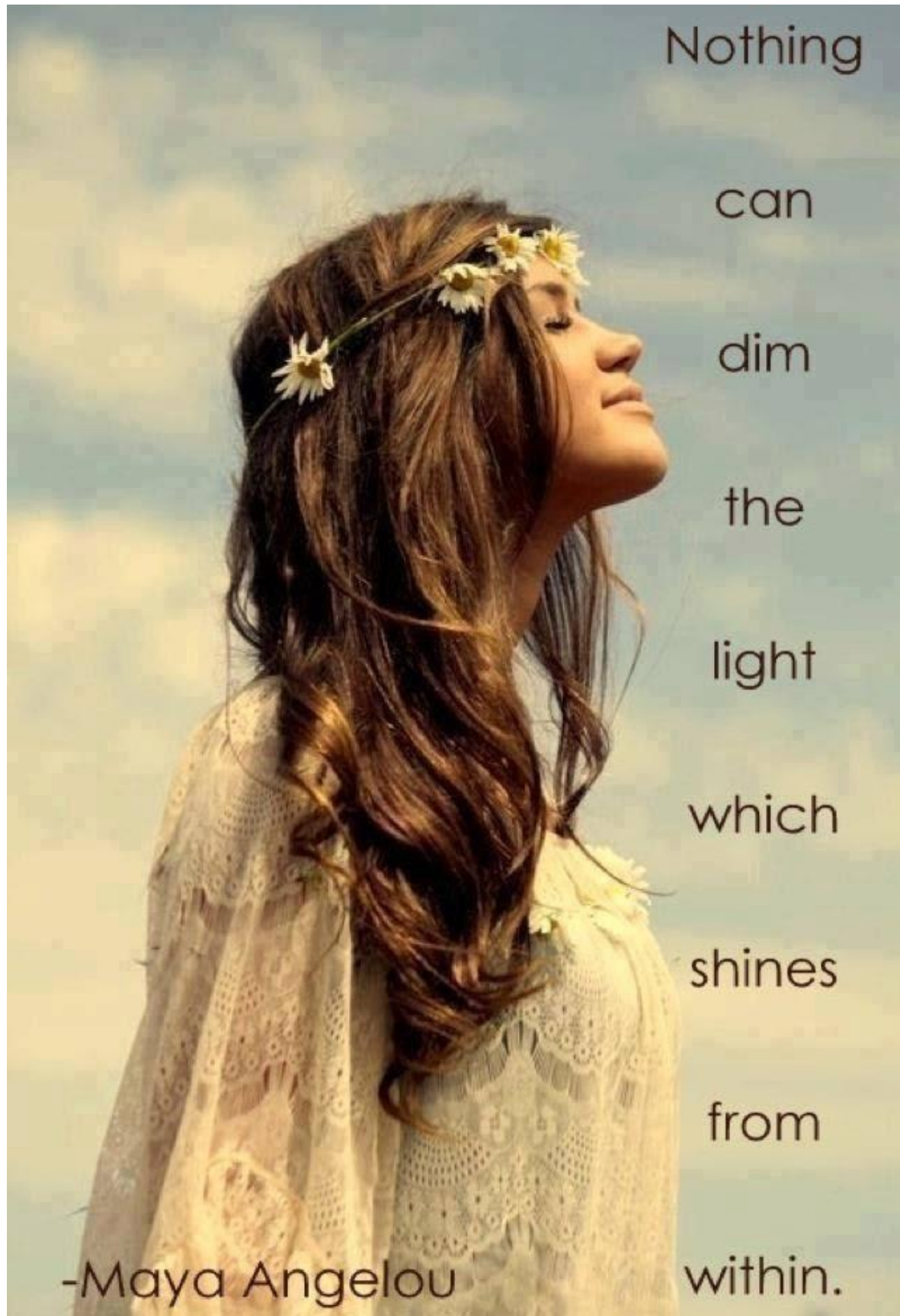


Reiki I Practitioner Manual



A Complete Guide to the First Degree Usui Method of Natural Healing





Welcome to Reiki Level I. It is with excitement, pleasure and gratitude that we are sharing the honor of this journey together!

It is my intention that this manual supports each one of you in your Reiki Journey. I ask you to consider and try all the suggestions; work with each one to discover its wisdom and then use those that resonate with you.

This Manual does not qualify one as a Reiki Practitioner. To become a Practitioner, it is necessary to be attuned by a qualified Master and to be trained in the use of Reiki.

This Manual is not intended to be used as medical advice, nor as a substitute for medical, psychological, or any other healthcare treatment.....

Much love, Cynthia Sebry

Usui Reiki Master Teacher

Essential Energy Healing

Author & Publisher Disclaimer

Reiki is an ancient form of healing that is practiced by the authors and many practitioners around the world. The information and techniques in this book do not constitute medical advice. Healing and medicine are two very different disciplines. You should always remember to seek advice from a qualified doctor or practitioner in the case of serious illness. While all suggested treatments are offered in good faith, the authors cannot accept responsibility for any illness arising out of the failure by the reader/individual to seek medical advice from a qualified doctor or medical practitioner.

Important Note to the Reader/Student

The purpose of this book is to give the reader a comprehensive guide to the teachings and disciplines associated with Usui Reiki Level I Master Practitioner Training and Attunement. I have purposely kept the information concise so the reader can quickly and easily understand and apply Reiki.



**The soul is placed in the body like a rough
diamond, and must be polished,
Or the lustre of it will never appear.**

~Daniel Defoe

Additional Acknowledgments

For information supplied to enrich your learning experience.

I Sincerely Thank the Reiki Masters who have shared their Level One information with me to make this a more informative, rewarding and valuable class.

**The basic teachings in this manual are from
William Lee Rand's Reiki Manual, The Healing Touch.**

Nicki Scully—Basic Alchemical Healing

Marianne Streich—Reiki Master

Gary and Adele Malone—Reiki Master

Cynthia Sebry – Reiki Master | Teacher

This manual has been created with love over the years through my learning, teaching and requests from my reiki student's.

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Cynthia Sebry, www.essentialenergyhealing.ca*

I am grateful and honoured for Spirit's hand in connecting us and offer it to you with the greatest intention for ease on your journey.

Some information in this Manual is from The International Center for Reiki Training by William Rand and has been duly noted.

Reiki is about clearing away what no longer serves you to help you shine bright in all aspects of your life! By consciously altering your daily practices, you will discover the “Reiki” way to feel great and go with the flow of your life.

Note: Resistance to Change is natural and normal. (Yippee you’re normal!) Resistance is a representation of the patterns you have developed throughout your life and they can be changed. Know that resistance will come up to some degree throughout your 21 Day Self-Cleansing period.

Please be gentle and loving with yourself. Accept that you will experience some at some point. Allow the information you receive to be simply observed with a neutral viewpoint as if you were a third party watching a movie, not judging how it will affect you personally. This is helpful to keep your ego mind from falling back on old beliefs about what is good for you that actually may not be serving you. You will receive more intuitive information when you are in an open state of mind. Be aware, observe without attachment, accept where you are with it, forgive yourself and bless yourself & keep moving forward. Know that I am here for you, to happily assist you to break through these patterns of resistance that have kept you from moving forward up until now.

To change habits it takes dedication to yourself but know that you were not meant to do that on your own. Having loving support from others is extremely important. I am here for you and will help you in any way I can! You have already taken huge strides by making this commitment. Keep walking and moving toward your goals by taking energetic responsibility for yourself at all times. That means, follow the steps, use the sources you have been given and if you have a question or concern please reach out and ask for help. You were not meant to do this human experience thing alone.

21 Day Self-Cleanse Journal

Keeping a 21 Day Self-Cleanse Journal

I encourage you to keep up with a journal during this process as part of the process of managing your energy. Taking pen to paper is a great way to solidify your total experience. Dedicate space in a notebook or journal specifically for this.

Begin this in the morning before you get involved in your day.

Mark what day of the Self-Cleanse you are in. "Day 1" and the date.

Write out how and what you want your day to consist of, focusing on feelings you would like to experience. Be as detailed or simple as you like but focus on the feelings. These declarations or projections will show the Universal Source what you want and need and deliver it.

Start looking for evidence of your requests and add them to your journal.

Write out feelings of Resistance that come up for you, get it all out on the paper so it is not circulating in your mind.

Here are some questions to add to your daily journaling. It is best done in the morning as a means to set the energy for the day. Begin by getting out some of the lower lever junk! This a cleanse so there will likely be some ugly stuff to address, then send it on its way. Use plenty of feeling words and be thorough! "Good" is one answer and another might sound like... "Energetic, peaceful, excited, full of wonder, invincible, rich, beautiful, light in my body, clear in my mind.....) You get

Today I do not want to feel...

How do I want to feel today?

How can I make that happen?

I see my day unfolding like this...

I accept...

YOUR REIKI LEVEL I GUIDE

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Thank you for the honor of sharing your Reiki Journey with me!

1. What is Reiki?

What the Reiki cure is aiming at is not only to heal the diseases but also to correct the mind by virtue of a God-sent spiritual ability, keep the body healthy and enjoy welfare in life

~ Mikao Usui, founder of Reiki ~

There is a non- physical ubiquitous energy that gives life to every living organism. For many thousands of years we have known of this energy and have sought to develop ways to harness its power to heal and influence our lives. The Japanese call this energy Ki. It is also known as Chi by the Chinese, Prana by a number of Asian cultures and the Holy Spirit or Holy Ghost by most of the western world.

We carry this energy in and around our bodies from the moment we are conceived. Science has established its existence, and with the aid of Kirlian photography we are able to see this energy that encompasses all living things. Ancient Eastern cultures have harnessed and applied this energy for healing since before the birth of Jesus Christ.

Many successful disciplines such as Reiki, Tai Chi, Feng Shui, Meditation, Yoga and acupuncture have been developed to control and greatly enhance the flow of this energy in and around the body. The energy itself is pure and has omniscient wisdom.

Reiki Is...

Reiki (pronounced ray key) is a vibration of Universal Energy that is accessed for the purpose of healing. The ability to access this vibration of energy is conferred through an empowerment ritual called an “attunement.” The student of Reiki receives attunements that confer the ability to transmit Reiki energy and also learns practical techniques for using this energy for healing. Although there are many variations in the teaching and practice of Reiki, all Reiki traces its roots to the system of healing developed in Japan early in the last century by Mikao Usui.

Reiki healing is based on three premises:

- 1. There is a Universal Energy that flows through all of life. It is the force that causes plants to grow, birds to fly, and each of us to take our next breath. There is no beginning or end to this energy; it is like an all-encompassing ocean within which all of creation exists.**
- 2. Universal Energy can be accessed in a powerful and intentional way for the purpose of healing.**
- 3. The body is programmed to heal itself.**

Reiki activates and facilitates the body's innate healing abilities, reminding the body in a gentle and loving way how to heal itself on the physical, emotional, mental and emotional levels.

How Reiki Works...

The human body is made up of over 50 trillion cells. Each cell contains omniscient wisdom and is connected to the universe and every living thing within it. A good analogy is to think of the universe as a huge ocean of water. Every living thing within that ocean is like a tiny droplet. Together these droplets make up and are part of Reiki the universal life force.

Reiki is part of our genetic structure. It is a built in intelligence that energises the mind body and spirit. Reiki stimulates growth, health, life and healing. When it is freely allowed to flow around the body it can keep us alive and healthy for years to come.

Unfortunately, bad habits and poor choices result in the flow of Reiki being stifled. It is important to note that Reiki cannot be destroyed. Even when we die and the life force leaves our body it continues to exist as part of the universe. Through neglect and ignorance we abuse this vital component of life.

When the mind body and spirit are in harmony the biological intelligence that governs the body's resources and allows it to heal itself and function correctly are intensified. Reiki is the key that unlocks the body's optimum capabilities. There are seven main energy centres in the body that control

the flow of the universal life force.

They are called the Chakras. Each chakra is responsible for supplying energy to specific parts of the body. When they are blocked or clogged the body becomes sick and the flow of energy is diluted.

A full Reiki treatment reopens the chakras and re-balances the flow of the universal life force around the body. A person will normally need four full treatments on four consecutive days to boost the flow of Reiki energy. This will stimulate the body's immune system and natural healing abilities. Normally the body will begin by cleansing itself of toxins. As the poisons are removed, the body becomes re-balanced and the healing process can begin.

Many cultures have developed techniques that stimulate the flow of KI energy around the body. However, Reiki is the easiest to learn and administer. Techniques are simple to master. Results are profound.

Reiki ~ The Word

The word Reiki is comprised of two Chinese characters or kanji. In Japan, the kanji for Reiki are not exclusive to the system of healing we know in the West as Reiki; they are used to describe many types of healing and spiritual work.

Reiki is pronounced ~ Ray as a Ray of Light

~ Key as a Key to unlock a door

The dictionary gives varied meanings of the word.

Some of them are:

Rei – Spirit, Soul, Universal

Ki - Energy

The dictionary gives varied meanings of the word.

Some of them are:

Rei – Spirit, Soul, Universal

Ki - Energy

靈
氣

Together they could mean “Soul Energy” or “Spirit Energy”. However; the essence is more that of Universal Life Energy.

The first portion of the symbol is Rei. The upper section of the character is a cloud formation or condensation of energy. It represents an all prevailing energy and what it shows is a coming together and focusing the energy. The middle section is under the cloud formations. These are 3 squares which represent people with hungry mouths. Below the squares are stick figures that symbolize priests performing ceremony.

The lower portion of the symbol is Ki. In some ancient medical texts, there are as many as 38 different forms of Ki manifestations. These range from breathing vital life force to basic organ functions. This character represents grains or other nutrients coming out of the earth. The whole symbol is a vortex of energy. The cross is symbolic of a patch of earth or ground. The four little sprouts around the cross are rice.

This is the essence of Reiki – a balance of heaven, earth and humanity. A concept which is intrinsic to Chinese thought.

On the certificate you receive at the completion of class, you will see “USUI SHIKI RYOHO”. This translates into the “Usui System of Natural Healing”.

What is the “Rei” in Reiki?

Rei is spiritual wisdom. Rei is more accurately interpreted as means higher knowledge or spiritual consciousness. This wisdom comes from the higher self which is the all-knowing. It understands each person completely. It knows the cause of all problems and difficulties and knows how to heal them.

What is the “Ki” in Reiki?

Ki (Chi) is life energy. It is also known as the universal life force. This is the non-physical energy that animates all living things. It is primary energy of our emotions, thoughts and spiritual life.

If your life energy is low, or there is restriction in its flow, you are more vulnerable to illness.

What is Reiki, then?

Reiki can be defined as spiritually guided life energy. It is the God-consciousness called Rei that guides the life energy called Ki in the practice we call Reiki.

Reiki guides itself with its own wisdom, rather than requiring the direction of the practitioner.

My Definition of Reiki

A Spiritual Healing Practice that promotes balance in the Body, Mind and Spirit.

Is Reiki a Religion?

Reiki is grounded in the ideal of compassionate action, which is embraced by all faiths, but it is not a religion. It is effective irrespective of the practitioner's or recipient's religious beliefs or lack thereof. However, if one chooses, Reiki can be an amazing tool for spiritual transformation within the context of one's beliefs, whatever they may be. Not only is Reiki a tool for healing of the body, mind and spirit, it can become a way of living—living with a desire and an intention to have an open heart, to embody compassions, to be a healing presence in every moment. Doing this, one becomes a life-long student of Reiki.

How Does Reiki Differ from Other Energetic Healing Modalities?

The ability to transmit Reiki is passed from Master to student by way of an empowerment, or attunement. This is a brief ritual that connects the student with a high frequency of Universal Energy and allows him or her to channel this energy for the purpose of healing.

Reiki is simple. Reiki is a simple technique that is easily learned. Because the ability to channel Reiki is conferred through an attunement, it is impossible to “fail” at Reiki. As long as one is willing to accept an attunement, one is able to transmit Reiki after being attuned. Some healing modalities can be quite complicated and require extended periods of study for successful practice.

Reiki is directed by the Higher Power. The success of other energetic healing modalities often depends upon the practitioner's correct diagnosis of the problem, which must be gained through heightened psychic or intuitive powers. The success of a Reiki treatment is not dependent upon diagnosis, psychic or intuitive ability, or an enlightened state of consciousness. Reiki works regardless of whether or not the practitioner even knows what the condition is. The flow of Reiki is influenced by the intention of the practitioner, but the energy is directed by the Higher Power for the highest and best good of the recipient. The practitioner has only to put ego aside and allow Reiki to flow to give a successful treatment.

Reiki does not deplete the practitioner's energy. In many other energetic healing modalities, the practitioner is required to enter an altered state to build up his or her own energy, which is then directed toward the recipient. The recipient is receiving the practitioner's energy, which may not, in all cases, be desirable. Expending built-up or stored energy depletes the practitioner's energy to some degree, which can, over time, negatively impact the practitioner. Giving Reiki does not deplete the practitioner's energy because the practitioner is not using his or her own energy, but is simply channeling Universal Energy in a powerful way.

The Reiki practitioner receives a treatment every time he or she gives a treatment. Because Reiki flows through the practitioner to the recipient, the practitioner receives the benefit of the energy as it flows to the recipient. After giving a treatment, I feel deeply relaxed, at peace and deeply grateful for the privilege of being an instrument of healing grace.

Reiki can be sent distantly. Reiki can be sent to a person in the next room, across the country, or halfway around the world as easily as it can be given hands-on to a person in the same room.

Reiki can be used for self-treatment. Reiki can be self-administered as easily as it can be used to treat another person.

What can Reiki Heal?

*****Note: As a Reiki Practitioner, we can NEVER advise anyone that Reiki will Heal**** Reiki is a Spiritual Healing Practice that promotes balance in the Body, Mind and Spirit.**

Research provides valuable information for healthcare professionals and important support for the work of Reiki practitioners. I am so grateful that

this research is being done; however, like most practitioners, I don't need scientific validation of Reiki to know that it works; I know it works because I have experienced its healing in my own life, and I witness its effectiveness daily in my practice.

In Usui and Hayashi's day, Reiki was used to treat all diseases. It was not looked upon as a relaxation technique as it often is today, but as a means of treating physical illness. Treatments were extensive and intensive, given daily, sometimes several times a day, for as long as it took to get the patient well.

In my own practice, the benefits clients invariably report include relaxation, a sense of greater peace, reduces stress and tension. Other frequently experienced benefits are a feeling of being lighter (as if a burden has been lifted), a decrease in anxiety and depression, pain relief, relief from insomnia and more restful sleep.

Typical comments:

"Thank you for the treatment on Monday. I feel a much greater sense of peace".

"My back does not hurt since the treatment, and I slept quite a bit the past couple of days".

"I have not had one panic attack since I started my Reiki sessions".

"I feel like I am lighter in the shoulders and more focused..."

"I felt great after my session, so calm and taken care of".

"Thank you for the ever-so relaxing Reiki treatment. It always feels as if I've rested for hours".

"I felt a deep relaxation and a sense of emotional balance and well-being".

"I always feel so nurtured and comforted."

"A Reiki treatment is like having a massage on the inside."

What Happens During The Initiation/Attunement?

Many people wonder why the initiation ceremony must remain a secret and why the students need to close their eyes during the attunement.

Questions like these are quite normal, and understandable. The reason for the secrecy is to keep the rituals sacred and cherished by the Reiki Master and their students. The eyes kept closed allow the recipient being attuned to go inside and focus on the experience, it also helps the Reiki Master concentrate on what is a complex set of procedures.

During the initiation, the Reiki Master uses the ancient symbols and mantras (holy words that activate and direct certain energies) rediscovered by Dr. Usui to connect the student to the universal life force.

Dr. Hayashi described it to Madam Takata so beautifully when he said, “the universal life force is so big we cannot measure it, so deep we cannot fathom it; therefore in Japanese we call it Reiki.”

He continued “it is comparable to a radio station, broadcasting radio waves everywhere. There are no wires connecting the radio station with your home, yet when you turn on the receiver and tune into the radio waves from the station you receive what they are sending. Likewise, the principles of Reiki are the same. The energy is everywhere; it travels through space without wires. Once you have been connected to the energy it flows automatically, forever. It is a universal and immeasurable energy and its power is unlimited.

What Happens After Initiation/Attunement?

When you receive your first attunement during the initiation ceremony, energy will start to flow through your hands at the thought of healing. You will also start a 21 day cleansing and detoxification cycle through the chakras. The Reiki attunement has a powerful healing influence on the mind body and spirit, activating all seven chakras, beginning with the root, and ending at the crown chakra — each one taking approximately twenty-four hours. This happens three times.

You may not be aware of this depending on how fit and healthy you are. The more toxic you are the more you will be aware of the cleansing process. Your body is preparing you for healing. When the toxins are out of your system your body can work at its ultimate level for healing. Your

whole system will be readjusted and re-balanced. You may experience symptoms of physical cleansing and detoxification such as a running nose, headaches or diarrhea. There is no need to be alarmed the body is simply flushing out the toxins. It is a good idea to spend a bit more time resting over the twenty-one day period. Use the time for self-healing and reflection. Place your hands on any aches or pains you may be experiencing and allow Reiki to ease your discomfort and speed up the healing process, which may take place for approximately 3 – 7 days.

The healing energy works on all levels of the mind body and spirit. This process can be quite emotional and exhausting at times as the Reiki energy goes to work on the emotional and physical blocks, scars and baggage that your body has collected and stored throughout your lifetime.

Reiki's wisdom will do whatever is needed to release you from the fears and barriers that prevent you leading a happy fulfilling life. If you find yourself getting emotional and wanting to cry, scream or shout, let it happen. The old saying better out than in is so true and therapeutically beneficial to your being. Release the ties that bind you to your old habits and lifestyle. Reiki is like a rebirth. You can cleanse your mind body and spirit and start again.

Trust in the healing power of Reiki.

Some reactions may seem unpleasant but by accepting them as part of your personal healing process and not attaching a great deal of importance to them, they will soon pass. You may also find yourself dealing with certain issues in your dreams; it can be helpful to keep a record of them in a dream journal. Then when you have time you can meditate on the issues.

The attunement switches on an extra surge of power which fuels all life. The more you use Reiki the stronger it becomes. Establish the habit of giving yourself Reiki before you fall asleep at night and when you wake up in the morning. Remember, once you have been attuned to the universal life force you can begin channelling the healing energy of Reiki to yourself and others.

Reiki is never sent, it is always drawn through the channel. This is one of the major differences between Reiki and magnetic or spiritual healing. Because the energy is drawn through the channel by the recipient as opposed to being directed by the healer, the Reiki practitioner will never feel drained or take on the condition of the patient. On the contrary, the

practitioner is also receiving a self – treatment as the Reiki energy flows through them to the recipient.

Your psychic, intuitive and creative abilities will be raised by between 50 to 80 percent. By raising your vibratory level you will begin a transformational process on all the many levels and aspects of your life.

We all live in an extremely stressful and hectic world, which can influence our total being. Reiki helps control how our mind body and spirit responds both internally and externally to the often negative and destructive external stimuli from our world. If applied regularly, Reiki will reduce the extreme highs and lows of life, gradually leading to a new balanced existence.

Ways to Use Reiki after the Attunement

Once you have been attuned to Reiki, the energy will flow through your hands whenever you touch with the intention of healing or helping. You can use Reiki on:

- | | | |
|-------------------|-------------|------------------|
| • Yourself | • Plants | • Letters |
| • Other Adults | • Trees | • Documents |
| • children | • Seeds | • Your car |
| • Prenatal babies | • Crystals | • For protection |
| • Accidents | • Food | • Travelling |
| • Emergencies | • Drinks | • Your home |
| • Animals | • Your work | • Drinking water |
| • Birds | • Contracts | • Bath water |
| • Fish | • Projects | • Shower water |

The list is endless, you are only limited by your imagination!



The practice of forgiveness is our most important contribution to the healing of the world. - Marianne Williamson

Factors That Affect Healing

Consistent Treatment. In rare instances, one Reiki treatment can bring about a complete healing. More commonly, a condition requires multiple treatments given consistently over time. How frequently depends upon the person and the condition.

Willingness and Intention. Healing is affected by the intention and willingness of the recipient to heal and by the recipient's faith in the ability of the body to heal itself. The client must be willing to claim healing, accept it, and complete it by changing the beliefs, habits, activities and thought patterns that created the discordant energy in the first place. This includes seeking medical or psychological treatment, if needed, and making any lifestyle changes as required.

Reiki can assist the client in releasing beliefs that limit healing and in making the lifestyle changes needed to complete healing; however, it is the clients' responsibility to take the needed action. For instance, Reiki can relieve stress, but the client must make life choices that reduce chronic stress; otherwise, he or she will continue to create it.

Some clients may want Reiki only as a palliative measure. These clients may not recognize the need for healing, or they may not be ready to heal on a deeper level. They simply seek temporary relief from symptoms. They may fear that healing will require them to face unpleasant truths, relieve past trauma, or make life changes they are not yet willing to make. If the client allows it, Reiki can heal resistance and fear; however, it never forces healing or interferes with the free will of the recipient. Reiki heals whatever is ready to be healed in a gentle and compassionate way. As a practitioner, I always honor my client's wishes and respect their life path without judgment.

Other clients have a deep desire to embrace their wholeness on all levels—physical, mental, emotional and spiritual. They are willing to heal the root causes of past trauma, unhealthy lifestyle choices, self-defeating beliefs and thought patterns, and chronic mental or physical conditions. These clients allow Reiki to work with them at the level of the unconscious. They are committed to receiving consistent treatments and they actively participate in their own healing during and between treatments. These are the clients for whom Reiki is transforming and it is a deep joy to witness the amazing healing that unfolds for them.

Life purpose. Sometimes a condition may be necessary for the client to fulfill his or her purpose in this lifetime. In some cases, illness has caused a change in the direction of their lives. The physical condition may or may not be healed, but in either case, Reiki can bring about healing on the emotional, mental and spiritual levels. It will help reveal and integrate the lessons to be learned from the condition, as well as mitigate the fear, anxiety, depression, hopelessness and confusion that may accompany chronic or terminal illness.

Healing always takes place on some level, whether or not the client and practitioner are aware of it. Healing may be dramatic and immediate; it may evolve slowly after a treatment, or it may take place on a very subtle level and only be obvious if the recipient is observant and aware of slight shifts and changes.

Is It Possible for Reiki To Cause Harm?

No. Reiki cannot cause harm. The all-knowing Higher Power directs Reiki. It knows what the outcome of the healing needs to be.

Who Can Become a Reiki Practitioner?

Anyone who is willing to receive the gift of Reiki can become a Reiki practitioner. It is not necessary for the Reiki student to have achieved enlightenment, to be highly intuitive or psychic, or to have reached a high degree of spiritual development in order to channel Reiki. Once an attunement is given, the recipient is able, without exception, to access and transmit Reiki. Reiki becomes stronger and more powerful with use.

Reiki Attunements and Degrees

Traditionally, Reiki is taught in three degrees or levels: First, Second and Third Degree, or more often referred to as Level I, Level II and Advanced Reiki Training|Reiki Master Teacher.

Attunements are specific to each degree and each degree imparts increasingly advanced knowledge and techniques. Level I imparts the ability to transmit Reiki energy and teaches hand positions and basic techniques. Level II attunes the practitioner to symbols that enhance the power of Reiki and increase the ability to transmit Reiki distantly. The Master level gives one access to advanced techniques and enables on to

pass attunements and teach all levels. (The highest degree attainable in Japanese Reiki is designated not as “Master,” but Shinpinden, which translates as “Mystery Teaching”. The use of the term “Master” is of Western origin.)

An Initiation/Attunement not only allows the student to transmit Reiki, but also provides a healing upon him or her. Attunements heal and condition the crown, heart and palm chakras to prepare them for use in channeling Reiki and make other adjustments in the student’s energy system as needed. Each attunement offers the ability to channel a higher vibration of Reiki energy and a deeper level of healing on the recipient. Students often report noticing that a shift or a healing begins prior to a class, and that deep healing continues after they have received an attunement.

The style I teach and the style on which this manual is based are a result of my study with two different Reiki Masters and of what working with the energy has taught me.

Knowing the origins and history of Reiki, separating myth from fact and embracing the richness of its heritage— without judgment—informs our work and teaches us in many valuable ways. If the wonderful gift of Reiki is to have the most powerful impact possible, we as practitioners must honor all schools and lineages of Reiki, promote harmony and cooperation among all practitioners and maintain the very highest standards of professionalism, practice and integrity in our work. If we would use Divine Love to heal, we must strive to become Divine Love in every thought, work and deed.

YOUR REIKI MASTER LINEAGE

DR. MIKAO USUI

DR. CHUJIRO HAYASHI

MRS. HAWAYO TAKATA

PYLLIS LEI FURUMOTO

WILLIAM L. RAND

ANNE SCHLECTON

FLORENCE LEDUC

HELENE COPPENS

MELODY SMITH

PATRICIA TURNER

LINDA CLARK

CYNTHIA SEBRY

YOUR NAME HERE

A Brief History of Reiki



Dr. Mikao Usui

Note: New information regarding the history of Reiki began to surface in the 1990s and discoveries continue that allow us greater insight into its origins and practice.

Movement of energy for the purpose of healing has been practiced in various forms by cultures throughout the world from the earliest times. The healing modality known as Reiki follows in these ancient traditions; in fact, some Reiki Masters believe that Reiki is an ancient tradition rediscovered by its founder, Mikao Usui.

Dr. Usui was born August 15, 1865. Very early in life, around the age of four, he studied and practiced health and healing disciplines (kiki & qigong) based on the development and use of life energy. He found that these healing methods required the practitioner to build up and then deplete his own life energy when giving treatments. He began to wonder if it were possible to do healing work without depleting one's own life energy.

Usui had an avid interest in learning and worked hard at his studies, sometimes traveling to further his studies. His curriculum included medicine, psychology and religion as well as fortune telling (a skill long considered worthy of study in Asia).

In 1914 Usui's personal and business life was failing and he decided to return to his roots and spend some time fasting, meditating and praying about his life. It was during this time that he set himself apart from daily life that the Great Reiki energy entered the crown of his head. After this time he found that his healing abilities were enhanced and that he no longer depleted his own energy system while doing healing work.

Usui, a man of compassion used his healing abilities to help others, and for the next 7 years worked with the poor people of Kyoto. In 1922, Usui moved to Tokyo and started a healing society called Usui Reiki Ryoho Gakkai, which means "The Usui System of Reiki Healing". He also opened a clinic in Tokyo, where he taught classes and gave treatments. In later years he traveled around and treated and taught many people. Usui directly taught more than 2000 students and initiated 16 teachers. The Japanese Government issued him a Kun San Tao award for doing honorable work to help others.

On March 9, 1926, Usui died. His students erected a large memorial next to his gravestone to honor his lifetime achievement and dedication.



Dr. Chujiro Hayashi

Dr. Hayashi played 2 important parts in Western Reiki. Number one is that he is probably the originator of the hand position system used here in the West. Number two is that he initiated Mrs. Takata to Reiki Master which brought Reiki to the West.

He started his Reiki training with Usui Sensei in 1925, at 47 years of age. It is believed he was one of the last Reiki Masters trained by Usui.

Hayashi originally had seven to eight hand positions that covered the upper body only. These positions are based on the Eastern traditional healing methods (such as Chinese Medicine) that the "body" is the head and torso, the limbs are considered "external". When treating these

positions, which cover major energy center's (acupuncture points), the energy will flow not only through the body but also to the arms and legs. (using meridians). Therefore it is only necessary to treat the head and torso in order to treat the entire body mind.



Mrs. Hawayo Takata

Born December 24, 1900, Mrs. Takata received her Reiki training from Dr. Chujiro Hayashi starting in 1936 and then in 1938 she was initiated as a Reiki Master. Mrs. Takata practiced Reiki in Hawaii and establishing several clinics there, as well as teaching students. *Mrs. Takata has been credited with introducing Reiki to the Western culture.* Mrs. Takata initiated 22 Reiki Masters during her time here on earth, dying on December 11, 1980.

Reiki today

As of the writing of this manual (November 2016) There is no established standard that determines what comprises the healing method known as Reiki. Many Reiki styles have evolved in the years since Mrs. Takata's death in 1980. Reiki Master William Rand estimates that more than 70 variations of Reiki have been formalized.

It is not difficult to understand why so many versions of Reiki exist. Mrs. Takata asserted that Reiki was an oral tradition in Japan and taught Reiki as an oral tradition for much of her career. She did not typically give her students printed material or allow them to take notes. As far as it is now known, she never allowed students to keep drawings of the symbols. We know that both Usui and Hayashi provided their students with manuals and other printed materials. The knowledge of how to give attunements was not written, but passed orally to a student deemed worthy of being a teacher.

Given imperfect memories and Takata's own variations in her teaching, differences were bound to surface. Add to that the fact that Reiki speaks

to and teaches each practitioner individually and there is little wonder at the number of variations.

Despite all of this, all styles of Reiki are effective; all Reiki attunements work, as long as the Master passing the attunement has actually been attuned.

THE ORIGINS AND HISTORY OF REIKI

Reiki originated in Japan in the 1920s when Dr. Mikao Usui rediscovered a way of channeling healing energy.

However, there are two slightly different versions of the Reiki history. The first one was primarily told as an oral history in the West from the late 1930s until the early 1990s, and which some Reiki Masters still prefer to use now, while the second came to light in the 1990s as a result of some Reiki Masters (particularly Frank Arjava Petter) doing research in Japan. There are similarities between the two stories, and each has its merits and will appeal to some people more than others.

THE TRADITIONAL WESTERN VERSION OF THE REIKI HISTORY

This story told that Dr. Mikao Usui (1865– 1926) was a learned scholar who taught in a Christian seminary in Japan where he was one day challenged by one of his students, who asked him if he believed in the stories in the Bible of Jesus healing, and if so, when were they going to be taught how to heal? It was said that, as an honorable Japanese gentleman, upon realizing that he could not teach his students any healing techniques, Dr. Usui dedicated the rest of his life to finding out how Jesus and the Buddha had been able to heal. He was said to have traveled widely and learned other languages in order to research both Christian scriptures and Buddhist teachings, before finally ending up in a Zen Buddhist monastery where the abbot advised him to meditate to find the answers he was seeking.

Mikao Usui

At the end of a twenty-one-day fasting retreat on Mount Kurama Dr. Usui was apparently struck by a great light, and saw the sacred symbols (calligraphic shapes) he had discovered earlier during his research, and

came to a deep understanding of those symbols, received a spiritual empowerment and achieved enlightenment. When it was over, despite his weakness after twenty-one days of fasting, he was able to rush down the mountain. In his haste he injured his foot, and when he quite naturally bent down to hold his toe, he found that the bleeding stopped, the pain went away and he was healed. At the bottom of the mountain he encountered a food seller and he asked for some food, which the food seller's daughter brought to him. He saw that the girl's face was swollen and that she had been crying, and she told him she had bad toothache which her father couldn't afford to get treated. Remembering what had happened to his toe, Dr. Usui asked if he could place his hands on her face, and when he did so, the swelling went down and her pain went away. Later, when he returned to the monastery to tell his friend the abbot what had happened to him, he was told that the abbot's arthritis was very bad and he had taken to his bed.

Once again, Dr. Usui placed his hands on the abbot and his pain went away. In this way he came to a realization that he had finally discovered the healing power for which he had been searching. The story then told that he spent many years healing people in Japan before passing his teachings on to Dr. Chujiro Hayashi (1878– 1940), a former captain in the Japanese Navy, and a naval doctor. After Dr. Usui's death, Dr. Hayashi was said to have opened a Reiki clinic where clients were treated, usually by two or more practitioners.

Dr. Chujiro Hayashi

In 1935 a young woman from Hawaii called Hawayo Takata (1900– 80), who was visiting relatives in Japan, became ill and was taken to a hospital . She was about to have an operation but she had an intuition that there was another way to find healing. She left the hospital and went to Dr. Hayashi's clinic, where she was treated by several Reiki healers. Apparently she was surprised by the heat in their hands and demanded to know what it was, so they told her about Reiki. She became fully well within a few weeks of daily treatment, and was so impressed with such success that she begged to be able to learn Reiki, and Dr. Hayashi eventually agreed to teach her. Mrs. Takata then lived with his family and worked without pay in his clinic in exchange for the privilege of being able to learn the first and second levels of this healing system.

Mrs. Hawayo Takata

Eventually she went back to Hawaii and in 1937 she opened the first Reiki clinic in the West. A year later Dr. Hayashi and his family visited her , and he passed on the final level of the Reiki teachings before he returned to Japan, so that she would be able to teach this healing art to others. The story Mrs. Takata told was that during the Second World War Dr. Hayashi and all of his Reiki students in Japan were killed, and that therefore she was the only Reiki teacher left alive. Mrs. Takata continued to teach Reiki and run her clinic in Hawaii, but she also traveled extensively throughout the USA and Canada, treating people with Reiki and training them how to use Reiki for themselves. She held classes in two levels of Reiki training, which she called First Degree and Second Degree, but it wasn't until the 1970s that she began to teach the final level of teachings, the Third Degree, which she called Reiki Master (a rough translation of sensei, "respected teacher" in Japanese), so that others would be able to pass on the teachings when she had gone.

By the time of her death in December 1980, after forty-two years of teaching Reiki, she had trained twenty-two Masters, and it is through those twenty-two Masters that Reiki has spread so widely throughout the Western world.

THE ALTERNATIVE JAPANESE TRADITION

In the 1990s information began to reach the West from Japan which indicated that Dr. Usui had been a Buddhist priest, not a Christian priest , and that he had passed his Master level teachings on to seventeen people, not only to Chujiro Hayashi. Nor had all the Reiki Masters in Japan been killed during the Second World War, so Reiki had continued to be taught there since Mikao Usui's death.

Indeed, an organization existed which was dedicated to preserving his original teachings— the Usui Reiki Ryoho Gakkai. This new information came from two men in particular— Frank Arjava Petter, a European Reiki Master, at that time living and working in Japan with his Japanese wife, Chetna Kobayashi, and Hiroshi Doi, a Japanese Reiki Master who has trained in both Japanese and Western Reiki traditions. Others who have contributed to our current knowledge of Reiki in Japan include Dave King, Chris Marsh, Melissa Riggall and Robert Jefford, and more recently Rick

Rivard and Andy Bowling, all of whom have spent time researching in Japan.

We now know that Dr. Usui was born in Japan on August 15, 1865 and that he began his study of Buddhism at the age of four, when he was sent to a monastery school run by the Tendai Buddhist sect. He studied martial arts from the age of twelve, being awarded the Menkyo Kaiden, a certificate of full proficiency, by his mid-twenties; he also reached high levels of proficiency in other ancient Japanese energy systems as he got older, including Ki-Ko, the Japanese form of the Chinese energy-balancing system known as Qi Gong. He also learned meditation and healing, and during his life he worked in many different jobs, including as a government officer, a businessman, a journalist and as secretary to the mayor of Tokyo. As he lived a relatively normal life, and had a wife and children, it is unlikely that he was a cloistered monk, but he is believed to have studied various forms of Buddhism, including Shingon and Zen Buddhism.

Usui grew up during the reign of Emperor Mutsuhito, the Meiji Emperor, during whose reign (1868– 1912) a new wave of openness began, as Japan’s previously closed borders were opened for the first time in many centuries. The country became more industrialized, which engendered an eagerness to explore the benefits of Western influences, with a consequent freedom for Japanese nationals to travel outside their own country. Many Japanese scholars were sent abroad to study Western languages and sciences, and it states on Dr. Usui’s memorial, situated in the graveyard of the Saihoji temple in Tokyo, that he visited China, the USA and Europe, and that he was fond of reading, acquiring knowledge of medicine, history, psychology and world religions.

His memorial confirms that he had a mystical enlightenment experience on Mount Kurama, near Kyoto, apparently after advice from a Zen Master to undergo “shyu gyo,” a strict spiritual discipline involving meditation and fasting for twenty-one days, until he either died, or became enlightened. On the last morning of his fast he experienced “a great Reiki over his head”— a quote from his memorial— which gave him the ability to access healing energy (Reiki) and to pass that ability on to others. It is a facet of Japanese culture that knowledge or important information is normally kept secret (or sacred— the words are synonymous in the Japanese language) within family groups, so initially it is believed that Dr. Usui used Reiki only on himself and his family; it is reported that Reiki cured his wife of a serious illness at that time.

However, he eventually realized his discovery was of great importance, so he began to teach people how to access this healing energy and he made “Shoden” (“the entrance,” the first level of Reiki training, equivalent to our Reiki 1) “freely available to all of the people,” as it says in one of his teaching manuals, the Usui Reiki Hikkei. It is believed that about two thousand people learned this level of Reiki from Dr. Usui. Between thirty and fifty people may have learned the second level, “Okuden” (“the deep inside”), and seventeen acquired the third level, “Shinpiden” (“the mystery or secret teachings”), which is what we call Reiki Master. These included five Buddhist nuns, four naval officers and eight other men, but little else is known about them.

Dr. Usui then spent the few years before his death at the age of sixty practicing and teaching his healing system, which he called “Teate,” or “palm healing,” but which we now refer to as Usui Reiki Ryoho, or the Usui Spiritual-Energy Healing Method.

His memorial states: If Reiki can be spread throughout the world, it will touch the human heart and the morals of society. It will be helpful for many people, not only healing disease, but the Earth as a whole.

As you can see, the essence of the two stories— the traditional Western one and the alternative Japanese version— is the same.

Mikao Usui lived in Japan, researched and discovered a way of channeling spiritual energy which could be used for healing, and taught that system to a number of people, including Dr. Chujiro Hayashi, one of the Japanese naval officers, who in turn taught Mrs. Takata, which is how Reiki came to the West.

THE DEVELOPMENT OF REIKI IN THE WEST

Mrs. Takata established a system of teaching Reiki that survives to this day, although since the early 1990s there have been a number of changes made by various Masters. She adapted the teaching to suit Western students; for example, she taught First Degree or Second Degree as workshops held over just a few days, to fit in with most Western working lives, rather than expecting students to work in her clinic for months in order to learn, as she had done when she trained with Dr. Hayashi. She used the four Reiki symbols she had been taught by Dr. Hayashi, three of

which she taught at Second Degree, and one at Master level, and she instigated a series of twelve basic hand positions for both self-treatment and the treatment of others, encouraging students to work on themselves with Reiki every day. She advised that each hand position should be held for five minutes, and recommended that students carry out four treatments on each client for maximum benefit.

After Hawayo Takata's death, a group of the Masters she had trained met in Hawaii in 1982 to discuss how Reiki should progress, and who should become the next leader or "Grand Master," which may be how Mrs. Takata described herself, since she was the only Reiki Master in the West for so many years. Phyllis Lei Furumoto, Mrs. Takata's granddaughter, agreed to follow in her grandmother's footsteps and was therefore elected Grand Master. At that historic first meeting in 1982 the Masters standardized the system. They agreed on the exact form of each of the four Reiki symbols, what should be taught at each of the three levels, the length of time students should allow between learning each level, and other aspects of teaching, including that it should remain an oral tradition which should incorporate Mrs. Takata's story of the discovery of Reiki.

They also decided to follow her system of hand positions, and the method of spiritual empowerment or attunement she used to transmit the healing ability to students. They also agreed on the wording of the five spiritual Principles of Reiki, as taught by Mrs. Takata, although other slight variations were taught by the few Masters who chose not to attend that meeting.

At a further meeting in British Columbia in 1983 the Reiki Alliance was formed, an organization of Reiki Masters who recognized Phyllis Lei Furumoto as the Grand Master and whose purpose was to support one another as teachers of the Usui System of Reiki. This organization still exists, with a fairly small membership of Reiki Masters all over the world. Until 1988, only Phyllis Lei Furumoto, as Grand Master, was entitled to train other Masters, which clearly limited the numbers, but at a gathering in Fredricksburg that year she announced that any suitably experienced Master could teach other Masters.

This development opened up Reiki in the West to the inevitable changes that result from expansion. By the early 1990s the numbers of Masters and practitioners had grown extensively, and a growing number of Masters moved away from the system agreed by the Reiki Alliance to work

independently, introducing changes to the way they taught Reiki.

REIKI'S DEVELOPMENT IN JAPAN

To most people in the West involved in Reiki, whether as students, practitioners or Masters, Reiki is a healing system with a spiritual aspect. In contrast, Dr. Usui's emphasis was on a spiritual practice with healing as a by-product. His teaching was more about a spiritual awakening rather than just physical healing. Mikao Usui referred to his teachings as the "Method to Achieve Personal Perfection."

He taught that it is by mastering the mysteries of the self that we learn to affect the mysteries of life. The first teachings (Shoden) were about "cleansing" (healing and affirmations) and "opening" (receiving Reiju empowerments, see below), for the healing of the Self. The Inner (Okuden) and the Higher (Shinpiden) teachings were to take the student further on his or her spiritual path, including at a very much later stage of their Shinpiden training learning how to perform the Reiju empowerment, the Japanese form of attunement to the Reiki energy.

The importance of self-healing was imparted, as well as the benefits of living a "proper" life, using the Reiki Principles as a foundation.

Dr. Usui incorporated other aspects of his Buddhist training into his Reiki teaching, including meditation, self-cleansing and the simple method of spiritual empowerment, Reiju, as well as some energy practices from Shinto , a form of religion common in Japan, and Ki-Ko, a Japanese martial art. It seems that he worked intuitively on people, placing his hands wherever seemed in need of healing.

However, once he began to teach others to do Reiki Dr. Usui found that instructions were needed, and he wrote the Usui Reiki Hikkei, a manual to be given to his students (some researchers state that this manual was really written by Dr. Hayashi). Mikao Usui is also credited with founding the Usui Reiki

Ryoho Gakkai (the Usui Reiki Healing Method Learning Society), an organization dedicated to keeping the Reiki teachings alive, although it is possible that his followers started it after his death, naming Usui as the founder as a mark of respect. The Gakkai members follow Dr. Usui's teachings very closely, using two manuals said to be produced by Dr. Usui.

One of these is an explanation of his energy healing method, the Usui Reiki Ryoho, and the other gives details of the various healing techniques, including specific hand positions for different diseases and physical problems.

Even today, when a Japanese Reiki student has received his or her attunement into the first level, Shoden, they are expected to practice Reiki daily, and to live with the Five Reiki Precepts/Principles in their daily lives to encourage mental and emotional growth and development, and to continue their spiritual development.

This helps them to develop their intuitive skills so that they become better able to detect and treat physical illnesses, a process which is called “byosen,” which means being able to feel energy from a source of illness, and being able to judge a symptom and how many days of healing will be required. Another skill is called “reiji,” where the hands go intuitively to affected areas automatically and start sending Reiki. If (rather than when) they reach a certain level, as determined by their Reiki Master Teacher, they will then be given Okuden, the second level, but there is no time limit for this. Very few people in Japan ever reach the advanced level of Shinpiden, the equivalent of a Western Reiki Master, even after many years of practice.

Reiki History by:

Quest, Penelope; Roberts, Kathy (2011-09-01). The Reiki Manual: A Training Guide for Reiki Students, Practitioners, and Masters

2. The Human Energy Field

Reiki works through the body's energy fields. This chapter presents a basic introduction to the human energy field as it related to Reiki Treatments.

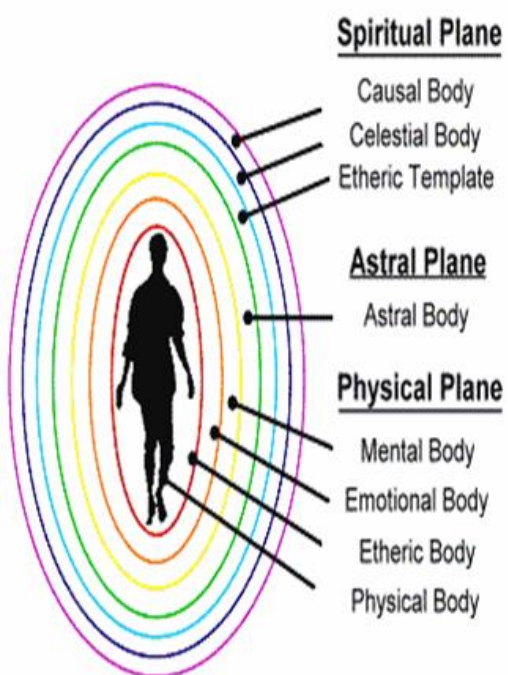
Auric Fields

The human body generates fields made up of numerous layers of energy that surround the body and penetrate it, moving through the skin and bodily tissue.

These fields have been measured to extend as much as 15 feet from the body, however, there is no "edge" to them; they flow into and are part of an all-encompassing "ocean" of Universal Energy.

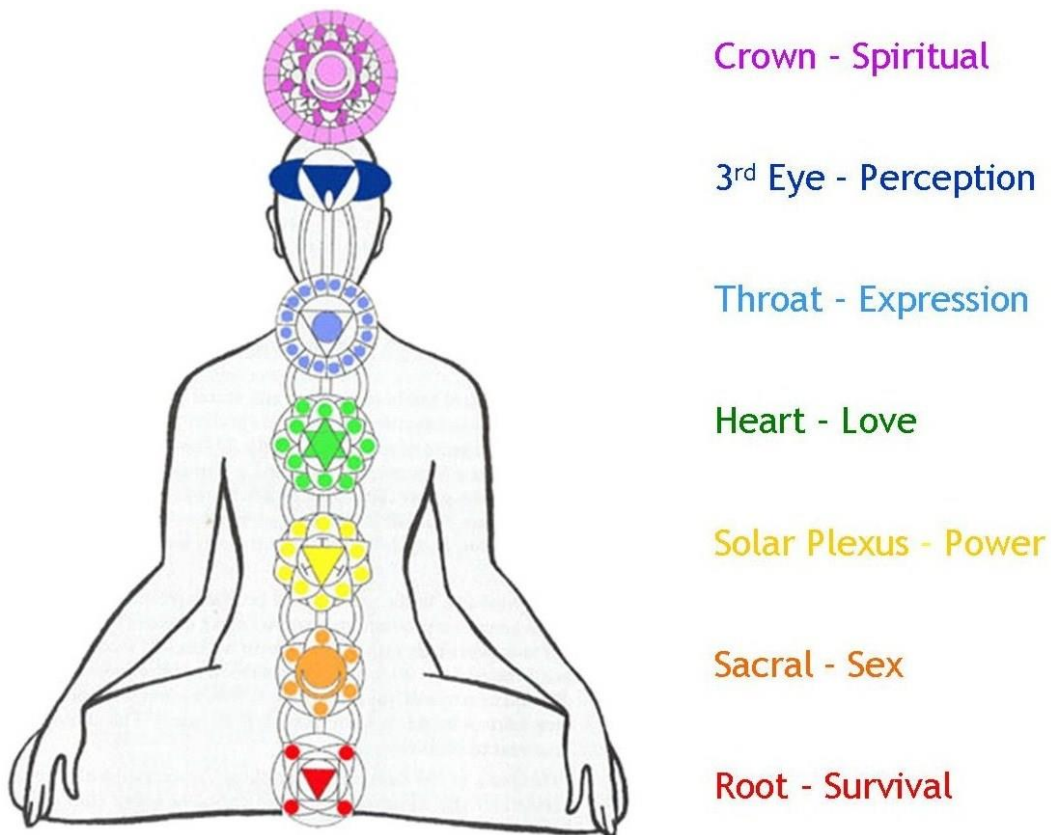
These layers are often collectively referred to as the "aura," although they are more accurately defined by function. They vibrate at frequencies higher than the human Eye normally detects, and they serve as energy conductors, transmitting energy back and forth between the body and the outside world. Distortions in the aura are reflected in the physical body, and distress in the physical body is reflected in the aura. If an inconsistency continues long enough, disease usually results.

Reiki can remove undesirable energy from the aura before it moves into the body and creates illness. Sometimes this is "seen" as a dark spot in the aura or as a dust-like cloud. At other times, one may sense dense energy.



A Quick Guide to the Chakras

The chakras are energy centers or vortices that act as conductors and filters for the movement of energy throughout our bodies and surrounding energy fields. They exert a powerful influence on physical, mental, emotional and spiritual well-being. I have listed the most commonly recognized major chakras. In addition there are minor chakras in the feet, knees, hands, genitals, upper torso and cheekbones.





First | Root Chakra – “TO BE” Color - Red

- **Element | Earth**
- **Location | Perineum (between anus & genitals)**
- **Root Chakra is associated with – adrenals, cortex, spine, glandular system, bones and skeletal structure**

ASSOCIATED BODY PARTS

Kidneys, blood, the skeletal system. Common physical problems resulting from an imbalanced Root Chakra are conditions affecting the feet, knees, and hips, including arthritis, kidney stones, osteoporosis, bone problems and auto immune deficiency conditions.

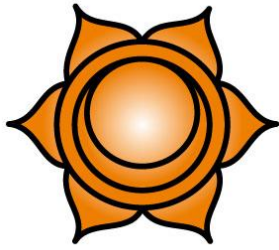
LIFE EXPERIENCE

The energy of the Root Chakra administers our life force. It is concerned with the qualities of security, structure, and stability. When the energy of the Root Chakra is flowing freely we feel grounded and supported as we travel along our journey through life.

However, if there is an imbalance in your Root Chakra, you are likely to experience the world as an unstable and unsafe place to be. There will likely be a lack of structure in your life and you will tend to struggle to move forward and experience the life you desire... Blockages: sense of being a victim, inability to sustain oneself, struggle, lack of energy, lack of abundance.

In freeing any blocked or negative energy in the Root Chakra, it is necessary to cultivate an attitude and an inner feeling of trust in the goodness of life and your right to live the life you want.

Crystals that support this chakra may be tiger eye, bloodstone, obsidian, citrine and smoky quartz just to name a few.



Second | Sacral Chakra – “TO CREATE” Color - Orange

- Element ~ Water
- Location ~ above the pubic bone, sacrum
- Associated with ~ Ovaries, womb, sexual organs

ASSOCIATED BODY PARTS

At the sacral chakra, the sex organs, bladder, uterus or prostate are affected. For women, physical ailments associated with an imbalanced Sacral Chakra include endometriosis, sterility, chronic menstrual cramping, fibroids and problems with the ovaries and cervix.

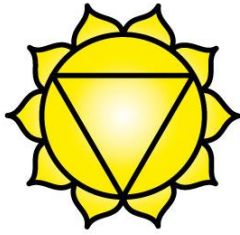
For men, physical ailments associated with an imbalanced Sacral Chakra include prostate problems, infertility, sexual dysfunction and sciatica.

LIFE EXPERIENCE

The energy of the Sacral Chakra allows us to experience a life of vibrant health, well-being, pleasure and abundance. If the energy of the Sacral Chakra is blocked or imbalanced, we will tend to experience a limited life, in which we may deny our self the right to have and experience pleasure and abundance. Also, unhealthy attitudes around sex, sexual abuse, guilt, shame, inability to enjoy the physical pleasures of life and eating disorders.

In freeing the energy of the Sacral Chakra, we want to cultivate thoughts and feeling of being worth and deserving of living a life of abundance, joy, peace and love.

Some crystals that can be used to support the Sacral Chakra are topaz, carnelian, coral and amber.



Third | Solar Plexus Chakra - “TO ACCEPT” Color – Yellow

- Element ~ Fire
- Location ~ Below the sternum (between ribs, just below)
- Associated with ~ spleen, liver, pancreas, adrenals

ASSOCIATED BODY PARTS

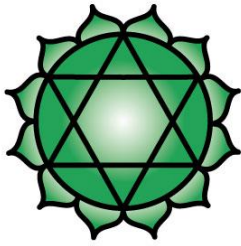
The solar plexus chakra area covers the stomach, liver, gall bladder, pancreas, small intestine, muscles. An imbalance in the Solar Plexus Chakra can result in indigestion, acid stomach, ulcers, hepatitis, gallstones, pancreatitis, and diabetes.

LIFE EXPERIENCE

The energy of the Solar Plexus Chakra allows us to experience the fullness of our personal power and confidence in which we truly are and are meant to be. When the energy of The Solar Plexus chakra is blocked or imbalanced, we question our right to be who we are. We seek the approval and acceptance of others by trying to be who they think we should be. Also ~ sense of unworthiness, need for approval, feeling trapped, feeling not good enough, inability to take in sweetness of life.

In freeing the energy of Solar Plexus Chakra we need to cultivate thoughts and feelings of being enough exactly the way we are. We need to recognize that we worthy and we are enough simply because we exist.

Some crystals to support the solar plexus chakra are citrine, malachite, tiger’s eye, hematite and moonstone.



Fourth | Heart Chakra – “TO LOVE” Color - Green

- Element ~ Air
- Location ~ heart/middle of the chest
- The heart chakra is associated with ~ love, relationships, thymus gland, cardiac and pulmonary nerve plexus, respiratory and cardiac systems.

ASSOCIATED BODY PARTS

The pericardium, heart, lungs, and circulation. An imbalance in the heart Chakra can result in arteriosclerosis, angina, myocardial infarction, heart arrhythmia and stenosis of the heart and lung. It can also affect the lungs with conditions such as pneumonia, chronic bronchitis.

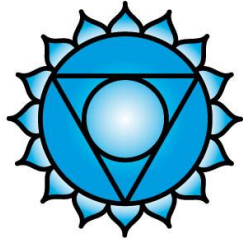
LIFE EXPERIENCE

When the energy of the Heart Chakra is flowing freely we experience a life where we have unconditional love and compassion for ourselves and others. We recognize that all we are is love. We are able to give our love freely to others knowing that there is an infinite supply.

When there is an imbalance in the Heart Chakra there can be a tendency to experience fear of giving and receiving love. This fear also blocks health, joy, and goodness from coming into our lives. The tendency is also to avoid activities that can bring us great joy and happiness in our lives. Also ~ grief, emotional pain, past hurts, inability to give and/or receive love.

In freeing the energy of the Heart Chakra, we want to cultivate thoughts and feelings of love. Love for our self, love for others, love for everything around us.

Stones associated with the Heart Chakra include jade, emerald, beryl, aventurine and rose quartz.



Fifth | Throat Chakra – “TO SPEAK” Color Blue

- Element ~ Ether
- Location ~ Throat
- Associated with ~ communication and self-expression, thyroid gland, vocal cords, mouth, communication, ears.

ASSOCIATED BODY PARTS

The throat, mouth, teeth, jaw, and ears. An imbalance in the Throat Chakra can result in a sore throat, laryngitis, deafness, tooth decay, gum problems, T.M.J. and cervical problems of the neck.

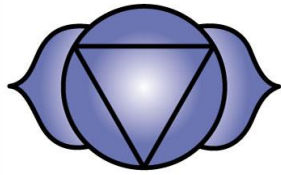
LIFE EXPERIENCE

When the energy of the Throat chakra is flowing freely we have a strong sense of our true selves, and we creatively express that truth from a place of integrity.

If there is an imbalance in the Throat Chakra this can result in a life experience where we feel we have no right to express ourselves, and/or that no one cares to listen to us. This causes us to dampen our life force and negate the great and precious gift of communication. Also ~ the silent child, not being allowed to speak, to express opinions or creativity, or being punished for words &/or opinions.

In freeing the energy of the Throat Chakra we need to cultivate thoughts and beliefs that support us in expressing fully our truth in the world.

Crystals that work well for this chakra include sapphire, blue lace agate, turquoise and aquamarine.



Sixth Chakra | Third Eye Chakra – “TO SEE” Color - Indigo

- **Element ~ Light**
- **Location ~ Above and between the eyebrows**
- **Associated with ~ perception and self-realization, pituitary gland, eyes**

ASSOCIATED BODY PARTS

The eyes, sinuses, base of skull, temporal lobes. An imbalance in the Third Eye Chakra can result in a lack of intelligence, migraines, blindness, glaucoma, cataracts, brain tumors, and strokes.

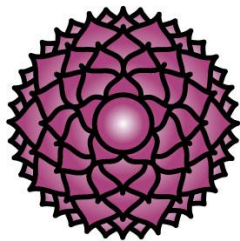
LIFE EXPERIENCE

When the energy of the Brow Chakra is flowing freely we are able to easily discern our highest good, as well as profound awareness and intuition.

When there is an imbalance in the Brow Chakra the tendency is to experience a life where we believe that who we are is not enough, and that we are not worthy of having the life we say we want. As a result we fail to honor our true light. Also ~ separation from Higher Self, lack of trust in one's own wisdom, inability to receive blessings and lessons from past experiences.

In freeing the energy of the Brow Chakra, we need to cultivate thoughts and feelings of inner wisdom, intuition, and enlightenment.

Some crystals that support this chakra include quartz crystal, sapphire, selenite, azurite and lapis lazuli



Seventh Chakra | Crown Chakra – “TO KNOW” Color Violet

- Element ~ None
- Location ~ above crown of head
- Associated with ~ spirituality, upper skull, cerebral cortex, connection with the source of our being or higher self

ASSOCIATED BODY PARTS

The upper skull, cerebral cortex, and the skin. When there is an imbalance in the Crown Chakra this can result in learning difficulty, perception, and Spiritual understanding, as well as epilepsy, color blindness, alcoholism, nervous disorders, neurosis, and insomnia.

LIFE EXPERIENCE

When the energy of the Crown Chakra is flowing freely we are aware of the oneness of the Universe. Our connection to Spirit is strong and resilient. We accept the Spirit is a Co-Creator in our lives.

When there is an imbalance in the Crown Chakra we tend to experience life as though we "are doing it all alone". This attitude tends to foster arrogance and false pride, which leads to a belief of that our ego is invincible which is both false and unhealthy. This belief separates us from others and keeps our hearts closed to love and healing.

In freeing the energy of the Crown Chakra we need to cultivate thoughts and feelings that deepen and strengthen our connection to Spirit. We need to be aware that there is no separation between ourselves and Spirit, we are one.

Stones for this chakra include amethyst, quartz crystal, diamond and selenite.

CHAKRA CHART

CHAKRA	1 (Root)	2 (Sacral/Hara)	3 (Solar Plex)	4 (Heart)	5 (Throat)	6 (Third Eye)	7 (Crown)
Location	Base of spine	Abdomen, genitals, lower back, hips	Solar plex	Heart	Throat	Brow	Top of Head/ Cerebral cortex
Color	Red	Orange	Yellow	Green	Blue	Indigo	Violet
Central Issue	Survival, grounding	Sexuality, emotions, desire	Power, will	Love, relationships	Communication	Intuition, Imagination	Awareness
Orientation to self	Self-preservation	Self-gratification	Self-definition	Self-acceptance	Self-expression	Self-reflection	Self-knowledge
Goals	Stability, grounding, physical health, prosperity, trust	Fluidity, pleasure, healthy sexuality, feeling	Vitality, spontaneity, strength of will, purpose, self-esteem	Balance, good relationships, compassion, self-acceptance	Creativity, clear communication, resonance	Psychic perception, clear seeing, imagination	Wisdom, knowledge, consciousness
Rights	To Be	To feel, want	To act	To love & be loved	To speak & be heard	To see	To know
Identity	Physical	Emotional	Ego	Social	Creative	Archetypal	Universal
Demon	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachment
Element	Earth	Water	Fire	Air	Sound	Light	Information
Excessive	Heavy, sluggish, greed, materialism, monotony	Over emotional, poor boundaries, sexual addictions, obsessive attachments	Dominating, blame, aggressive, scattered, constantly active	Co-dependant, possessive, jealous, poor boundaries	Excess talk, inability to listen, over-extended, stutter	Headache, nightmares, hallucinations, delusions, difficulty concentrating	Over intellectual, spirit addiction, confusion and disassociation
Deficient	Fear, lack of discipline, restless, underweight, spacey	Impotence, rigidity, emotionally numb, fear of pleasure	Weak will, poor self-esteem, passive, sluggish, fearful	Shy, lonely, isolated, lack of empathy, bitter, critical	Fear of speaking, poor rhythm	Poor memory or vision, can't see patterns, denial	Learning difficulties, spiritual skeptic, limited beliefs, materialism, apathy
Gland areas	Supra Renal	Gonads, testicles & Ovaries	Adrenal Glands	Thymus Gland	Thyroid	Pituitary Gland	Pineal Gland

The Back Chakras For optimum wellness, it is desirable to

have all chakras uniformly shaped and approximately the same size. There are many ways of accomplishing this – the most common being use of sound (toning, chanting), color, crystals, meditation, or essential oils. For example, the frontal chakra system is most affected by visualization and each chakra responds to a specific color. In the rear, the chakras are most affected by sound –singing bowls, toning, chanting – with the human voice being the best tool of all.

For the most part, the metaphysical and holistic world has ignored the rear of the chakra system – or marked it with the same color dots as the frontal system and assumed that by treating the front, the back is also treated. Consequently, most healers balance and treat the chakras from the front side only. What a pity! The rear side of the chakra system is a power house that we let lie dormant.

The rear chakras have the same properties as the front (associated color, aromatherapy, etc.) but they function in a different way with different results.

The back chakras differ from the front in two major ways.

Firstly, the front holds the present and the future as well as the current symptom of function / dysfunction. The rear holds the past as well as the cause (genetics, past experience, etc).

Secondly, the front holds logic and the limitation of the human plane. The rear holds limitlessness and freedom from earthly constraints. In a nut shell, the front of a chakra deals with the conscious (and present) while the rear side deals with the unconscious (and past).

For example, we know the first chakra (front) to be the seat of our survival energy - “I Am”. Looking at a dysfunction here might show suicidal tendencies – the present. Looking at the rear of this chakra shows the past – belief system and family patterns that are the basis for the current (faulty) expression of the base chakra.

How much easier and effective it is to discover and deal with the root of the problem in the rear chakra, as opposed to the perceived undesired behavior in the front of the chakra!

So, as you can see, the front and rear sides of the chakras are not identical but complementary. The symptom that manifests in the front side of the chakra is merely an extension of the belief that is held in the rear of the chakra. Both sides must be dealt with for health and balance. The rear of the chakra responds to audio/sound while the front responds to visual/color.

3. The Three Pillars of Reiki

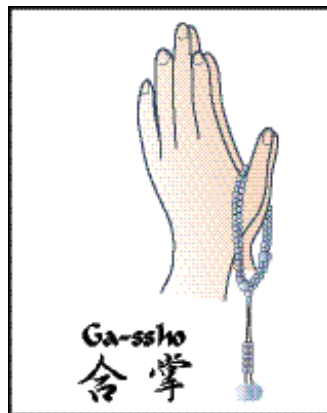
Usui Sensei taught that there were three pillars, or essential components, to his healing system.

1. Gassho and the Reiki Ideals/Precepts

The first pillar of Reiki is the Gassho (hands together) meditation.

According to Usui Sensei, “the secret art of inviting happiness, the miraculous spiritual medicine for all diseases,” is to join your hands in prayer, take these words into your heart, and chant them morning and evening. They are variously called The Reiki Ideals, The Reiki Principles and The Sacred Rules of Life.

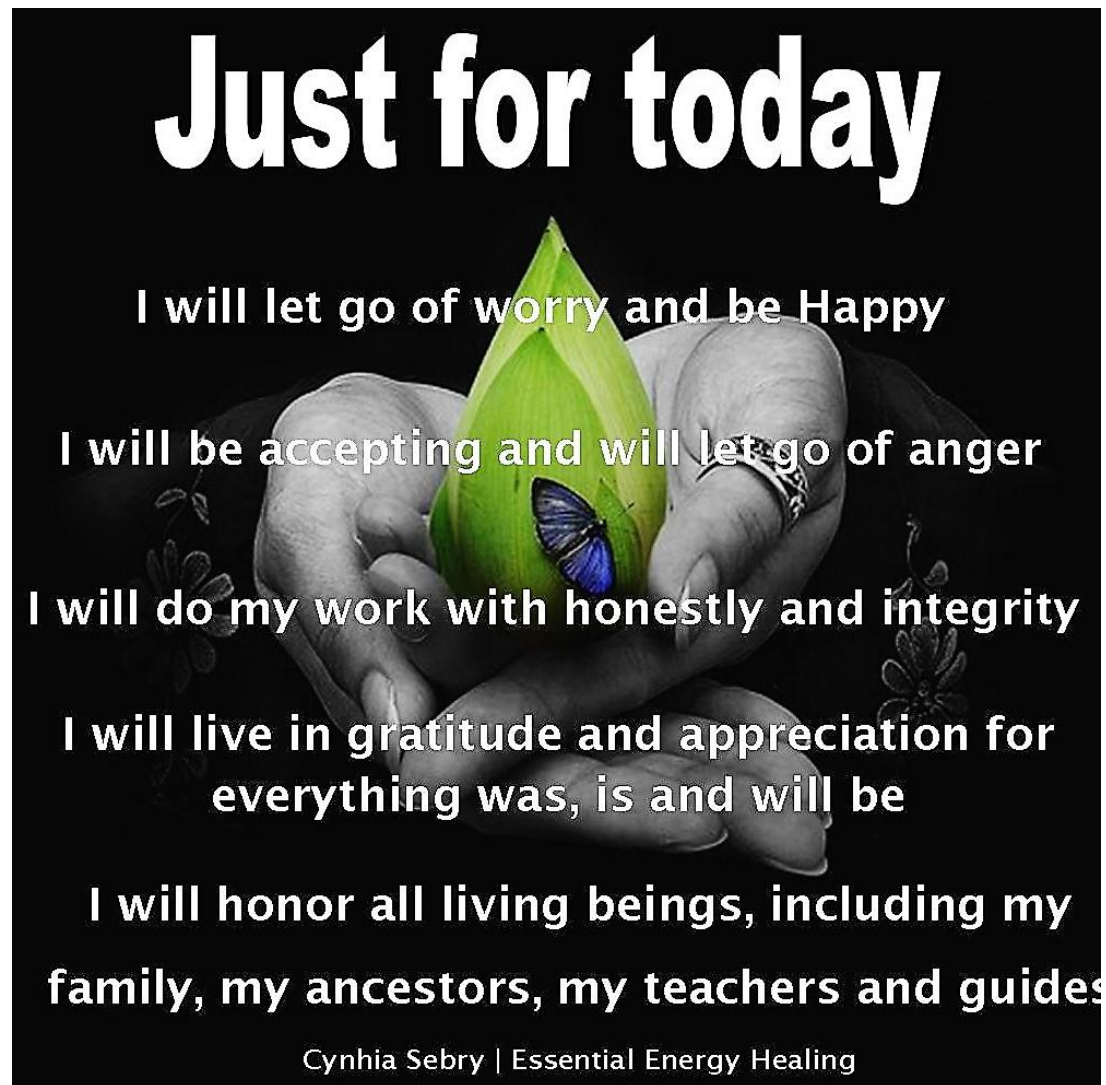
There are varying translations of these words from the original Japanese. The version given below is one commonly used.



Gassho

- Fold your hands in the *Gassho position* and bow slightly. Bring your awareness to the Reiki flowing through you.
- Pray for the healing and well-being of the client on all levels.
- Lift your *Gassho* hands to your forehead so your thumbs touch the brow chakra.

Reiki Ideals/Precepts



There are many various versions of the 5 Reiki Precepts/Ideals. I thank Judith Onley at JudithOnley.com for some portions of this beautiful version.

The original Reiki Precepts/Principles I was taught were: Just for today I will not anger, I will not worry, I will do my work honestly, I will live with gratitude, I will show love and respect to all living things.

The Universe only hears the “not”, so over the years, many including myself have changed the basic precepts to be on the “positive” to put out into the Universe as always, what you speak is magic and the Universe hears you!

Another version (JudithOnley.com)

Just for today...

- I will be happy.
- I will be accepting.
- I will work honestly with integrity and be prosperous.
- I will honour and respect my Mother, my Father, my Teachers, and my Masters, the Ancestors, my children, and those of spousal accord.
- I will honour and respect my neighbour as myself.
- I will be grateful for everything that was, is and will be.

REIKI PRECEPTS/PRINCIPALS

Just for today, I will let go of worry and be Happy

When we are worried, it is difficult to be present and enjoy what we are doing, those we are with, or what is happening in the moment. Worry always has to do with fear of something unpleasant happening in the future, although it may originate from past experience. We worry about countless things over which we have little or no control: finances, disease, our kids, our work, what others think of us, our self-worth, whether we did the right thing, etc. Life happens in the moment.

The past is over and the future is not yet here; it is but one of countless possibilities. Our past experiences have led us to form beliefs and generalizations about the world. This limits us and prevents us from seeing reality as is. If we are not aware and not careful, our past can easily become our future. Our beliefs control our thoughts and our way of seeing things. Thus, they control our behavior and the way we organize our present moment experience. If we believe people perceive us in a certain way, we distort how they relate to us and react to them from these distorted views. Their reactions are congruent with our expectations. This is how we create our future based on our past. It is possible to create a different future once we are aware of this dynamic.

Integrating this principle means: Trust yourself. Trust that you are exactly where you need to be. Trust that life will bring you what you need in order to grow and show you where you need to go. Surrender, not in the sense of giving up but rather giving over to a higher knowing or a higher power.

Becoming aware of our behavior makes it possible to change it and this can sometimes happen in a very short period of time.

Just for today, I will be accepting and let go of anger

This is the principle that is challenging for most people, myself included. When I ask my students: “What do you do with your anger?” here’s what they tell me:

- **I tend to repress it.**
- **I express it alone when no one is around.**
- **I explode. My friends are getting used to it.**
- **I name it, and it seems to dissolve.**
- **I don’t really get angry.**

Our society does not encourage us to allow, express, acknowledge, own, or otherwise deal with anger in healthy and constructive ways. Instead, we are taught to ignore it, repress it, or deny it. The feelings go underground and are usually expressed in a distorted way, often at some unsuspecting and undeserving person. In addition, it gets trapped in the body in the form of tension and/or disease.

We may have been hurt by the expression of anger from our parents or other significant adults and authority figures in our lives. When we’re young, we cannot know that we are not responsible for another person’s anger, and because we are desperately dependent and need to be in relationship with significant adults, we wrongly conclude that we must have been the cause of their anger and that there must be something wrong with us. Then we turn the anger against ourselves. If we have been hurt by anger or have witnessed violence resulting from anger, we are afraid that if we let our anger out, it will be also destructive and alienate us from others.

This anger signal can be mild or extreme. The progression of the signal can be expressed as follows:

- **Annoyance: a mild form of anger, but one that can lead to a build-up of resentment or anger.**
- **Frustration/ Irritation: a slightly stronger signal that can also lead to a build-up of resentment or anger.**
- **Anger: a much stronger signal, usually controllable.**
- **Rage: directed at someone with the intention to hurt, but still can be**

controlled.

- **Fury: a very intense and sometimes violent signal, totally out of control. Although there are times when it may be unjustified or out of proportion, anger can provide the required energy to defend ourselves; to right a wrong; to make sure that our limits have been respected; or even to save a life, including our own.**

Anger can also be a legitimate and necessary emotion. It is what we do with anger that can be positive or negative. Holding it in is negative and can lead to disease, ultimately cancer. Yet, it can be a “healing emotion” when dealt with in a positive way. Your anger belongs to you and you alone. You are the only one who can do something about it. Once your anger has been processed and let go, it can no longer cause harm. So for me, this principle is more about acknowledging, owning, and learning to deal with anger in a constructive way so that our lives, our relationships, and our health can improve and we can be whole and live from our truth.

Just for today, I will honor all living beings including my family, ancestors, teachers and guides

Although this principle may seem straightforward enough, our modern Western society tends to push aside our elders (parents, older persons, retired folks); they are not respected or looked up to for their knowledge and acquired wisdom and are not encouraged to continue to contribute to society.

This principle is about being aware of our wastefulness and disrespect for life so that we can make effective change, first in our own attitude, our self-love, and in the way we treat all life. In this way, we make room for gratitude in every moment.

Just for today I will do my work with honesty and integrity

Don’t lie, cheat, steal, or be dishonest in any way, and charge a fair price for services rendered. This is the first level of this principle. On a deeper level, it also means living with integrity with ourselves and others. This is not as easy as it sounds. We must first find and listen to our true inner voice. We need to differentiate it from the voices of the super ego, which is comprised of all the internalized voices from society; culture; and authority figures, including parents, teachers, and superiors. Then we need to learn to follow and speak our truth in our own lives.

Many of us were taught to put our needs aside in order to be loved. Saying “NO” and setting limits is very difficult to do when this hasn’t been our practice. We need to learn to live from our passion instead of performing to meet an unattainable, idealized self-image and/ or gain approval. We may need to change our work so that it is more in line with what is nourishing. When we do this, we are much happier, which is reflected onto our work environment. We can contribute to our own global vision instead of doing what we think we should to please someone else. Then we can really shine and live the gift of who we are.

As this principle is integrated, you may begin to question your current work, your friends, and your lifestyle and choose to make some much-needed changes.

Just for today, I will live with gratitude and appreciation for everything that was, is and will be

There was a point when I realized that I could be very negative, focusing on what I did not have and what did not work instead of what was there and available. I started keeping a daily journal, and for over a year I wrote down what I was grateful for: simple things like running water in my home, food, a home, friends who love me. Now I start my day with a series of exercises and meditations, which I finish with “Today I am grateful for,” then I name one thing that comes to mind. This sets me up to notice more of what I can be grateful for during the day. Before every meal I now take the time to bless my food, invoke Reiki energy, give it my own vibration, and give thanks to Mother Earth and all those who helped bring this food to my table. I often take the hand of the person or persons sharing the meal with me and thank them for their presence. This makes these moments sacred as I take the time to enjoy and savor the precious gift of being alive.

As an exercise, take a moment now to become aware of your current state of being. Then, purposefully bring to mind someone or something you are grateful to have in your life. As you get in touch with that, notice the effect on your state of being. Perhaps a good feeling permeates your body and mind, or a smile comes to your lips, or your heart starts to open. Do this simple exercise anytime you notice that you are negative, impatient, worried, or angry. You can learn to cultivate gratitude for difficult life challenges, such as the loss of a loved one or a serious disease or accident, as you realize that these events have created an opportunity to

significantly shift your consciousness and make important life changes in your work and relationships.

Fostering an “Attitude of Gratitude” is life-changing and attracts more and more positive things and abundance into your life. You can combine this Attitude of Gratitude with saying “YES!” to life, to everything that is happening to you, even the parts that may be difficult. Yes, I take responsibility for having created this in my life. Yes, I trust that there was a reason I did so. Yes, this is not what I want. Yes, I now make a conscious choice to change. And probably the most difficult of all— Yes, I choose to let go of my negativity, and I say yes to being happy. Do a search on the Internet and subscribe to gratitude reminders or newsletters. You will be glad you did.

The principle of exchange

While the exchange is not listed as one of the five principles of Reiki, Usui began to request something of value in exchange for a treatment after he noticed that some of the people he was helping for free would relapse into their disease state or life struggles. The exchange plays an important role in the healing journey. It is often not given the importance it deserves but rather is ignored or discounted. Asking for an exchange was a challenging issue for me when I started to give Reiki treatment. I did not feel justified in asking for it until I started to become aware of my beliefs and images around the issue, as well as my own feelings of self-worth. The exchange rests on the need for balance in the energy of giving and receiving. It is as important for the person giving as it is for the person receiving.

2. Reiji-Ho

The second pillar of Reiki is Reiji-Ho. This translates as “*indication of spirit*,” which means preparing oneself to give Reiki. It begins with a short Gassho, includes a prayer for the healing of the client, a request that Reiki flow, and a request for Divine guidance. Reiji-Ho also refers to the technique for locating the areas of distress in a recipient’s body.

3. Chiryō

The third pillar of Reiki is called Chiryō, which is the treatment itself. Inherent in the third pillar is letting go of ego, allowing oneself to be guided by the energy and working in partnership with it.

The Four Agreements - Don Miguel Ruiz's Code for Life

I cannot stress enough how important just these five simple agreements can make significant changes in our lives! The Toltec teachings resonate strongly with my own beliefs in life and I highly recommend his books.

Agreement 1

Be impeccable with your word - Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

Agreement 2

Don't take anything personally - Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Agreement 3

Don't make assumptions - Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Agreement 4

Always do your best - Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret.

Agreement 5

Be skeptical, but learn to listen. Don't believe yourself or anybody else. Use the power of doubt to question everything you hear: Is it really the truth? Listen to the intent behind the words, and you will understand the real message.

"When you learn to listen, you know exactly what other people want. Once you know what they want, what you do with that information is up to you. You can react or not react, you can agree or disagree with what they say, and that depends on what you want."

4. Scanning Techniques

Reiji-Ho and *Byson* are techniques for quickly locating the areas of the body in need of Reiki. A third technique, Scanning with Rainbow Light is another tool you can use. All three can be used for self-treatment as well as for treating others.

I suggest that you experiment with all techniques to determine the one (s) that work best for you. If you receive information simply by "knowing", more commonly known as Claircognizance, *Reiji-Ho* may be your preferred method. *Byosen* might work best if you find it easier to feel subtle changes in energy, or Clairsentience as it's also called. Scanning with Rainbow Light often works well for those who take in information visually, or Clairvoyance.

As you practise each technique, notice how information comes to you and trust your first impressions. It may come to you as a thought or emotion. You may "see" an image. You may just know where to go. You may hear an inner voice telling you where to go. You may sense what is happening to your client. Or you may feel subtle sensations in your own body pointing you in the right direction.

After you receive the information in whatever form, place your hand on the client and pay attention to the sensations coming from the client's body; they will confirm what your intuition has told you. Sensations emanating from the recipient's body may be felt as heat, cold, prickling sensations in your hands, or a reaction in your own body. Keep your hands on the area

until the temperature equalizes or the sensations cease, or your intuition tells you to move.

Reiki will guide you. Let the Reiki hands find it. They will know what to do.

Reiji-Ho

Reiji-Ho refers to the practitioner's entering into the proper attitude for giving Reiki and a means of determining the area of the client's body that needs treatment.

- Fold your hands in the *Gassho* and bow slightly. Bring your awareness to the Reiki flowing through you.
- Pray for the healing and well-being of the client on all levels.
- Lift your *Gassho* hands to your forehead so your thumbs touch the brow chakra.
- Treat the area(s) that you are guided to
- Treat and then use *Reiji-Ho* again to
- Locate any additional areas of concern.
- Continue this process until all problem areas have been treated.



Byosen Scanning

Byosen translates as “disease line”. It refers both to the method of scanning described below and to the indications of distress that may come from the client's body in the form of heat, cold, tingling, prickling or other sensations.

The first three steps are the same as for *Reiji-Ho*.

- Fold your hands in the *Gassho* and bow slightly. Bring your awareness to the Reiki flowing through you.
- Pray for the healing and well-being of the client on all levels.
- Lift your *Gassho* hands to your forehead so your thumbs touch the brow chakra.
- Place your non-dominant hand about 12 inches from the crown of the clients head.
- Now, move your hand closer to the client, about 4 inches from the head and begin moving your hand very slowly across the face and down the client's body all the way to the feet, remaining about 4

inches above the body. Notice any changes in the feel of the energy against your palm.

- **When you discover an area that needs attention, move your hand up and down until you find the height where the greatest distress resides. This could be in the aura some distance above the body or at the level of the physical body.**
- **Now use both hands and give the area Reiki. The information you have received during the scan will be confirmed by the presence of heat, cold or other sensations coming from the area underneath your hands. Continue treating the area until the temperature normalizes or other sensations cease.**
- **Check the area by re-scanning and continue with scanning and /or treating the rest of the body.**

5. Hand Positions for Treating Others

Reiki is delivered by a simple placing of hands on the body, with the hands held slightly above the body, or at a few feet from the body. Hands are slightly cupped with fingers together and thumb places close to the index finger. This positioning concentrates the flow of energy. There is no need to apply pressure.

Energy is emitted from the palms of the hands, from between the thumb and index finger, and the index and middle finger. Reiki may also emanate from the fingertips. The energy covers an area larger than the size of your hands and may travel from the location of your hands to other parts of the body. Reiki may also emanate from your torso, feet or entire body at times.

I am very aware of this when I am standing behind a client, giving a treatment while he or she is sitting in a chair.

Hand positions are the basic tools for the practice of Reiki. It is important to know all of them so that you can use them automatically, without having to think about correct placement. As you practice, Reiki will “teach” you the best way to work with hand placements, and you will develop your own style.

If you feel that you should give Reiki to a client’s palms or arms, by all means do so! Reiki is all about intuitive healing and listening to your Guides. Do what feels right at the moment, do not feel that you must stick with the hand positions and should not divert from them.

While you give Reiki it is not necessary to think of anything in particular, simply allow your mind to clear (as in meditation) and allow the Reiki energy to flow through you to the client.

FRONT OF BODY

- **Face Position:** Helps to balance, clear any moodiness or irritation and cure inferiority complexes. It is not necessary to touch client's face; hold your hands close but not touching or cup over the eye area.
- **Side of Head:** Balances mental and emotional.
- **Shoulders/Neck:** Helps to increase intuition; clears any self blame issues; brings abundance into one's life; absolves issues of fear and rejection.
- **Center of Chest:** Helps to build self-confidence, dissipates sadness and increases flexibility.
- **Solar Plexus/Stomach:** Helps client deal with feelings of failure, guilt and need for attention. Grounds the solar plexus Chakra which allows client to alleviate feelings of losing control. Brings acceptance into one's life.
- **Hips/Abdomen:** Helps client to deal with issues of self punishment, acceptance, need for attention and pressure constraints. Cellular memory is also held in the abdomen.
- **Knees:** Helps client to deal with issues of the ego and self-respect. Also allows one with the ability to live in the present moment.
- **Ankles:** Do each one separately. Hold your hands in the position most comfortable for you. Energy blockages, problems with neck and throat, thyroid gland and lymph.
- **Feet:** Treat each foot separately. One hand should cover the sole of the foot, otherwise hold in the most comfortable position for you. The feet contain reflex zones for all the



organs in the body. All the organs and chakras will be treated. Grounds and calms the person.

BACK OF BODY

- **Hands behind the neck:** Neck and shoulders. Stress and headaches. Responsibility problems
- **Center of Back:** Helps client deal with feelings of failure, guilt and need for attention. Brings acceptance into one's life.
- **Hips:** Helps client to deal with issues of self-punishment, acceptance, need for attention and pressure constraints.
- **Back:** Extra/Final position. One hand at the neck and one hand covering the tail bone. Chakras 1-5. Balancing and easing blockages. Sometimes called the back fixer.



In any of the hand positions illustrated, remain in each position 2—5 minutes if you feel no *Byosen* (heat, cold or other sensations coming from the area under your hands), or for as long as *Byosen* is present if you do.

A treatment takes approximately one hour to one and a half hours. The result is a powerful and effective treatment of the entire body.

Begin with the head positions and treat any areas of concern.

Use *Reiji-Ho* or *Byosen* to scan the body and treat areas of concern. Re-scan to be sure blockages have been removed and discover any additional areas that may need treatment.

6. Putting It All Together

There is no “right way” to practice Reiki. It is impossible to practice Reiki “wrong”, as long as the practitioner puts his/her own ego aside, releases any and all judgement about the client, releases attachment to outcome and approaches the treatment with compassion, love and integrity.

Once you have learned the hand positions, I recommend using all or almost all of them with each treatment you give. Remain in each position for 2-5 minutes, unless you feel *Byosen* (heat, cold, tingling or pickling sensations) under your hands, in which case, remain in that position until the sensations have subsided. Using this method a treatment will take from 1-1 1/2 hours. It will be thorough and complete, and you will become comfortable with the hand positions. As you continue working in this manner, your intuition will increase and you will begin to develop your own way of working with the energy.

The more you practice Reiki, the more you will learn from it. Reiki energy is ever-moving. Because the Higher Power directs the treatment for the highest outcome for the client, each treatment is unique. Reiki will guide your hands and your intelligence. You need only to use the gift that has been given you and open your heart to receiving its wisdom.

Preparing the Space

The space should be pleasing and convey a sense of peace and sanctuary. If possible, it should be reserved exclusively for Reiki (and any other healing modality you may practise). The room should be clear of clutter and clean both physically and energetically.

With confidence that it is so, establish and hold the intention that nothing except Divine Love shall enter your treatment space at any time, and that any energy released by a client will be directed to the Light or to the earth for healing.

A table pad increases the comfort of the treatment table. In addition to fresh sheets, have blankets, pillows and bolsters available as needed.

Provide a small step stool for clients who may be in need of assistance in

getting onto the table.

Keeping the Treatment Room Clean Energetically

Use one or more of the following techniques to clear the room prior to the client's arrival and again after their departure.

- Draw the Power symbol on each of the four walls, the ceiling and floor; repeat its name three times each time you draw it and imagine the room being filled with light.
- Bowl with sea salt or water with sea salts in the bowl.
- Burn pure, high-quality incense. Satya Sai Baba Nag Champa is one of the best
- Smudge the room using sage. Instructions follow:

To cleanse the space in which you are working, light your smudge stick and smudge yourself and anyone else in the room.

Walk around the room, wafting smoke into each corner. Call on the spirit of sage to drive away all negativity from the room. Then ask the spirit of sweet grass to bring harmony and balance into the room.

Move to the corner of the room and briefly stand still. Turn to the East of the room and fan smudge out into that direction four times, saying "Spirit of the East, great Spirit of Air, cleanse and inspire this space." Turn to the south and smudge four times, saying "Spirit of the South, great spirit of Water, strengthen and bring peace to this space." Turn to the West and smudge four times, saying "Spirit of the West, great Spirit of Fire, energize and protect this space." Turn to the North and smudge four times, saying "Spirit of the North, great Spirit of Earth, ground and cleanse this space."

Return to your original position and look up toward the heavens, this time sending smudge upwards four times, saying "Great Father Sky, guard this space from above." Finally, squat toward the floor and send smudge down to the earth four times, saying "Great Mother Earth, nurture this space from above."

Put down your smudge stick and stand quietly with your eyes shut. Visualize the great spirits you have summoned standing guard around your room. Give thanks to all of them.

Steps in a Standard Reiki Treatment (Working with others)

Before you begin a full body treatment on another person there are a few important points to remember.

Never give a Reiki treatment to a person who has a pacemaker as Reiki can alter its rhythm.

Never give a Reiki treatment to a person who suffers from Diabetes and are taking insulin injections, unless they are prepared to check their insulin levels every day as Reiki reduces the amount of insulin they require.

Always explain to a person who is visiting you for the first time for a Reiki treatment exactly what you are going to do and the type of reactions that might occur. Stress that any one of these reactions are normal. They may experience one or two of these reactions, all of them or none of them. It makes no difference. Reiki will go wherever it is needed.

The types of reactions that may occur are:

- Sensations of heat or cold
- May see colors
- Involuntary movements, or leg jerking
- Falling asleep
- Itchiness
- Emotional responses
- Rumbling stomach
- Pins and needles
- Sensing that your hands are moving, when they are not

Prior to beginning a Reiki Treatment, it is important to prepare and cleanse the space and to prepare and cleanse yourself. During the treatment, take care to properly dispose of released energy. Following the treatment, the client should be grounded and given time to process the experience. After the client departs, the space should be cleansed and you should cleanse yourself energetically. The session should be documented as soon as possible, while it is still fresh in your mind.

I usually allow 1.5 hours for a treatment. The treatment itself generally lasts an hour to an hour and a half; the remaining time is used for sharing and processing prior to and after the treatment, as well as preparations

prior to and after the treatment.

My intention is always to facilitate the deepest healing the client is willing to accept. Relaxation is the starting point of the treatment, but not the ultimate goal. Prior to the treatment I ask for the healing of all that is ready to be healed, on all levels ~ physical, mental, emotional and spiritual. As with any health or lifestyle choice, the greatest benefits from Reiki come with consistent treatment over time.

When you are giving a treatment, it is important to consider your own comfort as well as that of the client. Adjust the table to a height that is comfortable for you. Alternate standing with sitting if possible. Release any tension you may be holding and keep your shoulders as open as possible for easy breathing. If a hand position is uncomfortable for you to hold, alter it or move to another position. Reiki will flow more easily if you are relaxed and comfortable.

These are the steps I usually work with when I give a Reiki treatment. Use them as a guide for developing your own procedure.

1. Prepare the Space.

- **The treatment space should be clean, clear of clutter, esthetically and energetically pleasing.**
- **Clear energy in the room using the Power symbol if you are Level II. Other ways of clearing space include burning incense, smudging, playing a Tibetan Singing Bowl, or drumming.**
- **Set up the treatment table with clean linens and have blankets, bolsters and pillows available.**
- **Choose appropriate music and set up.**
- **Have a glass of water for the client and yourself available.**
- **Turn off the telephone or any other devices that could cause distraction**
- **A clean bathroom and fresh towels should be available to the client.**

2. Prepare Yourself

- **Have a meditation, prayer or quiet time prior to the treatment.**
- **Cleanse your energy using Kenyoku**
- **Ground your energy using the Grounding Visualization**
- **Keep yourself hydrated.**
- **Review any documentation if you have seen this client previously.**

- Call in your Guides, Angels, Arch Angels, Higher Self, The Elements all that are of Divine Love and Light

3. Prepare the client

- When the appointment is made, suggest they wear comfortable clothing
- Have client fill out intake form.
- Ask if they would like to use the restroom prior to treatment.
- If client is new, explain treatment and answer questions.
- Ask new clients if he/she is comfortable with touch. If not, you can work with your hands above the body.
- Help client establish an intention for the session.
- Have client drink a small amount of water prior to session.
- Suggest they move shoes, belts, jewellery and eyeglasses.
- Ask client to lie face up on treatment table. Position bolsters, pillows and blankets as needed.
- Ask client to let you know if they become uncomfortable for any reason.

4. Give the treatment

- Light candle (s), turn on music, adjust lighting to comfortable levels.
- Assume *Gassho* position. Consciously place your ego aside, releasing any judgment you may have regarding the client and release all attachment to the outcome.
- *Place your intent to heal* on all levels of healing ~ physically, emotionally, mentally and spiritually.
- Open to the Reiki energies by saying *“I surrender to the Reiki energy and to the source from which it comes”*, until you feel the energy flowing.
- Say a prayer (silently or out loud) giving thanks, asking to be a clear channel for Reiki, asking for guidance and assistance from your and the client’s Reiki guides, Angels, Arch Angels, Higher Self. Ask the outcome serve the highest and best good of the client. Repeat client’s intention and hold this intention throughout.
- Begin with scanning or using the first hand position, then proceeding through each hand position that you are guided to use. Once you are finished with an area, sweep and fill with healing energy and light.
- Intend that all released energy be disposed of properly into the Light

or the Earth to be transmuted and healed.

- Use any visualization that you feel are necessary.
- After completing front hand positions, seal energy on the front of the body by placing your dominant hand on the client's solar plexus (draw Power symbol if you are Level II) and ask that healing energy remain with the recipient for as long as it is needed. (I do this silently)
- Ask client to turn over. Re-position pillows and bolsters. Ask if the client is comfortable and warm enough. Make adjustments if needed.
- Continue with back hand positions.
- Balance energy and ground the client by sweeping both hands from the head to the feet three times and then place them briefly on the bottoms of the feet with the intention that the client be fully present in their body. You may also physically sweep down the hip to the foot area three times on each leg if you find this easier to do.
- Bring the energy back up by sweeping your non-dominate hand vertically from tailbone to crown.
- Smooth client's aura in a clockwise figure 8, three times from head to toe.

5. Close the Treatment

Draw the Power symbol over the center of the back and place your hand there while repeating the prayer of intention and ask the Reiki energy to continue to heal, balance and harmonize the body, mind, emotions and spirit ~ consciously and subconsciously for the highest good of your client. (May be spoken out loud or silently)

Thank the client for allowing you to facilitate this healing, Thank the Reiki Energy for allowing you to facilitate this healing and Thank all Guides and Helpers for their assistance in facilitating this healing.

Gently touch client's shoulder or back, let them know the treatment is complete. I usually say "I will be back in a couple of minutes, so just relax and take your time in coming back".

Gassho (Bow) and *Ken'yoku* (Dry Bathe). ALWAYS DISCONNECT!

6. Following the Treatment

- I usually leave the room for a minute or so while the client takes a few moments, then return quietly and assist client to sit up on the

side of the table. Most people will wish to remain on the side of the table for a few moments. I will offer them a glass of water and remain near enough to provide any assistance if required.

- Wait quietly until the client is ready to speak and allow time for him/her to ask questions and to share or process anything he/she cares to about the experience.
- Share any insights appropriately that you may have received during the treatment.
- Explain post-treatment care, I always provide the client a copy of my form “Self-Care following your Reiki Treatment”, along with a copy of “Energy Pathways”, which explains the chakras, colours related and affirmations that they may use to assist them to remain balanced.

7. Once the client leaves

- Cleanse your energy with *Kenkyoku* – dry bathing, or by smudging.
- Cleanse the space with either your Power Symbols (Level II), smudging, drumming, Tibetan bowls or incense to clear the space.
- Document the session as soon as possible.

Reiki Treatment Reminder List

1. Clear the energy in the room and on the massage table - with Cho Ku Rei symbol.
2. Having a lit candle is suggested as well, as it clears energy.
3. Play "Reiki" music softly in background (no lyrics).
4. Make sure the temperature of the room is comfortable.
5. Have massage table set up with pillow, blankets and eye cover ready.
6. Have a comfortable stool for you to sit on at head of table.
7. Wash hands. Put lavender on them after asking client if they like lavender.
8. Ask client what their intentions are?
9. Do your own invocation of connecting with the Reiki guides, Beings of Pure Light, your guides, and your client's guides asking for them to work at the root causal level and for the person's highest good.
10. Draw the Cho Ku Rei symbol into your hands, and over their body in their aura.
11. Do a scan of their energy field - you can ask them if there are any particular areas of concern.
12. FOLLOW YOUR OWN INTUITION AS TO WHERE TO PLACE HANDS, and where to pull out dense energy!!
13. Brush down their energy field; hold their feet to ground them to bring them back into their body gently asking them to become present, and to sit up when ready.
14. Disengage from client's energy through silent intention, and by putting your hands in prayer position - honouring their journey (as illness may be for their growth).
15. Have a glass of water ready for them (and you). Tell them to drink lots of water over the next 24 hours as water is a conductor and purifier.
16. Discussion of treatment and post-care.
17. Make sure they are grounded and focused before leaving the room.
18. Document treatment.

Post-Treatment Care and Healing Reactions

A Reiki treatment may bring up strong emotions in a client, &/or yourself as we discussed earlier in this manual, such as grief or memories of past trauma. Allow whatever comes up during or after the treatment to play out without judgment, advice or pity. With love and compassion, simply be the witness and listen, if the client wishes to talk. You may need to alter the treatment in response to these symptoms. Trust that you will be guided; that anything you need to know or do will be revealed to you.

The healing process that may continue after a treatment may be accompanied by an event called a healing reaction, or a healing crisis. The term I prefer is healing reaction, is the occurrence of physical and/or emotional symptoms following a Reiki treatment or attunement. Reactions may manifest as headache, nausea, cold or flu-like symptoms, upset stomach, mental or emotional upset or a temporary intensification of the symptoms of a chronic condition or illness. Healing reactions typically last a few days, but may continue for up to a week, possibly longer.

A healing reaction indicates that the body is detoxifying in preparation for healing. In my experience, symptoms are more likely to manifest if the client (or student):

- Has not received energy treatments previously
- Suffers from a chronic condition, or a condition that has existed for more than three weeks
- Experiences a chronic high level of stress

Healing reactions happen infrequently; however I always make the clients (and students) aware of the possibility without alarming them or creating the expectation they will have one. I include the following statement in a self-care handout I give to clients following their first treatment:

Note: After a Reiki treatment you may experience symptoms such as headache, nausea, fatigue or emotional upset. This is sometimes called a healing reaction and is usually an indication that the body is detoxifying itself as a part of the healing process. It is also an indication that more Reiki is needed. Should a reaction occur, drink plenty of water, get lots of rest, take your salt bath with the bath salts provided and generally, be kind to yourself.

Within 24 hours of treatment, I call or email the client. This encourages them to express concerns and gives me the opportunity to address them.

Documenting Treatments

Even if your use of Reiki is limited to friends and family, it is useful to document all treatments. If you are looking to establish a formal Reiki practice, it is essential that you do so. Documentation provides a record of the practitioner's accomplishments as well as a record of the client's progress through treatments.

My client records include an Intake Form and a Treatment Documentation Form. The Intake Form gives me essential information about the client and also includes a disclaimer stating that Reiki is not a substitute for medical or psychological treatment, but an addition to other therapies.

All documents must be kept strictly confidential.

Chair Reiki – or Rapid Reiki Treatment

On many occasions you will find it's not practical to spend sixty to ninety minutes conducting a complete Reiki treatment. Often for numerous reasons the person needing reiki has a limited amount of time or you simply are called into action in a place far away from your normal healing room, or the person you are working with is unable to lay on a massage table, bed etc. due to trauma, wheelchairs etc.

There is an alternative quick and versatile technique that can be used in these situations.

The Chair Reiki treatment focuses on all the major chakra points while the client sits upright in a chair, and takes between fifteen to thirty minutes to complete.

1. **Shoulder Position** - Standing behind the client, place each of your hands on top of their shoulders. (2-5 minutes)
2. **Top of Head Position** - Lay your palms on the top of the head, hands flat, and thumbs touching. (2-5 minutes)
3. **Forehead Position** - Move to the client's side, lay one hand on the area between the back of the head and the top of the spine and the other on the forehead. (2-5 minutes)

4. **Vertebra / Throat Position** - Lay one hand on the seventh protruding cervical vertebra and the other in the pit of the throat. (2-5 minutes)
5. **Back / Breastbone Position** - Lay one hand on the breastbone and the other on the back at the same height.(2-5 minutes)
6. **Back / Solar Plexus Position** - Lay one hand on the solar plexus (stomach) and the other at the same height on the back.(2-5 minutes)
7. **Back / Lower Stomach Position** - Lay one hand on the lower stomach and the other at the bottom of the back at the same height. (2-5 minutes)
8. **Auric Sweep** - Finish with an aura sweeping to clear the auric field of the client's body. (1 minute)

Helpful Tips:

If the client requires the support of the back of the chair at all time throughout the session simply lay your hand on the back of the chair rather than directly onto the body if needed. Reiki energy will automatically pass through the chair to the person. This is especially good to know if you are working with a client who is wheelchair bound.

7. Keeping Your Energy Clean

Healers tend to be compassionate, sensitive and empathic. This can make us especially susceptible to other's energy. Being among crowds may fatigue us. Contact with certain family members or friends may leave us feeling depleted. Watching television news may cause us to feel overwhelmed by suffering in the world. And, on occasion, we may feel tired or depleted after we have given a Reiki treatment.

If we are to maintain our health and be clear channels for Reiki energy, it is important that we keep our energy clean. Although the emphasis here is on how we can do this during Reiki treatments, it is equally important to be aware of the need in other situations as well. This means that we react compassionately without taking on the pain of others; we protect ourselves from people and situations that deplete our energy, and we avoid creating undesirable energies ourselves.

How Does Undesirable Energy Originate?

Undesirable energy is created through negative thought and through negative actions and activities. If we constantly repeat thoughts and speak words that reflect fear, worry, anger or judgment of ourselves and others, we create energy within our own bodies that can be detrimental to our physical, emotional and mental well-being. Engaging in activities that are detrimental to us or that bring harm to others creates undesirable energy as well. This energy not only affects us but also radiates from us, polluting our environment and affecting those around us. Undesirable energies are less likely to find a home with you if your energetic immune system is healthy.

How Do We Avoid Taking on Undesirable Energy?

As with everything in Reiki and life, intention is the key. The first step in keeping our energy clean is to hold the intention that nothing except Divine Love will penetrate our auric field, and that we will think or do nothing to create undesirable energy. Imagine yourself as a powerful field of light that repels those energies that do not serve your highest good. You will attract like energies, so take care that you are creating the kind of energy you wish to attract. Understand that you have the power to accept

or deflect energies and claim it through intention.

The second step is to create positive energy. Positive energy will deflect and neutralize negative energy. There are many ways we can create energy that nourishes us physically, emotionally, mentally and spiritually:

- Create positive energy by giving and receiving Reiki. I always feel at peace, joyful and renewed after giving Reiki.
- Practice gratitude. The simple act of gratitude creates positive energy within our body. If we focus on the many things we have to be grateful for, the challenges that may come into our lives can be met with much greater peace.
- Practice meditation. Meditation creates peace, balance and clarity.
- Spend time in nature. In beautiful places, the earth beneath our feet, the water, trees, plants and wildlife give off vibrations of joy that are pure, renewing and nurturing. They calm the soul and bring peace.
- Avoid people and situations that deplete your energy. Avoid violent movies and limit the time spent watching television news, especially the constant replays of disasters. Avoid gossip and criticism of others.

Is Reiki a “One-Way Street?”

Traditionally, Reiki students have been taught that Reiki is a “one-way street.” Practitioners were taught that we do not take on “symptoms” of the client. Because we are not using our own energy, but channelling Universal Energy, it is impossible for us to take on energy from our clients; however, this has not always been my experience.

I believe that if one holds the consciousness of Love and Light to the degree that the Love and Light radiates outward from the core of our being, we are unlikely to take on undesirable energy. I did not have this consciousness as a new practitioner, and I’m sorry to say, I don’t always have it now. As a Level I Practitioner, I unwillingly allowed energy that a client release attach itself to me. Even now, having practiced Reiki for a number of years, in certain situations outside of my own treatment space, I find myself susceptible to taking on the energy of others. This happened to me many years ago when I was just starting my Reiki path during a wellness fair which I gave a number of back-to-back treatments in a crowded mall. At the end of the day, I felt a kind of fatigue that alerted me to having taken on energy from someone I treated.

Reasonable Precautions

I try to monitor my thoughts, engage in those activities that nurture me energetically and strive to hold conscious Love and Light at all times. AND I take what I consider to be reasonable precautions to prevent my taking on undesirable energy. I believe the following considerations are important when giving Reiki treatments.

- Prevention of the practitioner's taking on energy released by the client.
- Preventing energy that the client has released from reattaching itself to the client.
- Safely disposing of energy that is released during treatment so that its residue does not remain in the room.

While it is important to have protections in place, it is equally important not to fear the taking on of undesirable energy. Fear attracts and creates undesirable energy and interferes with the practitioner's ability to transmit Reiki.

Cultivating Consciousness

Below are the elements I believe to be important for operating at an optimum level of effectiveness for both client and practitioner.

Self-Healing: As practitioners, it is crucial that we constantly renew our commitment to our own healing, striving to raise our consciousness to a vibration of the Light of Divine Love. We do this through Reiki self-treatment, receiving treatments from others and from a daily spiritual practice of meditation, prayer or quiet time. Breathing practices provide powerful healing support as well.

Intention: As with everything in life, intention is the key. Intend that you are immune to taking on energy that does not serve you. Intend that any energy released by the client be handled in one of the ways described below. Hold the intention of "Living Reiki" - of being a healing presence and being Divine Love in our thoughts, words and actions.

Compassion: Approach your treatment from a space of compassion versus one of empathy in which you identify with the client. Empathy makes us vulnerable to taking on the client's pain or other forms of their energy. It may involve unhealthy connections to the client that take the form of:

- Identifying with the pain of the client.
- Making ourselves responsible for the outcome of the treatment.
- Judging the client.
- Feeling guilty that we are healthy when the client may be ill.
- “Helping” the client by giving them advice or trying to control their behaviour.

Within the context of Reiki, I interpret compassion as holding the space of unconditional love for the client so that healing may take place.

There is no Ego involved, no pity or judgement. Compassion does not “feel” the client’s pain or take it on, but simply acts as a bridge between the client and the Higher Power.

Remember to Breathe Meditation

Breathing is something that we do automatically. Most of us breathe without having to think about it. Yet this often-unconscious activity can be a powerful tool when we need it to be.

When we are stressed or nervous, our tendency is to breathe shallowly and quickly. The air we breathe expands a smaller part of our lungs than usual. As a result, our bodies get less oxygen. We may even feel a bit anxious or light-headed.

You can check this out for yourself. The next time you are feeling stressed or nervous, notice your breathing. Are you breathing more shallowly and quickly than usual? If you are, your body is not getting the amount of oxygen it is used to and you may feel light-headed.

Deliberately taking a few deep breaths can help us to feel better. With deeper breaths, we get air into more of our lungs, our bodies get more oxygen and we may even feel more relaxed.

This meditation gives you an opportunity to explore your own breathing pattern and to discover the power of breathing deeply. Remember to breathe is a simple but powerful tool.

The remember to breathe meditation:

First find a quiet place, get comfortable and close your eyes.

Now, pay attention to your breathing. Follow your breath as you breathe in?

and as you breathe out...

Allow yourself to relax as you notice your breathing: follow your breath as you breathe in and follow your breath as you breathe out. Let your mind empty. Release anything that is not useful to you right now. Continue to follow your breath in and follow your breath out.

Now there will be a minute of silence as you continue to breathe in and out at your own pace.

Gradually slow down and deepen your breathing so you are breathing more slowly, more easily and more deeply. Feel your chest rise as your in-breath reaches even more deeply into your lungs. Feel your out-breath lengthen as you gently exhale and relax more fully. Feel your in-breath raise your abdomen as you breathe even more deeply. Feel yourself relaxing more and more completely as you breathe.

Now there will be a minute of silence as you continue to breathe in and out slowly and deeply at your own pace.

Now, begin to breathe using a count of 4.

- Breathe in to a count of 4. (Breathe in 1 - 2 - 3 - 4)**
- Hold your breath to a count of 4. (Hold 1 - 2 - 3 - 4)**
- Breathe out to a count of 4. (Breathe out 1 - 2 - 3 - 4)**
- Hold your chest empty for a count of 4. (Hold empty 1 - 2 - 3 - 4)**

There should be a minute of silence as you continue to breathe in and out slowly and deeply at your own pace.

Now, begin to breathe using a count of 4.

- Breathe in to a count of 4. (Breathe in 1 - 2 - 3 - 4)**
- Hold your breath to a count of 4. (Hold 1 - 2 - 3 - 4)**
- Breathe out to a count of 4. (Breathe out 1 - 2 - 3 - 4)**
- Hold your chest empty for a count of 4. (Hold empty 1 - 2 - 3 - 4)**

Repeat three times.

Gradually let your breathing return to a slow rhythm that is comfortable for you. Continue to notice as you follow your breath in and as you follow your breath out. Breathe slowly, easily, and deeply. Feel yourself relax.

Continue to sit or lie comfortably. Let your mind empty. Relax.

Now there will be silence for a minute as you continue to breathe slowly and deeply at your own pace.

Now, begin to become aware of your surroundings. You may have drifted off. Once again notice your breath as you breathe in and as you breathe out. Gradually become aware of the room you are in, the place where you are sitting or lying and anything else your senses pick up on.

Gently, gently allow yourself to come back to full consciousness. Take whatever time you need to become aware of your surroundings.

Now, open your eyes - relaxed, refreshed and ready for whatever comes next.

Removing Undesirable Energies In Treatment Room

Salt Water

Bowls of salt water may be used to absorb and neutralize energy. When energy is released during a Reiki treatment, the water attracts and holds the energy; the salt immediately begins to absorb and neutralize it. This prevents the energy from reattaching itself to the client or finding a new home with the healer. Two small bowls of salt water placed at opposite ends of the treatment table, intend that any energy released be directed toward the salt water, and also you can direct energy to it during *Kenyoku*.

Grounding

Using a grounding visualization prior to giving a treatment not only provides protection against absorbing negative energies, but also helps to create a strong centre from which the treatment can be given. You can also use this technique prior to being in a stressful situation or in a large crowd.

Sit comfortably and close your eyes. Place your hands upon your thighs.

Focus your attention on your body. Begin with your feet. Then, slowly and thoroughly move your awareness up through your legs, thighs, torso, arms, neck and head. Be very aware of your breath moving in and out, in and out.

Imagine that you are surrounded by light. As you breathe in, inhale this

light and feel your body filling with it.

As you breathe out, exhale tension, any pain you feel in your jaw, your face, your shoulders. Exhale any tension you feel elsewhere in your body. Keep inhaling light, exhale tension. Inhale light, exhale tension until you are relaxed and calm.

If your mind begins to drift, gently bring your attention back to your breathing.

Now, begin to picture roots coming out of the soles of your feet and the bottom of your spine. Feel them growing and growing and growing. Extend them down – down through the floor, down into the Earth Beneath you. The roots move through the grass, the topsoil, the clay, the gravel, the lava rock. Visualize your roots taking hold at the center of the earth, connecting you there securely. Thank Mother Earth for allowing you this place to ground and send her your blessings.

On the next inhalation, imagine you can breathe through your roots. Draw energy from Earth itself up through your roots, just as you would draw liquid up through a straw. Draw the Earth energy up, up, up into your body until it fills your heart and begins to course through your entire being.

Now, bring your attention up to the top of your head, to your crown. Visualize this spot, which is about an inch and a half in diameter, beginning to open. From this opening, fibers are emerging, long filaments reaching up like branches through the ceiling, all the way up through the building, stretching up into the sky, out into the heavens. Imagine these filaments connecting you the Sun, all the planets and stars in the Universe.

As you Inhale, breathe in the energy of the heavens, bringing it down, down through these fibers into your body through the top of your head. Draw this energy down into your heart, letting it fill with the radiant light of the heavens. Feel it coursing through your entire being. You are securely connected between heaven and earth.

When you are ready, wiggle your toes, stretch, give yourself a big hug and open your eyes

Kenyoku (Dry Bathing)

Kenyoku is a means of cleansing the body energetically. Dry bathing is useful anytime you have been exposed to unwelcome energy.

Do a brief *Gassho* with the intention of releasing all energy that does not serve you.

Use this technique before and after treating a client, use to clear away an irritating thought that keeps coming back to you or you can use it before meeting someone you may have had a problem with in the past, to clean the slate and start fresh.

- Place your right hand, open palm above your collar bone on your left shoulder. Stroke across your body to your right hip.
- Place your left hand, open palm above your collar bone on your right shoulder and stroke across your body to your left hip.
- Repeat steps 1 and 2
- (Usui style) Hold your hands open in front of you with the palms facing upward. With your right hand start at the wrist and brush across your left palm and off the end of your fingers.
- With your left hand start at the wrist and brush across your right palm and off the end of your fingers.
- (New technique) Place your right hand on top of your left shoulder and brush down the entire length of your arm past your fingers.
- Place your left hand on top of your right shoulder and brush down the entire length of your arm past your fingers.
- Repeat steps 6 and 7

You may add the *Gassho* at the end (Prayer position), placing your hands together in front of your heart saying Thank you.

Grounding meditation

And now as you adjust so that you are in a comfortable position, begin to notice your breathing. Breathing in and breathing out.

And as you are breathing in, imagine that you are breathing in light. Imagine that this light is flowing in and through your system and out through the bottom of your feet.

And as you breathe out, imagine that you are breathing out anything that is not necessary at this time, just letting it go easily and gently. Imagine that angels and beings of light are whisking away whatever you are breathing out, and taking it someplace where it can do good.

Just continue to be aware that you are breathing in light and breathing out

anything that is not useful at this time. As you continue in a very relaxed way to breathe in light and breathe out anything that is not useful at this time, imagine that there is an energy field that you are part of - an energy field around your body. This is your own energy field. Just be aware of your energy field.

And now imagine that you can open your energy field at the bottom. And as you open your energy field at the bottom imagine that wonderful earth energy is rising up. Imagine that you can feel earth energy rising up through the bottom of your feet; up through your ankles and calves; earth energy rising up through your knees and thighs; up through your pelvic area; earth energy flowing up through your abdomen and lower back; rising up through your hands and arms; Imagine earth energy is flowing up through your chest and back; up through your shoulders and neck, chin, jaw, face; earth energy flowing up through your scalp.

This earth energy flows up and up over the top of your head and flows back down to the earth. You have a continuous flow of energy from the earth, flowing up through your body and up through all the layers and levels of energy around your body and then spilling over and flowing back down to the earth endlessly - an infinite flow of earth energy.

And now continue to breathe gently and easily and continue to allow beautiful earth energy in through the bottom of your energy field, flowing up and over and flowing back down to the centre of the earth.

And now as you continue to allow earth energy to flow through you, imagine that there is a cord that goes down, extending down from the base of your spine and extending down from the bottom of your feet. Imagine that you are following the path of this cord as it goes into the earth. Imagine this cord continuing to travel down through the soil, through layers and levels of rock, perhaps through underground rivers, through minerals, quartz, until the cord continues downward into the areas where the rock is beginning to be softer. Imagine that in the absolute molten centre of the earth, the core of the earth that is where your cord is anchored.

Know that this cord helps to keep you solidly anchored, connected to the beautiful planet earth. As you go about your daily business, whatever you are doing, imagine that this cord keeps you solidly connected to the earth so your heart and your mind and your spirit can soar and you will still be

solidly anchored and grounded in the planet earth.

And now imagine that the root of your energy field, this cord that goes down to the centre of the earth, is like the root of a plant with a big tap root centre that goes down to the centre of the earth. And then imagine that this root begins to spread out branches, so it is more and more solidly anchored and grounded in the earth. Imagine the cord is like the root of a plant spreading out, going further and further, moving its way perhaps through underground rivers, seeking out perhaps a river of diamonds and following that along, through layers and levels of the earth. So the cord branches out in all directions, downward, forward and backward, side to side and so you have roots that extend throughout the entire planet earth.

And now be aware that these roots flowing down from you into the earth, these wonderful roots not only keep you solidly connected and grounded in our earth, but they also, like the roots of the plant, bring in the nutrients and nourishment from the wonderful energy of planet earth. You might be able to feel yourself with this wonderful rootedness in the earth opening to the beautiful energy of our earth. This is the energy that grows plants, the energy that provides food. This is beautiful life-giving earth energy that nurtures and nourishes and gives life to the creatures of the earth and the creatures of the sea and the creatures of the land and the creatures of the air.

And once again imagine this extensive root system - your root system - is grounding and connecting you to the earth. Your root system not only keeps you solid and anchored and secure and stable but this wonderful root system also allows you to bring in all the aspects of life-giving earth energy that keep you healthy and keep you nourished and keep you nurtured.

And once again see if you can feel the earth energy being absorbed by osmosis by the extensive root system that you have into the earth. Feel the earth energy rising up through your feet and legs, rising up through your entire energy field, and this wonderful energy spilling out and overflowing and going back down to the center of the earth. Feel this wonderful space of being solidly grounded in the earth. Know that you are solidly grounded in the earth and you are nourished and supported by the earth.

You are able to enjoy this physical existence and also, solidly grounded in the earth, you are free to soar with your heart and mind and spirit. You

have the ability to soar into limitless places, knowing that you are grounded in the earth so it is safe to explore wherever you want to go. You have roots and they make it safe for you to have wings. So wherever you may explore, wherever you may fly, you will always be able to come back into this body, into this earth plane, into this third dimension where your spiritual being is here to have a physical experience solidly grounded in the earth.

Continue to savor this wonderful energy that flows from the earth. See if you can feel it moving through different parts of your body, moving through your emotional energy, moving through your mental energy, moving through your spirit. See if you can feel your spirit welcoming the opportunity to experience earth energy. Think of all the beautiful places in the earth, and the beautiful kinds of energy that you have experienced. All of that and more are infinitely available to you. You are able to draw it in through this wonderful root system that you have - grounding and centering in the planet earth.

In this place of being securely grounded in the earth, know also that your heart and mind and spirit are connected to the cosmos and all that is. This enables you to be open to infinite cosmic love. This infinite cosmic love flows into your energy field and down to the centre of the earth, mixing and mingling with the beautiful earth energy, so that truly in your magnificent human form, while you are a creature of the earth you are also a creature of the cosmos.

So just savor for a few moments, this place of perfect harmony, solidly grounded in the earth, open to receive the life-giving energy of planet earth, and open to receive infinite cosmic love.

In this solidly grounded state, be ready now to begin to come back into your regular consciousness. Know that as you go about your activities of this day or as you sleep, whatever is your next activity or your next state of being, know that you can do whatever you wish to do, you can be whatever you wish to be, you can go wherever you wish to go, because you are solidly grounded in the earth and open to accept all the nourishing energy from our beautiful planet.

And whenever you are ready, continue to feel the flow of earth energy through your system and come back into your regular awareness. Again focusing on your breathing - breathing in and breathing out. Breathing in

light, breathing out anything that is not useful right now.

Continue to keep this awareness of how solidly grounded you are. And whenever you are ready, come back to your regular consciousness, relaxed and refreshed and grounded and ready for the next activity.

Holding Love and Light for Support

In this exercise, call upon the help of Archangel Michael, the angel of protection, and combine prayer with visualization.

Start the exercise by breathing in through your nose and out through your mouth. Recite the following prayer to ask for Archangel Michael's help and support.

Visualize beaming blue energy streaming down from the heavens, surrounding you in a beautiful ball of light. Feel surrounded by love and light from any negative force. Feel only love in your heart and love around you.

Use this visualization technique at any time you feel the need for protection from negativity or psychic attack. Once you feel comfortable enough with shielding, feel free to play and experiment with different visuals and see what works best for you.

“Archangel Michael,
I call upon thee, Send down a pillar of light to me,
Protect me here and now from psychic attack,
Shield me from negativity, and protect and watch over me.
I ask this for my highest and best good, with love and light
Thank you, Amen, Aho and so it is”.

Practice holding space for love and light throughout your day to ensure your energies are strong. Energy charges break down naturally due to the surrounding energies you encounter in the course of your daily life; recharging will keep the bubble strong.

Self-Clearing and Greeting the New Day

Light your smudge stick or incense.

Call upon the spirits of the smudge (sage or incense) to cleanse and protect you, saying:

“Sacred smudge (sage or incense), drive away all negativity from my heart; take away everything unworthy and impure.”

First waft the smoke toward your heart. Hold the smudge stick (or incense) away from you and use the feather to waft the smoke toward you. Then take the smudge smoke over your head, down your arms and down the front of your body. Imagine the smoke lifting away all negative thoughts, emotions and energies that have become attached to you.

Breathe in the smudge, visualizing the smoke purifying your body from within. (Note, be careful if you suffer from respiratory difficulties).

Now bring the smoke down the back of your body toward the ground. Visualize the last vestiges of negativity being taken back into the earth and up away into the air.

Repeat your smudging once again, this time calling on the sacred spirit of smudge in this way “Sacred smudge (sweet grass or incense) bring me the positive energy I need to do this work. Help me to become balanced and purify my soul.”

As you smudge, imagine yourself being surrounded by a gentle, loving energy – breathe in positivity, courage and love.

Then you can ask “Mother Earth, keep me safe and grounded throughout this day, stretch yourself up toward the sky and say “Father Sky give me the confidence to fly like and eagle today”, Move feet slightly apart and stretch arms out above shoulders and say “May the elements balance within me to give me strength, wisdom, peace and joy this day.” Visualize a warm glow in the area of your solar plexus.

8. Healing the Healer: Self-Treatment

To treat yourself, you need only to place your hands anywhere on your body that feels comfortable and intend for Reiki to flow. As you practice, you will intuitively know where Reiki is needed, and your hands will automatically move to those places on your body without your consciously thinking about it.

As with treating others, I suggest you learn all the hand positions shown so you may use them comfortably. Once you know them, you may choose to use all suggested positions, or place your hands in one position and let them remain there for the duration of the treatment.

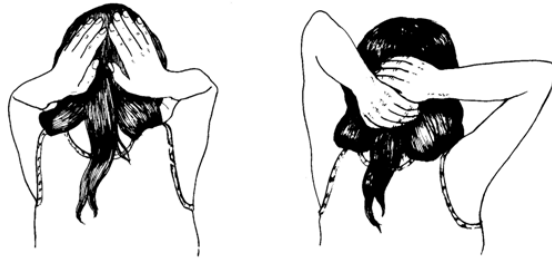
To treat any areas you cannot reach, you can simply place your hands on the front of your body and hold the intention that Reiki will flow to the area that you desire to treat. You can also use Beaming to treat areas that are difficult to reach.

You may treat yourself while sitting, standing or lying down. Take care that you are comfortable prior to beginning a treatment. I rarely give myself a full treatment, but I almost always treat myself using one or more positions before I fall asleep at night and during my daily morning meditations.

Self-treatment is an essential component of keeping yourself healthy physically and energetically. It is also essential that you receive regular treatments from another practitioner. Taking a salt bath for 20 minutes the evening of your treatments is an additional means of cleansing the body energetically and clearing the skin of toxins.

There are a number of benefits to be gained, which occur without any effort from a daily Reiki self-treatment including:

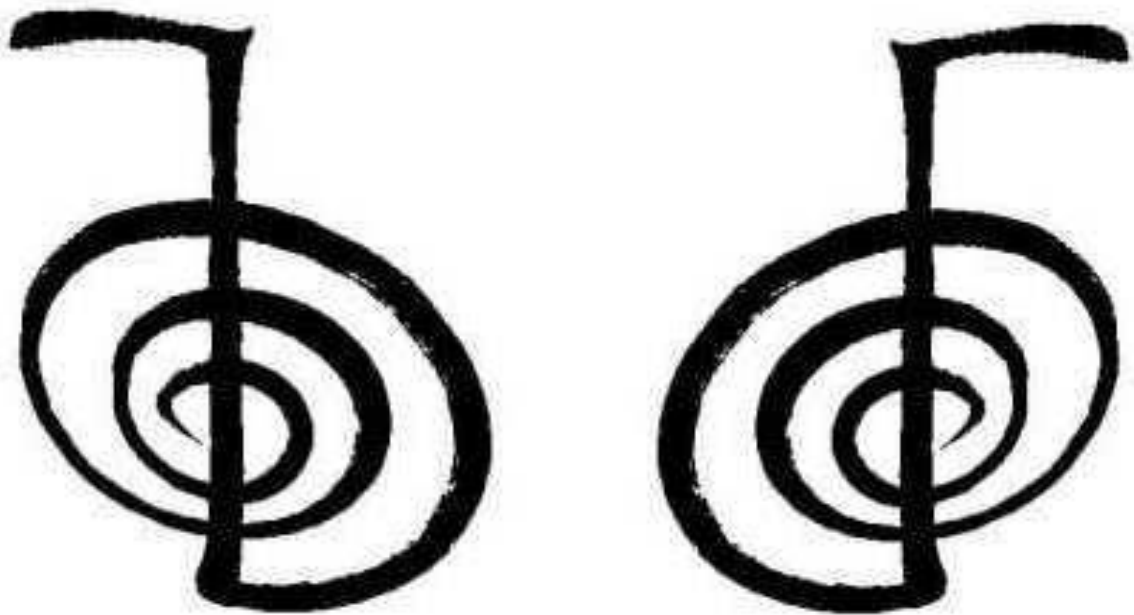
- Reiki will relax you when you are stressed
- Reiki brings about deep relaxation
- Reiki centres your thoughts when you are confused
- Reiki energises you when you feel drained
- Reiki calms you when you are frightened
- Reiki focuses your mind and helps you to solve problems
- Reiki accelerates natural healing of wounds
- Reiki improves health
- Reiki relieves pain
- Reiki releases emotional wounds
- Reiki helps prevents the development of disease
- Reiki detoxifies the body
- Reiki dissolves energy blockages
- Reiki increases the vibrational frequency of the body
- Reiki gradually clears up chronic problems
- Reiki helps change negative conditioning & behaviour



Reiki Self Treatment is Your 21 Day Cleanse

- Find a quiet space of time to do your Self-Treatment for a minimum of 21 days.
- Because Reiki is so relaxing, it may be best to do it in a sitting position.
- Do your grounding and protection exercises, breathing techniques.
- Draw the Reiki energy in through your crown, third eye, throat, heart down to sacral. Hold, release and repeat *“I Surrender to the Reiki energy and to the source from which it comes”*. Repeat this affirmation until Reiki energy begins to flow. With your inner eye, look for the source of Reiki either from within yourself or from above.
- Invite your Reiki Guides, Angels, Spirit Guides to assist you with your Reiki self-treatment
- Once in a while, you'll fall asleep, enjoy! Reiki is relaxing.
- Reiki brings things to the surface (fear/anger/toxins/sadness...), to be acknowledged, released and healed, if you are ready to do that. If there is an issue you can't face yet, don't be hard on yourself. When you feel ready to visit this issue then that is the right time for you.
- When you are done your self-treatment, sweep your energy field, smooth out your aura and give thanks and gratitude to those who have assisted you. *Gassho*, I honour your spirit.
- It is not advisable to channel Reiki energy for anyone else before your 21 day self-treatment is up. It makes sense to clear ourselves before we work on others. That is why we do Reiki on ourselves consistently, to release that which is no longer useful to us first, then we can come from a place of love and compassion when we channel Reiki for others. The exception: If something unpredictable comes up, for instance if you come across an accident ...then don't hold back if it feels comfortable for you to use Reiki in an emergency situation.
- If after your minimum 21 day cleanse/self-treatment a friend or family member asks if you will channel Reiki for them, ask yourself if you feel comfortable and ready to channel Reiki, ask yourself if you can come from a place of love and compassion, if not, decline graciously. If so, share the gift of Reiki. Exchanges can also be the experience you need practicing Reiki before moving on to the next level. Explain that you have taken Level I Reiki. This is an excellent experience for Reiki practitioners of ALL levels.

- **As we clear our energy fields, energy centres, the more we practice Reiki on ourselves, the more we increase our sensitivity. Our intuition and gifts become clearer. We gain better perspective and focus. We feel happier and healthier. I encourage you to practice Reiki on yourself every day of your life! There are challenges and stresses that find their way into our lives daily!**



The symbol that you have been initiated/attuned to today is:

CHO KU REI pronounced Cho Koo Ray

This is the “First” Reiki Symbol. It is commonly called the “Power” Symbol but it is call “Focus” in Traditional Japanese Reiki.

Some meanings for the symbol are “Put the Power of the Universe Here”, or “God is Here”.

It is sometimes referred to as the “Light Switch”, because it connects us to the energy like a light switch that is being turned on.

The Power Symbol is used to increase the power of Reiki or to focus Reiki on a specific location. Anytime you want to increase the strength of the Reiki treatment you are giving, just think of the name, visualize or draw the symbol and your Reiki energy will get stronger! The power symbol can be used anytime, but is especially effective if used at the beginning to increase the power and at the end, to seal in the healing energies to keep them from leaking away.

The power symbol can be used to protect yourself, your loved ones, your car, your home or anything else you value. Because Reiki works on all levels, the protection it provides is also on all levels and includes protection from physical harm, as well as protection from verbal and emotional confrontations and from psychic attack. You can also use the power symbol to bless others; just think of the name as you shake hands or hug someone.

Practitioners use this symbol drawn three times on each hand, clap together three times to feel the energetic connection to the Reiki Source and open up the palm Chakras, and to increase the strength of a Reiki treatment. Also draw three times on each foot and pat into foot three times to ground yourself or the client. *Use your intuition and experiment both ways.*

Lavender Essential Oil

I love Lavender Essential Oil for healing sessions and there are many benefits of using lavender! Many of the health benefits include its ability to eliminate nervous tension, relieve pain, disinfect the scalp and skin, enhance blood circulation and treat respiratory problems.



<http://naturalremedyideas.com>

Home Work & Reading Suggestions

Please Review your Reiki I Manual, read the History of Reiki and practise your grounding and self-healing meditations that you will receive

Please take care of yourself after your attunement by drinking plenty of water, nurturing yourself and do your 21 Day Self-Reiki. The attunement catalyzes powerful transformations as you continue on your path of empowerment.

Incorporate the Five Reiki Precepts|Principles into your daily prayer and lifestyle

Reiki Circles/Shares

Reiki circles are excellent setting for practicing and enhancing your knowledge and understanding. They offer exposure to the energy and the opportunity to work with other practitioners. You can practice and talk with other practitioners about their experiences and ask questions.

In Group Reiki treatments, you will find the Reiki energy flows more intensely and the effects are much stronger. Groups may range from 6 to 18 people, so the energy varies from time to time, but it is always an exciting evening!

We suggest starting your Sacred Circle with clearing the room by smudging, with tingshas, using your symbols, or calling in the directions, followed with a Guided Meditation. Circles are places of deep healing and self-discovery. It allows you to come to a place of support and embrace the love reminiscent of being held by a Universal Spirit. We come together to love and support one another, let go of worry, anger, stress, and to open your heart to your divine path.



Although there is no universally accepted Reiki Code of Ethics, various Reiki professional organizations have established codes for their members. As a member of the [Canadian Reiki Association](#), I abide by the CRA Code of Ethics and am a CRA Certified Teacher.

The Canadian Reiki Association Code of Ethics

1. The health and well-being of the client/student is the prime consideration of the member.
2. The client is entitled to truth, confidentiality, and the respect of their human dignity.
3. The client has the right to accept or refuse any form of treatment.
4. Members shall not refuse a client on the basis of sex, race, religion, sexual orientation, or political belief. However, notwithstanding this clause, members reserve the right to refuse a client for reasons of personal safety and/or other reasons, which do not contravene the aforementioned item.
5. Members should retain accurate and up-to-date records on their dealings with the client. These records should be maintained in a secure location and must be considered confidential. No information contained within the records should be released without the written consent of the client.
6. Members shall dress in a professional manner conducive to the holistic service being provided and be neat and clean in his/her own personal hygiene.
7. Members shall ensure that their professional conduct is beyond reproach. They shall not take physical, sexual, psychological or financial advantage of the client. They must not interfere in the client's personal affairs.
8. Members shall not practice or teach Reiki if they are in any condition, which compromises the quality of their services, such as inebriation, or if their mental faculties are lessened for any reason whatsoever and they shall never offer liquor to their clients.
9. Members will never ask a client to disrobe and will not allow such action to take place, nor will the member touch the genital area or anal area or the breasts or areola of their client, nor will the client be allowed to touch the practitioner in such a manner.
10. When the client has given permission for "hands on" therapy, members shall use light hand pressure when placing hands on the client's body. There will never be a need to rub or manipulate of any body part. If the client has not given permission for "hands on" therapy, the member will complete the entire Reiki session with hands above the body at all times.
11. Members shall not refuse or withdraw services without justifiable cause. Such reasons include but are not limited to conflict of interest between the member and the client that jeopardizes the professional relationship or illegal or unjust or fraudulent actions taken or proposed by the client.
12. Members must recognize their limits of competence and must not undertake issues for which they have no training. Members will not claim that Reiki can cure, nor will they diagnose any medical problems or prescribe, nor will they ever advise a client to stop taking medications, unless qualified to do so. When it is in the client's interests, members should refer the client on to another practitioner or organization that has the training appropriate to the client's needs.
13. Members should continually make an effort to improve their knowledge and professional skills. They should also encourage the public to become educated and informed about the practice and teaching of Reiki and about the development of a health-enhancing lifestyle in general.

Congratulations

Thank you for blessing and allowing me to facilitate your Reiki Level I Practitioner Certification! You are now a *Level 1 Reiki Practitioner in the Usui System of Natural Healing*.

Reiki is a practice that requires reverence and our greatest respect if we are to experience its wonderful value. The benefits of Reiki can be all encompassing, not only in giving us the ability to heal ourselves and others which is deeply meaningful, but also by bringing guidance to our lives. Its unlimited nature can create opportunities for continual growth, unfoldment and the awakening of our boundless potential.

The ever increasing Joy, Peace and Abundance that available to those who sincerely pursue the path of Reiki are not only a blessing to be enjoyed but also contain the Healing that the planet so dearly needs.

You have given yourself and others a beautiful gift. Congratulations on your contribution and your courage to grow.

With Love, Light and Blessings,

Much Love Cynthia)0(

Reiki Master Teacher

Hugs my Reiki Sister! ♥'-'`·.,.,.ॐ _/|_ ॐ ♥'-'`·.,.,.

My Reiki Journey

I began my Reiki journey in 2004, when I received my Reiki Level I and II, then established Essential Energy Healing in 2006.

Over the past years, I have studied and taken classes in different methods of Reiki, taking advanced Conscious Awakenings classes, self-healing retreats, completed my Reiki Master Teacher course in October 2006, Essential Oil Massage in 2007 and my Indian Head Massage course May 2008, along with Metaphysical Aromatherapy in 2010.

In September, 2010 through dedication, hard work and high ethical standards, I received the honor and privilege of becoming a Certified Reiki Teacher through the Canadian Reiki Association! What an exciting day ~ Now, I am able to offer Continuing Educational Units for massage therapists and other holistic practitioners!

For years, I have been called to The Goddess Energy and in the Spring of 2015 I stepped into taking my Certified Warrior Goddess Facilitator Training and now offer classes and workshops in person and online....Reclaim the Woman you are Meant to Be!

I also love to engage my never ending creative energy in sacred crafting of Drums, Smudge Fans and Feathers, Dream Catchers, Ritual Candles and also make beautiful Earth Essence Sprays and love the healing properties of Essential Oils!

It's been a wonderful life journey and I can't wait for the next step to present itself! I Love what I do, how could anything be more fun?

It has been, and continues to be, an amazing and incredible journey that I feel so honoured to be able to share with you.

Namaste,

Cynthia Sebry | Essential Energy Healing

Reiki Master Teacher

www.essentialenergyhealing.ca