

Usui Reiki



Level One Student Manual

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Contents

Introducing LISA KELLY, Reiki Master Teacher	3
What is Reiki?	4
Benefits of Reiki.....	6
Background History of Reiki	7
The Reiki Principles of Mikao Usui.....	8
My Master Level Lineage	9
How life force energy moves.....	10
Reiki Attunements / Initiations	11
Self-Care after Attunement.....	12
The Power Symbol	14
The Chakras	17
Treating animals	18
Activating the Reiki Energy	20
Reiki Treatment Checklist	21
Sample Prayer to Balance a Blocked Chakra.....	22
Self-treatment Hand Positions	23
Seated Reiki.....	24
The 12 Reiki Hand Positions	25
Reiki & The Ultradian Rhythm Technique.....	29
Negative Energy and how to clear it.....	31
Instructions for using Crystals	33
Preparing for the Reiki 1 Attunement	35
The 21-Day Cleanse & Detox Post Attunement	36
Your Reiki Journey.....	38

Introducing LISA KELLY, Reiki Master Teacher



Lisa Kelly is a highly experienced Reiki Master, a qualified teacher & trainer. Lisa's interest in natural therapies started to develop in 1996 when she returned from her 1st year teaching in New Orleans, USA. A few rounds of strong anti-biotics compromised her health, which led Lisa down the path of alternative medicine.

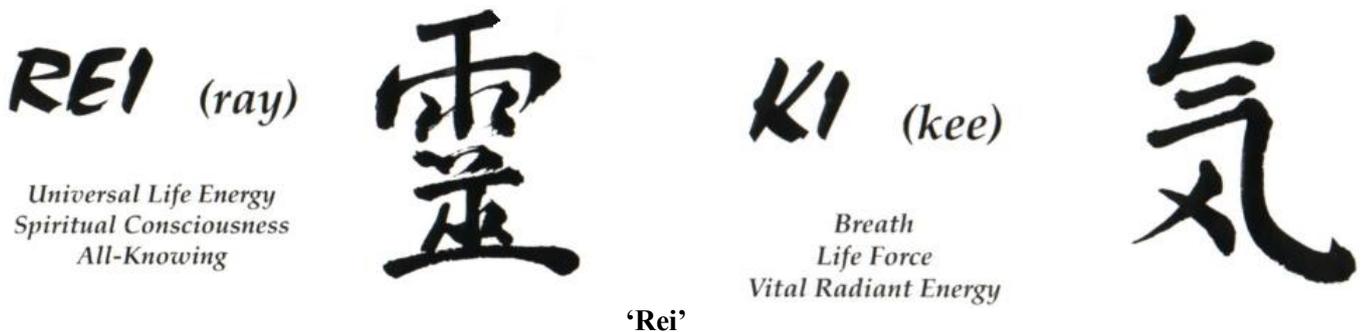
Originally from Northern Ireland, Lisa completed her Reiki 1 and 2 courses there in 2004 and her Reiki Master level in 2009. Lisa has completed diplomas and is experienced in Reflexology, Swedish Massage, Bach Flower Remedies and Indian Head Massage. She describes her experience of Reiki as follows:

“I read a book in my early twenties called *The Celestine Prophecy* which introduced me to the concept of energy exchange. That curiosity then led me to Reiki. The short-term effects included past life flash backs, nightmares, visions, and my psychic channels opened. The longer-term effects of Reiki kept my bouts of depression at bay, made me more resilient and perceptive of energy and my empathy grew into clairsentience. Coincidences came thick and fast, I shifted into higher gear, the switching on of the light called consciousness. Reiki has been a lasting and tangible tool that I could use in my daily life, even when I was busy having kids and being a working mum. Life flows better when I use it regularly and I find it has many uses. It is like a lifelong friend, always there when you need it. I love it and I want everyone to know about it and experience it.”

Lisa has been living in Melbourne for 17 years and moved to Sunbury just over two years ago with her partner Daniel and two young kids.

What is Reiki?

The term 'Reiki' means **Universal Life Force**.



meaning Universal. Esoterically it means spiritual consciousness, the omnipresent wisdom from God or the Higher self (**omnipresent** meaning present everywhere at the same time)

'**Ki**' meaning life force. Esoterically it means the nonphysical vitality that gives life to all living things.

Even though Reiki is an energetic form of healing and 'spiritual in nature' it is not a religion, it has no dogma and there is nothing you must believe in order to learn and use it. Ancient Eastern cultures have harnessed and applied this energy for healing since before the birth of Jesus Christ.

The Reiki practitioner is ONLY a '**channel**' who can access more efficiently the 'universal life force energy' via specific attunements. The practitioner **does not use their own energy** to affect healing and help move and balance energy. The purpose is to remove energetic blocks and repair tears in the auric field caused by the harmful frequencies and 'life force' depleting elements.

As life force energy is restorative by nature, reiki facilitates the **restoration of balance in body and mind**.

Reiki is:

- A simple modality of healing applied by the laying of hands from which the life force energy flows.
- Non-invasive
- Used on its own or as a complimentary therapy in conjunction with conventional medicine or other natural therapies.
- Pure and vibrates at a higher frequency equated with that of 'unconditional love'.
- Not a substitute for medical treatment nor is it a diagnostic system.
- Using the same energy as tai chi, feng shui, meditation, yoga and acupuncture.
- Present in and around us since we were conceived.

Practising reiki gives you the means to regain your natural abilities to heal yourself and to give healing energy to others. When we vibrate at a **higher frequency**, we naturally feel happier and more fulfilled since it works on many levels emotionally, physically, mentally and spiritually. Even when we die and the life force leaves our body, it continues to exist as part of the universe.

There are **7 main energy centres in the body** that control the flow of universal life force. These are called 'Chakras'. Each one supplies energy to specific parts of the body. When these get blocked the body becomes sick and the flow of energy diluted. *(more detail about chakras in the manual)*

Many cultures have developed techniques and disciplines that stimulate the flow of Ki energy around the body. However, Reiki is the easiest to learn and administer. The techniques are simple to master. The results are profound.

10 Things That Weaken The Life Giving Energy



1) Too Much Alcohol



2) A Poor Diet



3) A Lack of Exercise



4) Drugs



5) Tobacco



6) Negative Habits



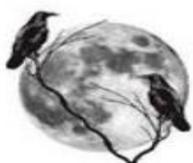
7) Stress



8) Poor Breathing



9) Lack of Sleep and Rest



10) Negative Psychic Activity

Benefits of Reiki

- Effectively, restores balance to mind, body and spirit
- Helps release blocked energies
- Promotes relaxation and reduces stress.
- Enhances the body's natural ability to heal itself.
- Fosters vitality and stamina
- Promotes 'pain relief'
- Fosters intuition and spiritual growth
- Increases one's vibration and life force
- Energizes water and food



Uses of Reiki

There are a million and one other uses for Reiki including:

- Beneficial to ALL living things including unborn babies, pregnant women, children, people crossing over/dying, animals, plants and things
- Sending healing energy to others even when not present (distance healing)
- Flat car batteries
- Boosting the effect of the medicine in a first aid box.
- Clearing negative energy from your space, home, office, car etc
- Protection when travelling
- Sending positive energy to work, letters, documents, job applications.
- To treat food and drink before consumed
- To heal situations and world events



Reiki with other therapies

Reiki combines extremely well with all other therapies such as:

- reflexology.
- aromatherapy,
- massage,
- hypnosis,
- hypnotherapy,
- NLP,
- dream work,
- regression therapy,
- focusing and
- crystal healing

Reiki energy holds 'innate intelligence' and flows wherever it is most needed in the physical and etheric body.

Background History of Reiki



Dr Mikao Usui
Founder & 1st Grand Master

Reiki was rediscovered at the end of the nineteenth century by Dr Mikao Usui, a Christian monk, having lectured at Doshisha University in Kyoto.

In 1865, Mikao Usui was born into a wealthy Buddhist family that had been practising Zen Buddhism for eleven generations. Dr. Usui's family was able to give their son a well-rounded education for the time. As a child, Dr. Usui studied in a Buddhist monastery where he was taught martial arts, swordsmanship, and the Japanese form of Chi Kung, known as Kiko. After leaving school he went on to study allopathic medicine with several western allopathic physicians who were Christian missionaries who had graduated from Yale and Harvard University. These missionaries became very influential leaders and formed the first Japanese Christian church in 1872.

When a cholera epidemic spread through Tokyo, Usui was struck down with the disease. He was close to death when he had a spiritual experience and recovered. This near-death experience inspired him to study Buddhist healing techniques and his mission was to find a healing method that could benefit mankind. He turned away from his ancestral religion and became a devout Shingon Buddhist which outraged his family. Kyoto was home to many large and extensive Buddhist libraries and monasteries that had collections of ancient medical texts. Usui did much of his research there for many years and started to practice the methods. He became an advanced practitioner and meditation master, using the ancient Sanskrit and Sutras.

Usui believed that everyone should have access to the Buddhist healing methods, regardless of religious beliefs. It was during the late 1890s that Usui came across a box containing manuscripts that set out the very methods he had sought for so many years. Therein lay the Tantra of the Lightning Flash, the secret transmission for healing all illnesses of body, speech and mind. This Tantra provided the information that he had been looking for and presented a comprehensive healing method derived from esoteric Buddhism as practised in Tibet. The text dated back to the 7th Century and current research determines the Tantra holds a direct lineage to the Historical Buddha (563-480 B.C.E.).

Dr. Usui went to Mt. Kurama Yama (a holy mountain in Japan) on a short retreat to contemplate this material, to review the miraculous healing from his illness and to discover why he had received the Medicine Tantra. He gained an understanding of these methods and received insight into these Buddhist practices. He decided to share these teachings with others and created a method for bringing the essence of these Buddhist practices to the masses. Usui called this healing method Rei Ki. Following a severe earthquake in 1923 in Tokyo, Usui adapted his Reiki to a non-religious Reiki form to suit everyone. He was awarded a doctorate for his honourable work from the Emperor. His fame led many prominent healers and physicians to request his teachings.

Dr Usui developed the enlightened 'five principles' that now form part of the traditional Reiki teachings to remind us all that it is not enough to heal just the body; it is of equal importance to heal the spirit and mind also. In 1926, Dr. Usui died of a stroke at age 62. He was survived by his wife, a son, and a daughter. He trained about 2,000 people in Reiki and left behind a group of Reiki instructors (masters). He is buried in Saihoji Temple in Suginami-Ku, Tokyo.

The Reiki Principles of Mikao Usui

Dr Mikao Usui recommended that we practise certain ethical ideals to add spiritual balance to Usui Reiki.

The Usui system of reiki is more than the use of reiki energy. It must also include an active commitment to improve oneself in order for it to be a complete system.

Five spiritual precepts have been handed down from Mikao Usui as part of the oral tradition of the Usui system. Please respect them.

REPEAT THESE OFTEN



THE FIVE REIKI PRINCIPLES

靈氣

JUST FOR TODAY...

- *I will not be angry*
- *I will not worry*
- *I will be grateful for my blessings*
- *I will do my work honestly*
- *I will be kind to every living thing*

My Master Level Lineage

Each Master should know their lineage. Initiation lineage keeps a practice alive and is common in Asian spiritual traditions.

My Master teacher was Joanne Mc Millan who taught me in Northern Ireland. She trained in four types of Reiki.

USUI SHIKI RYOHO LINEAGE		
	MIKAO USUI	
	Chujiro Hayashi	
	Hawayo Takata	
Iris Ishikuro	Virginia Samdahl	Phyllis Furomoto
Arthur Robertson	Barbara Weber-Ray	
R & E Ferguson	Maureen O Toole	
Margarette Shelton	Kate Hughson-Law	
Kathleen Ann Milner	Marsha Burack	(New Line)
Jayne Mosiniak	Jayne Mosiniak	Carrlyn Haring
	Peter Shields	
	Christine Mc Bride	
	Joanne Mc Millan	
	LISA KELLY	

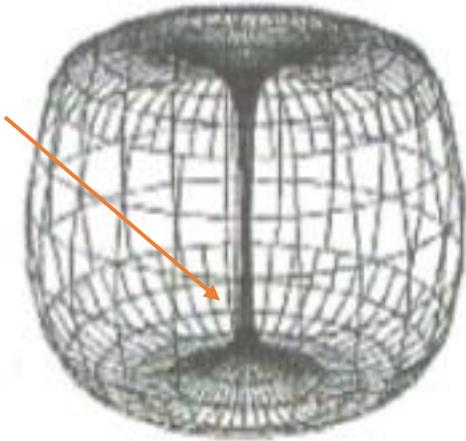
Joanne McMillan, Lineages

Usui Shiki Ryoho Reiki	Seichim
Mikao Usui Chujiro Hayashi Hawayo Takata Virginia Samdahl Barbara Weber- Ray Maureen O'Toole Kate Hughson-Law Marsha Burack Jane Mosinak Christine McBride Joanne McMillan	Mikao Usui Chujiro Hayashi Hawayo Takata Phillis Lei Furumoto Marta Getty Valerie Ives Peter Wigney Simon Treslyan Christine McBride Joanne McMillan

Raku-Kei Reiki, Seven Degree Reiki & Tera Mai Seichim	Karuna Reiki ®
Mikao Usui Chujiro Hayashi Hawayo Takata Arthur Robertson Rick & Emma Ferguson Margarette Shelton Christine McBride Joanne McMillan	William Lee Rand Elizabeth Leinburger -Wilson Simon Treslyan Christine McBride Joanne McMillan

How life force energy moves

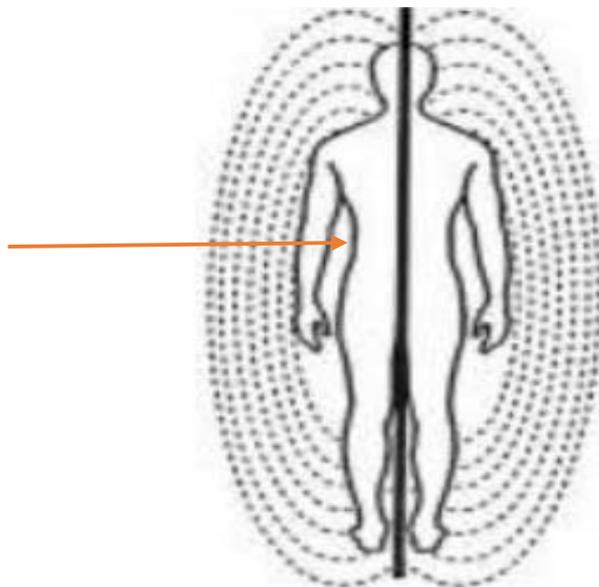
Our universe and the life forms on it are propelled by and governed by ELECTRO MAGNETIC ENERGY. The solar system has geo magnetic life forms and all have BI POLAR MAGNETIC FIELDS, that is, a north and a south pole with magnetic lines of force flowing between them. Our human bodies are **bio magnetic life** forms with the top of the head being the north pole and the feet hold the south pole. In a 3-D image you can see the lines of force moving between the head and feet creating a donut like structure called a **TUBE TORUS**. It extends all around your body and it is called your **AURA**.



When You feel drawn to another person, it means your auras are vibrating in sympathetic resonance, ‘on the same wavelength’. Those who make you feel uneasy indicate your magnetic energies are repelling each other.

At the center of each bi-polar magnetic field is a magnetic core running from north to south, like a channel only observable in the subtle bodies (auric layers). This is called the **PRANIC TUBE** and this is where the life force is carried to sustain each individual creation during its existence

PRANIC TUBE



Reiki Attunements / Initiations

Reiki is unique because the ability to practice it is conferred through an “attunement” process and not dependent on any innate personal healing capability. Reiki is a powerful spiritual experience

Attunements are done by a Reiki master through a series of rituals that open the energy channels of the body, the crown, heart and palm chakras. The Reiki Master uses ancient symbols to activate and direct the energy into the student.

Reiki is traditionally taught in 3 levels.

- **Level 1 (Shoden)** teaches hands on reiki to treat oneself and others
- **Level 2 (Okuden)** teaches how to use sacred symbols and use them for distant healing.
- **Level 3 (Shinpiden)** or master level teaches the Master symbols and the ability to attune others.

In some Reiki systems, there is a distinction between Master level and Teacher level where students undertake a further level before passing on attunements to others. Otherwise both master level and teacher level are taught together in one level 3 course.

Each level requires an attunement and symbols are taught for use in reiki treatments. **The ability to effectively heal with Reiki develops progressively through committed practice.**



Even if you feel nothing during a Reiki initiation, you will notice the effect post attunement.

Reiki energy carries intelligence of its own and flows automatically according to the requirements of the recipient.

The eyes are kept closed during the attunement to allow the recipient to go inside and focus on the experience and for the Reiki Master to concentrate on the complex set of procedures.

Once attuned, the **reiki energy will flow through you for the rest of your life**. It will clear blockages which can create significant energy changes within the individual and many will undergo an **intense period of self-growth**. Dr. Hayashi likened reiki attunements to tuning into a specific radio frequency.

Why do I need to be attuned by a Master?

Many people think that they can "self attune". People who are doing energy work without an attunement **are not** using Reiki. While you can read about reiki in a book and learn hand positions, until you have been attuned to channel reiki you will only be using about 10-20% of its capacity for healing.

Healers who thought they were doing Reiki without attunements all report a dramatic improvement in the strength and ability to use energy following an attunement. There are many different kinds of energy work. **"Reiki" is not a generic term for energy work**

The process, although conducted by the Master, is attended by Reiki guides and helpers from other realms. The attunement keeps the rituals sacred. You are working as a channel for the reiki energy to flow through your subject to facilitate healing **in accordance with your client's divine will and purpose**. As a practitioner, you are not responsible if a client is not healed.

How do we know reiki works?

- Science has established its existence and it can now be seen with the aid of Kirlian photography,
- Those who receive Reiki feel more relaxed and balanced after a treatment.
- Reiki self-treatment improves our well-being.
- According to *The Journal of Evidence-Based Integrative Medicine (JEBIM)* Reiki was 8 times more effective than placebo, suggesting that Reiki attunement leads to a quantifiable increase in healing ability.
- Clinical studies on recovering patients showed that reiki performed 100% better than placebo in patients with chronic health conditions who received reiki for reducing pain, anxiety and depression. Reiki clearly has the ability to activate the parasympathetic nervous system and increase heart rate variability.
- 84% of patients who have had reiki in hospital request it again due to its effects. 67% of hospitals incorporate reiki into their practice due to its clinical effectiveness.

Self-Care after Attunement

Most students will go through a period of readjusting to the new energy even if they feel nothing at the attunement.

Old beliefs and attitudes will be lost and a new sense of being is generally experienced. The consciousness is awoken and you may sense a renewed enthusiasm and lust for life.

This is a time of **self-cleanse**. The attunement raises the vibratory rate of both the physical and subtle bodies, therefore **accelerating the body's ability to heal itself on all levels**.

Reiki **creates change**, including THE RELEASE OF OLD STORED UP ENERGIES that were suppressed at the time rather than being fully allowed and expressed in a compassionate manner. This may include: Fear, anger, resentment, feeling unloved, inadequate, abandoned, unsupported, blame and judgement.

The healing process also includes a DETOXIFICATION: you may find that you do not want to pollute your body with junk food, alcohol or cigarettes. This is a great time to remove an unhealthy habit from your life.

Another experience is that of choosing to take greater care of yourself in all ways. Perhaps by maintaining a healthy balance between work and play, rest and exercise, material and spiritual pursuits.

Although these changes may also seem sudden, please remember it **takes 3 days for the new energy to move through the chakras** and the rest of the body. **Allow at least 21 days for full integration and completion of changes.**

In order to SUPPORT this process:

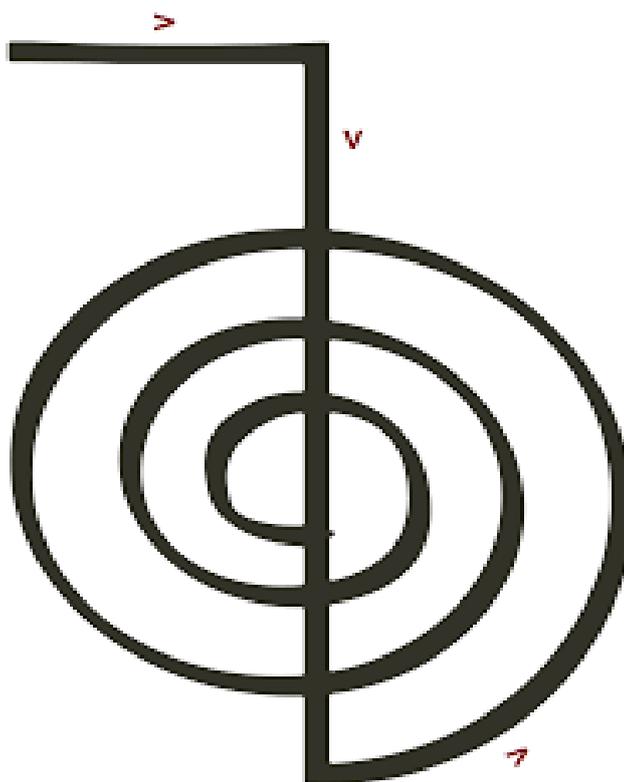
- Self-treat every day
- No alcohol or unprescribed drugs
- Drink plenty of water
- Get plenty of rest and sleep
- Have cleansing salt baths with essential oils (frankincense, lavender, juniper berry)
- Eat good quality food

- Listen to inspiring music and/or read uplifting literature
- Keep a gratitude journal beside your bed
- **Energetically clear** (using reiki with power symbol), **centre yourself** (breathing, eyes closed), **protect** (visualise violet or blue light shower) and **ground yourself daily** (visualise roots from your feet to centre of the earth or walk in bare feet on grass).
- Relax, have fun and enjoy the reiki energy

Protect, protect, protect

Your atonement has opened your crown, heart and palm chakras to allow for more energy to pass through. This also leaves you more exposed to all energies, so it is important to remember to close off this energy following treatment. Imagine each chakra is a LOTUS flower. These flowers open when you switch on the reiki and close when you want the energy to stop flowing. You can visualise this before and after each session or just use your GROUND, CLEAR AND PROTECT techniques as and when required, especially when amongst a crowd of people.

The Power Symbol



The sacred name of the REI' (pronounced CHO

'to set right'. It is the light switch that switches on reiki. It is the only symbol that can be used independently of the other symbols as it works on the principles of radionics where lines or objects create a force by their being. The power symbol needs to be invoked 3 times for best results.

symbol is 'CHO-KU-KOO RAY) meaning

DO NOT USE THE SACRED NAME IN FRONT OF NON-ATTUNED PERSONS.

The main purpose of the Power symbol is to increase the power of the reiki given during the reiki 1 attunement. Further uses include:

- **Empowerment** of the palms and main chakras. Practitioner draws the symbol on each palm and then claps hands together 3 times. You can further empower by drawing the symbol above each chakra and tapping it 3 times.
- **Clearance** of negative energy – to disperse negative energy in a room. Draw or visualise the symbol in the room or even on the walls.
- **Sealing** – the symbol can be drawn over the client before and after the treatment and tapped in 3 times to prevent leakages of energy during treatment and to seal the reiki energy after the treatment.
- **Protection** – protection of people, animals and objects. When placed, the symbol protects from physical harm, verbal attack, emotional confrontation and attacks of a psychic nature. Either draw or visualise the symbol over the subject and invoke 3 times.

The First-Degree Attunement of Shoden opens the flow of Reiki Energy in and through the Physical Body or Seven Systems and Five Senses for Hands on Healing.

The Cho-Ku-Rei (Chakra Ray) is an ancient symbol known as Logos of the Circle Seven. Working with this symbol and its knowledge begins the grounding of the Seven Elements of Knowledge in and through the Reiki Practitioner.

The Secret Method to Invite Happiness

Dr Usui created the 5 principles getting hints from a book "Kenzon no Gebri" written by Dr. Bizan Suzuki (published in March, 1914 (*Richard Rivard*- <http://www.threshold.ca/reiki/Usui-Gainen.html>))

The book says:

For today only, do not be angry.

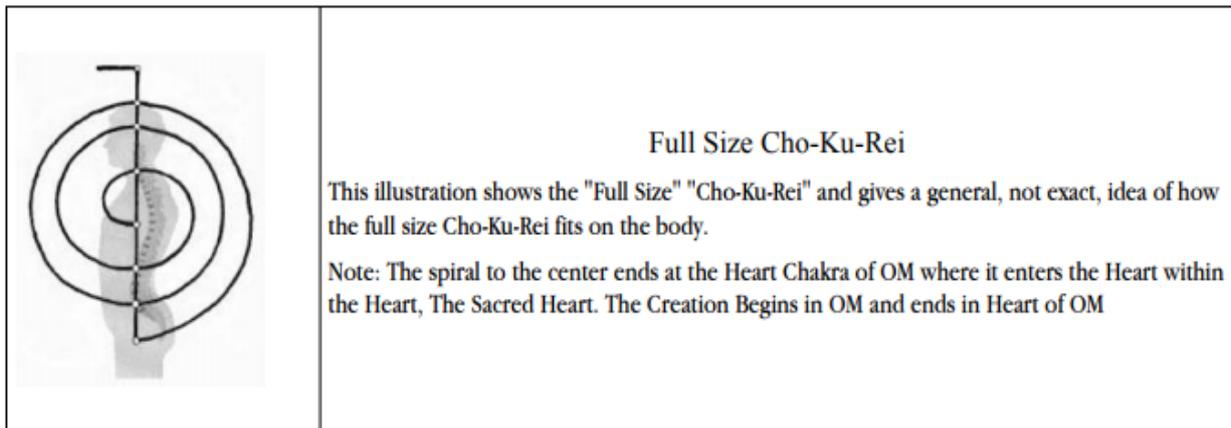
Do not be anxious, and be grateful

Work hard and be kind to others.

Place your hands in the prayer position (Gassho) and repeat them in your mind at the beginning and the end of each day

The Symbols of Reiki connect us with energy and information that is so ancient it predates any written language. The Symbols are like ancient cave drawings from the Heart Cave of Humanity. The symbols in many different forms have appeared and disappeared throughout history. The symbols always seem to reappear just when humanity is ready to understand more about them and their origin. The Reiki symbols are keys that connect us with Reiki energy at the Collective Conscious and Collective Unconscious levels.

It is strongly advised that you perform self-healing regularly, preferably daily. As well as improving your health, it will balance and centre your mind/ body/ spirit system, thereby allowing for a dramatically increased flow of Reiki energy during healing sessions. Most importantly, it will increase your inner guidance, helping you to pilot everyday situations more successfully, and provide guidance for your growth when appropriate.



The Logos	
	<p>This illustration Shows that from OM, the Logos, all beings and all things are Created. The Logos powers the Circle of the Seven Primordial Energies that sustain the Universe and everything in it. The Seven Spiritual Energies are called the Elohim, Seven Spirits of God, or The Seven Sages. Their pattern is reflected in the Seven Heavens, Seven Virtues, Seven Parts of our Subtle Anatomy, Seven Endocrine Glands, The Seven Bodily Systems, The Seven Colors of the Rainbow, The Seven Chakras etc.</p> <p>The Black and White numbers represent the yin/yang energies of the Seven Parts of the Subtle Anatomy of each individual which are:</p> <ol style="list-style-type: none"> 1. Body 2. Mind 3. Soul 4. Spirit 5. Will 6. Higher Self 7. Sacred Heart

Drawing The Cho-Ku-Rei



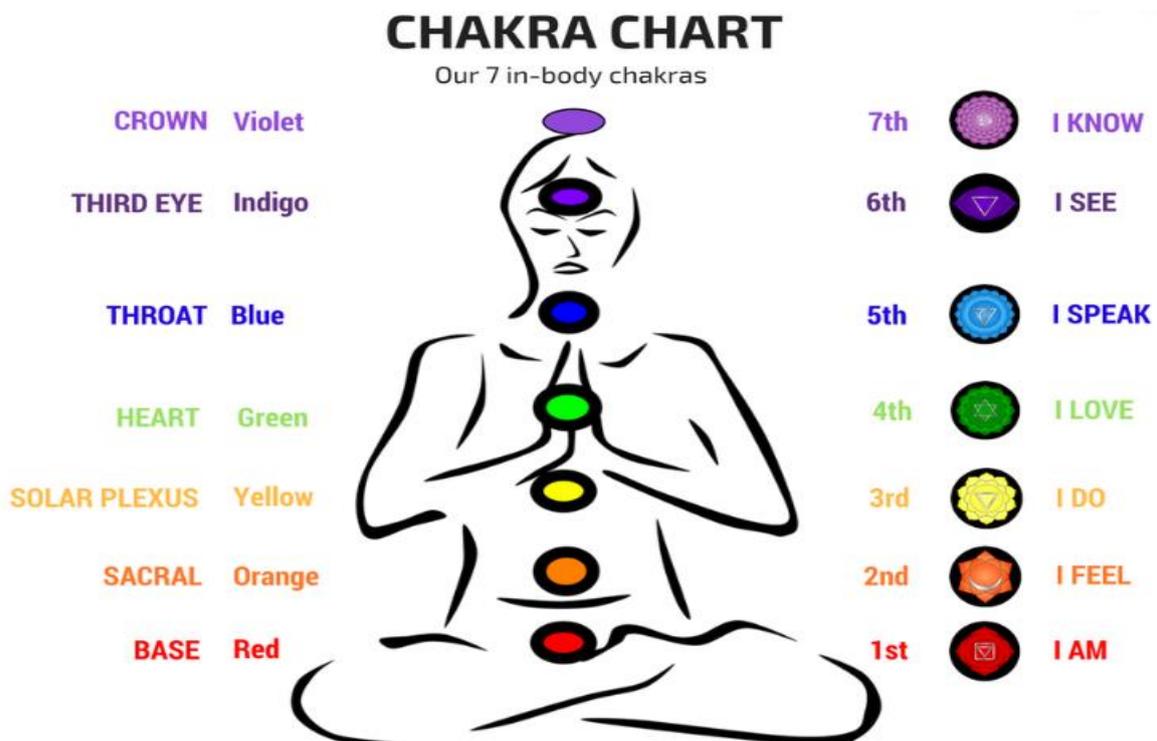
The Chakras

Life force energy flows within us through pathway called meridians and energy centres called chakras, nourishing the cells and allowing the body's natural healing process to function.

The chakras (Sanskrit word for 'wheel') are the energy centres of vortexes in your aura that govern and regulate the energy entering and flowing throughout the physical and energy bodies. **There are 7 main chakra energy centres in the body.**

Quite often, due to stress, fear, anxiety, anger, negative thoughts and actions, our energy centres and pathways become blocked and life force energy cannot flow properly. Consequently, if the body cannot perform its natural healing process, we become subject to disease, illness and pain.

Reiki automatically seeks out those pathways and energy centres that are blocked. It gently yet powerfully opens, cleanses and realigns them. In other words, Reiki transmutes the negative energy that created the blockages into positive healing energy. It raises the vibratory level of the client and facilitates a calm, relaxed, stress-free state of being.



Reiki hand positions cover the main chakra centres and the main meridian channels that life force flows through.

One can use a pendulum to check if the chakras are blocked. Starting with the root chakra, **the man's base chakra spins anti clockwise** and **the woman's spins clockwise**. The direction of the spinning alternates right up to the crown chakra.



Human glands aligned with 7 chakras

Hand positions correspond to locations of the major endocrine glands and chakras of the body. Reiki can stimulate these glands which regulate all important processes in the body as follows:

Head - Sexual development & skin pigment, sleep, growth & bodily fluids & storing mood enhancing hormones

Throat – weight regulation, iodine & calcium levels, digestion, nerve and brain tissue made.

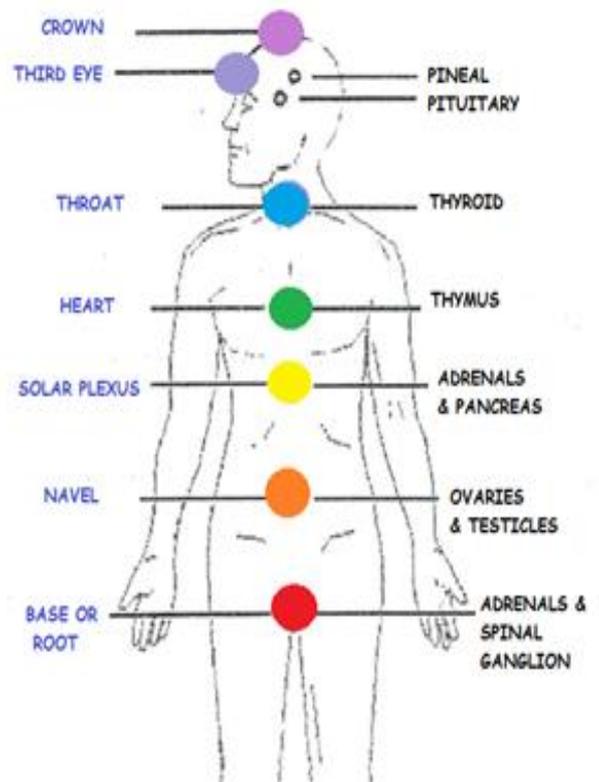
Heart – defence against disease & energy flow

Solar plexus – metabolism of fat & sugars for energy, immune system & white blood cells

Sacral/navel – fertility & emotions, male & female sexual organs.

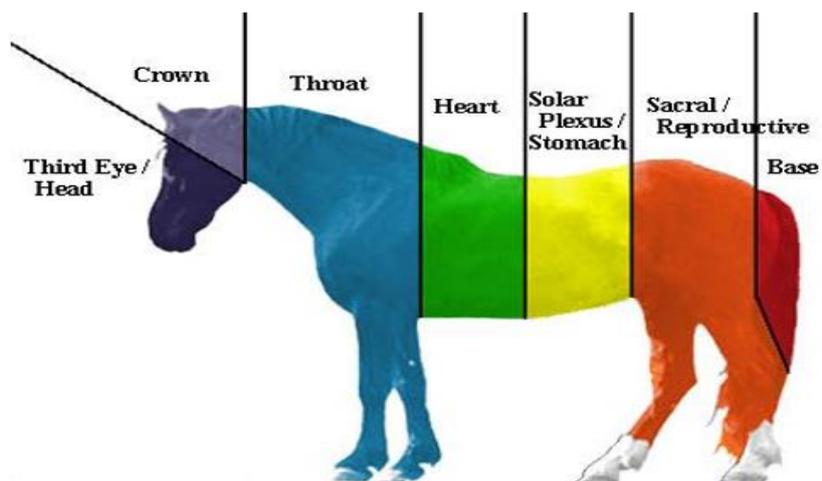
Base – fight infection, heal inflammation & reduce pain.

The chakras and their relevant glands



Treating animals

- **Small animals** such as birds or mice can be cupped in your hands.
- **Larger animals** such as cats, dogs, horses and cows normally prefer you to begin by placing your hands behind their ears and then on their heart.
- If the animal has a **specific injury**; place your hands directly over the injury.
- **Fish** can be treated by placing your hands on either side of the fish tank.
- Animals that are wild or dangerous can be treated safely through **distance healing** (Reiki 2).
- Another safe way to treat animals is by treating their food and drink. However, this is less effective





Anatomical connection

Hair, circadian rhythms, nervous system

Brain, eyes, pituitary gland, hormonal regulation

Throat, neck, ears, sinus, thyroid, metabolism

Heart, lungs, immune system, blood pressure, circulation

Stomach, liver, gall bladder, pancreas, digestion, muscles

Lower abdomen, uterus, ovaries, kidneys, spleen, bladder, reproduction, blood sugar

Pelvis, vagina, legs, feet, tailbone, adrenals, elimination

Emotional connection

Wisdom, spirituality, cosmic consciousness, peace, enlightenment, harmony, divine love

Intuition, imagination, dreaming, understanding

Creativity, communication, speech, self-expression

Love, connection, forgiveness, trust, sharing, acceptance, flexibility, positive attitude, balance

Strength, self-control, will power, efficiency, purpose, anger

Sexuality, sensuality, sensitivity, intimacy, desire, giving-receiving, letting go

Survival, security, primal instincts, fear

Activating the Reiki Energy

Once you have been attuned you will want to activate and use your Reiki.

Reiki energy is activated by **intention using any of the following methods:**

- Use a mental instruction such as ‘Reiki on’ or ‘Reiki now’
- Draw, using your fingers in the ‘Mudhra’ position, the sacred power symbol on each hand and clap 3 times (*see photo*)
- **Draw**, using your fingers in ‘Mudhra’ position, the sacred **power symbol** over the client before you begin (3-12 cms above/in front of their body)



Only a slight amount of attention is needed to keep Reiki flowing. It does not involve mental strain or intense will, just a subtle intention and willingness. [Simply allow it to flow through you.](#)

Reiki is a subtle energy. Not everyone feels subtle energies. Once you have been attuned be assured that universal life force energy will flow through you regardless of whether or not you feel such sensations as hot hands, tingling, pulsing or other physical signs of Reiki activation at work.

The energy generally comes into the crown chakra and runs down the arms to the hands and from there to where it is needed or directed.

USE REIKI OFTEN. The more you use it the more comfortable, confident and skilled you will become.

Unusual tiredness usually indicates that the practitioner has been forcing the energy or pushing with personal will rather than allowing the reiki energies to flow naturally. Usually a reiki practitioner feels rested and revitalized after a treatment.

[Trust and hold the intention that it works for the highest good of the client.](#)

While some reiki practitioners work with and call upon spirit guides or angels, it is not a practice intrinsic to or required for reiki. Personal intuition will guide you as you learn to be aware of it, trust it, let it guide you and lead your hands.

Moving through the 12 hand positions ensures that each area gets a flow of Reiki energy and that all the major chakra points are treated.

Reiki Treatment Checklist

Prior to the client's arrival:

1. Cleanse yourself and the room
2. Wash your hands
3. Centre yourself – hands in prayer position
4. Protect yourself
5. Ensure interruptions will not occur

Prior to Reiki:

6. Greet the client and ascertain their wishes
7. Explain the Reiki process and hand positions and answer any questions the client may have
8. Make sure both you and client are comfortable
9. Join hands together in the prayer position to centre your energy
10. If inclined, call on your Reiki guides for assistance

Upon completion of healing:

11. Give thanks – hands in prayer position
12. Gently awaken client by pressing firmly on the soles of their feet **or** squeezing their shoulders gently
13. Offer the client water
14. Take some time to talk through the treatment, including advice for further treatments
15. Settle any arrangement or payments or exchange

After the client has departed:

16. Wash your hands
17. Clear your energy field
18. Clear the energy in the room
19. Drink water

Sample Prayer to Balance a Blocked Chakra

I ask that all energy less than love and all thought forms in and around this chakra which are no longer of service to (NAME) be pulled, cut and released into the creators light for cleansing and unconditional love is downloaded into it's place so the chakra is working perfectly in conjunction with the other chakras to maintain and regulate the flow of energy in the body. So mote it be. It is done, it is done, it is done. Thank you.

When calling in your guides or saying prayers for healing, always include the words 'in Divine right Order' and 'For the highest good of all'.

Self-treatment Hand Positions

Reiki can be used for your own healing as well as for others. Treating yourself is an excellent way to become familiar with using Reiki. It is highly recommended that practitioners treat themselves frequently.

Self-treatment can be done simply by placing your hands on your body and allowing the energy to flow. Reiki will go to where it is needed. It works fine just to turn on Reiki and let its innate intelligence do the work.



Seated Reiki

If there is no massage table or other comfortable place for your client to lie down, Reiki treatments can be given to a seated person quite easily and effectively.

Seated treatments often take much less time than a full treatment on a massage table. The chair used does not matter, as long as both the client and the practitioner are comfortable.

Make sure the recipient is grounded, with both feet flat on the ground and hands on their lap. Stand behind the chair and place your hands on their shoulders. You can give an entire seated Reiki session with your hands on the client's shoulders, or you may choose any of the following additional hand positions:

Seated Reiki Treatment Hand Positions



- Start behind client hands on shoulders
- Silently recite your Reiki invocation
- Now move around to the clients' side
- Hands placed either side of the client
- Focus on the Major Chakra Points
- Finish by combing their Aura 3 times

Hand Position 2



Hand Position 3



Hand Position 4



Hand Position 5



Hand Position 6



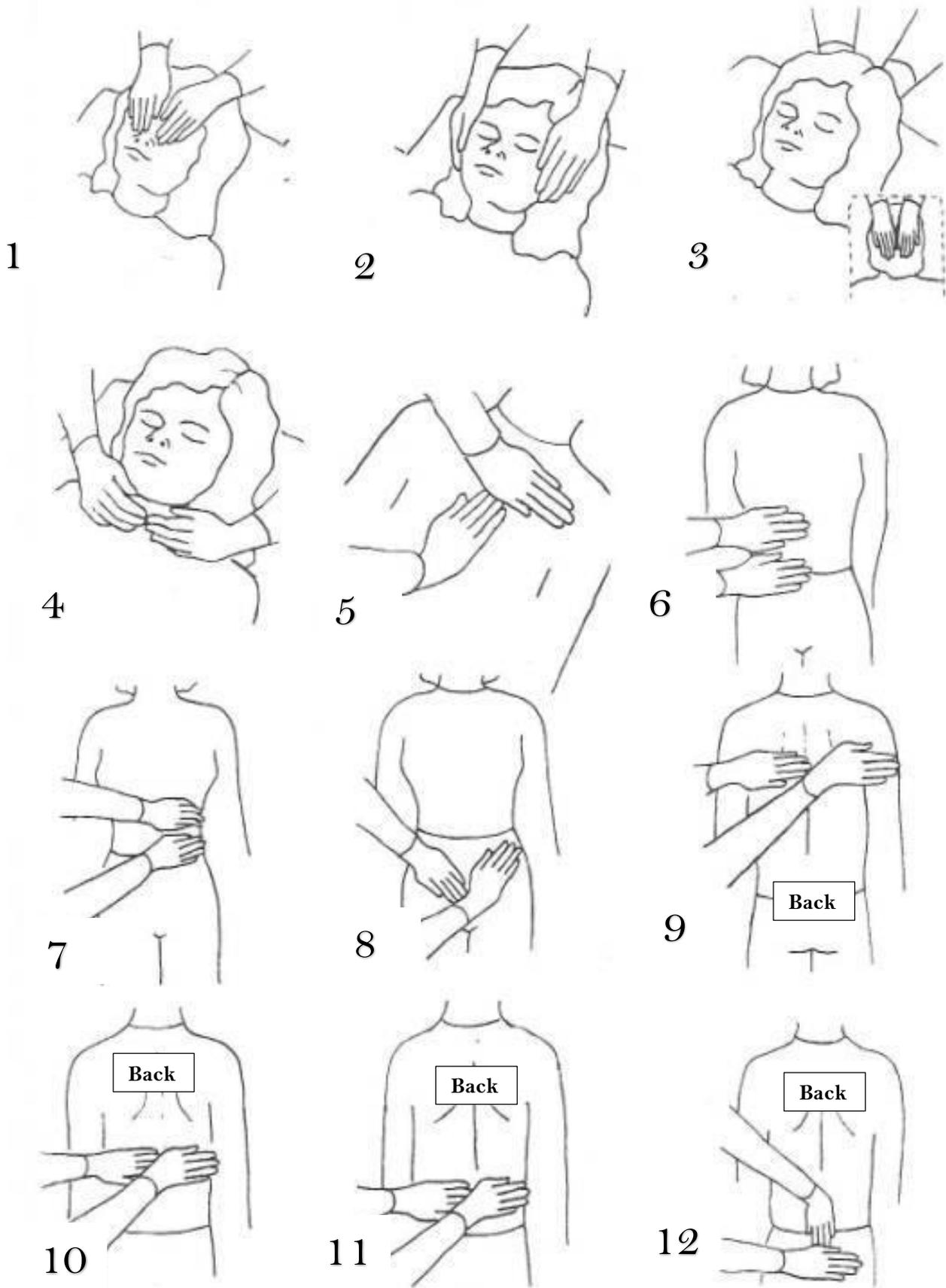
Hand Position 7



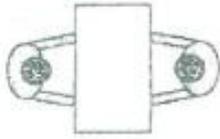
Hand Position 8



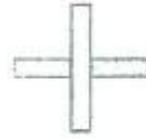
The 12 Reiki Hand Positions



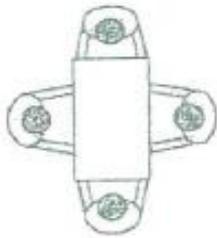
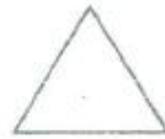
Group Healing Positions



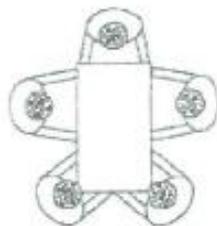
2 People



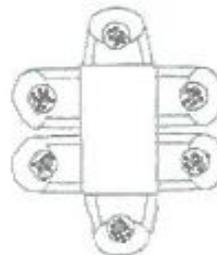
3 People



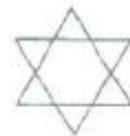
4 People



5 People



6 People



Dis-ease

Dis-ease can be traced back to the cause by following a path through four main areas of the body:-

1) Physical Level

The abuse of our physical bodies will show up in two ways:-

(a) **the physical body**, that is where our actual physical body starts to fail and break down under the load of the stress it is being asked to carry, for example:-

- abdomen *Fear. Stopping the process*
- accidents *Inability to speak up for the self.
Rebellion against authority. Belief in violence.*
- aches *Longing for Love, Longing to be held.*
- arms *represent the capacity and ability to hold the experiences of life.*
- back *represents the support of life*
- breasts *represent mothering and nurturing*
- ears *represent the capacity to hear*
- eyes *represent the capacity to see clearly – past, present and future.*
- face *represents what we show the world*
- feet *represents our understanding – of ourselves, of life and of others.*
- lungs *the ability to take in life.*
- neck *represents the ability to see what's back there.*
- shoulders *are meant to carry joy, not burdens.*
- teeth *represent decisions.*

(b) **metabolic**, that is when our internal organs and system start to fail, for example:-

- bladder *anxiety, holding onto old ideas. Fears of letting go.*
- kidney *criticism, disappointment, failure, shame.*
- liver *seat of anger and primitive emotions.*
- lungs *the ability to take in life.*
- pancreas *rejection and anger at loss of sweetness.*
- spleen *obsessions.*
- stomach *fear of the new, inability to assimilate the new.*

2) Emotional Level

Those negative, old, stored-up feelings that have never been allowed to be processed or released, for example:-

- fear
- anger
- resentment
- jealousy
- feelings of being unloved and unsupported

3) Mental Level

Those negative thought patterns and conditioning that have been imposed upon us by:-

- parents
- family
- church
- authorities
- society

4) Spiritual Level

Falls into two main areas:-

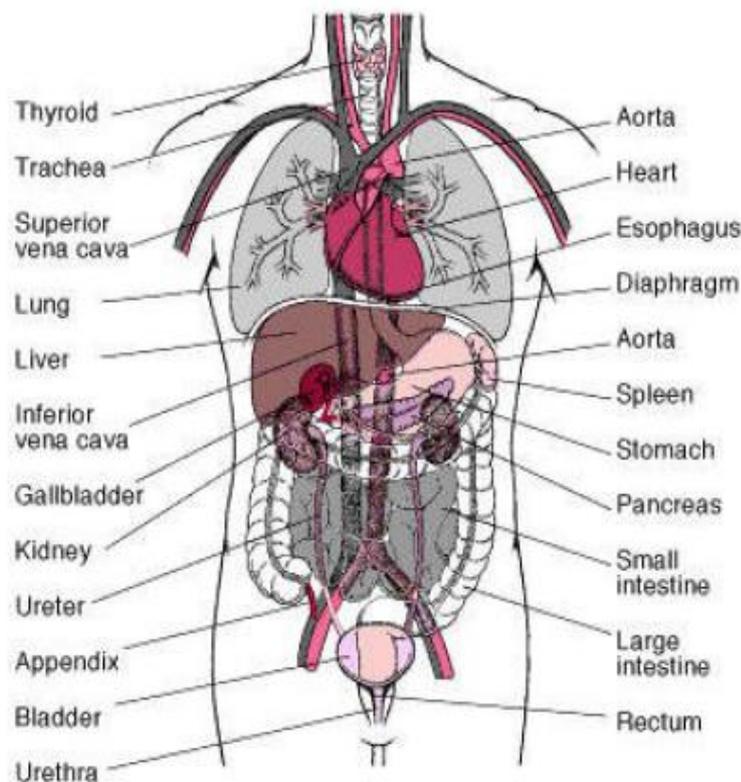
(a) **Karma**, where our past lives, activities and experiences need to be balanced between lives:-

- priest - nun
- King - Queen
- man - woman
- poor - wealthy
- victim - perpetrator
- large family - no family
- married - celibat

(b) **Possession** by discannate entity as can happen with:-

- drug addicts
- alcoholics
- etc.

The Major Body Organs



Reiki & The Ultradian Rhythm Technique

What is the Ultradian Rhythm?

The human body functions in various cycles and one of these cycles is the ultradian rhythm, the natural body cycle of activity and rest. During sleep we dream every 90-120 minutes, even if we do not remember doing so. In our daily lives this rhythm continues. During the day we often have a sudden urge to stop and rest. The body needs to take short breaks every 90-120 minutes to repair and maintain itself.

Most people misjudge this natural and important process and fail to allow themselves a short power break. Instead of relaxing and recharging their batteries most people opt for a quick boost of energy like coffee or sweets, fizzy drinks or cigarettes. When we consistently ignore these essential psycho-physiological breaks we are upsetting the fine balance and rhythms of the mind body and spirit.

This neglect leads to health problems and stress related disorders such as depression, mood swings, psychosomatic pain and illnesses, sexual dysfunction, eating disorders and a wide variety of psychological problems. Reiki can be used to prevent and help treat this problem by bringing the body back in to equilibrium and normalising the Ultradian rhythm.

Ultradian Rhythm Techniques

During the day look out for signs from your body-mind telling you to stop for a moment and rest. These signs normally manifest as a sudden feeling of slowing down or loss of energy. You may feel yourself drift off into a semi-trance like state, somewhat like daydreaming.



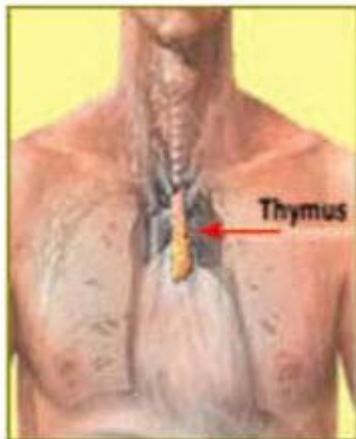
At this point place your cupped hands over your eyes as shown in the image below (self healing hand position 1). Close your eyes and go inside.

Become aware of any part of your body that feels tight, sore or tired. If you discover a part of your body that you sense or feel needs reiki move your hands to that place and keep them there for as long as you need in order for the pain or discomfort to dissipate. Try to imagine or sense that part of your body being filled with a vivid healing white light – Reiki.

Then make the light grow brighter and brighter, larger and larger until it envelopes your whole body mind and spirit. Sense the feeling of peace and well-being as the healing white light fills your aura and forms a protective shield of pure unconditional love and healing invigorating energy around you. When you feel rejuvenated and

recharged gently open your eyes and continue with your day. Repeat this exercise on a regular basis to keep your energy levels high and to prevent stress and ill health.

When time or conditions prevent you taking these short power breaks, there is another simple way of maintaining your fight against fatigue, sickness and disease. The thymus gland which is situated between the throat and the heart chakra (see illustration below) is a twin lobed organ that is responsible for the immune system.



Tap gently 20-30 times on your chest over the position of the thymus (see illustration above) or place one of your hands over the position for several minutes. This simple technique will help maintain and boost your immune system while filling your body, mind and spirit with vitality.

Health is the greatest possession. Contentment is the greatest treasure. Confidence is the greatest friend. Non-being is the greatest joy. – Lao Tzu

Negative Energy and how to clear it

Negative energy can be impacted in both the body and the home. **Here are a few red flags that indicate you may have a build-up of negative energy in the body:**

- Constant headaches Tension
- Fatigue Restlessness
- Difficulty breathing Stomach pain
- Brain fog Insomnia
- Quick temper Intuition/gut feeling

Here are a few concrete ways to cleanse negative energy in your aura:

1. Smudge some healing herbs
2. Take a bath with cleansing salts
3. Meditate
4. Surround yourself with positive people
5. Walk in nature

Here are a few concrete ways to cleanse negative energy in your home:

1. Remove clutter as soon as possible
2. Carefully burn some incense
3. Let in a breeze
4. Cleanse antiques of negative energy
5. Remove or repair things that are broken
6. Smudge your entire home with sage
7. Protect your space with crystals
8. Spray orange essential oil around your home
9. Rearrange furniture
10. Ring a bell in your room
11. Salt crystals and salt lamps have an extraordinary ability to absorb bad energy.

The Purification Process

The cleansing and healing experience is heightened and accelerated following a Reiki attunement or a series of treatments. The flow of Reiki energy through the physical and subtle bodies encourages the gradual release of **physical, emotional, mental, and spiritual "toxins"** that have made their way into the cellular memory and built up in the energy system over time. Toxic build up is the result of past experiences such as injuries, illnesses, and traumatic events as well as poor health habits and pollutants in this and other lifetimes.

Physical symptoms: flu-like symptoms, fever, headache, sore throat, coughing, aching joints and muscles, tingling sensations, nausea, constipation, diarrhea and disrupted sleep patterns.

Emotional symptoms: emotions that have been repressed from earlier experiences such as grief, fear, depression, sadness, anger, suppressed memories resurface and frustration may surface for no obvious reason.

Mind related symptoms: old and current behaviour patterns may become magnified. You may also experience judgmental, blaming, victimizing, and abusive thoughts.

Spiritual symptoms: your beliefs about life, religion, relationships, how the world operates, and your self-identity may be shaken and will need to be questioned and revised.

Think of this process as a train where each of the cars are marked with an emotion such as sadness or thoughts of self-invalidation. As the train comes through your consciousness, just let it move along without stopping it and climbing aboard any of the cars. Acknowledge the old emotions and thoughts as they pass through and then let them go. Welcome your **new understanding of those old limiting beliefs that no longer serve you and have the courage to let them go**. As the well-known expression says, "Let go and let God.

Daily energy clearing routines

This is a process you can also apply to your home, children, and loved ones. Always ask someone's permission before doing it and set the intention of doing it for their highest good. *Remember, intent is everything*

Step 1 ~ Ground Yourself

Begin by grounding yourself. Ask Mother Earth to anchor you, to hold you safely and securely. For example, imagine your legs sinking into the ground, or tree roots coming out of your bare feet branching into the earth. When we ground, we are asking to be held and supported as we go higher spiritually.

Step 2 ~ Clear Yourself

In your mind, use the image of wind, water, air, or any other element to clear yourself of negative energy, feelings or ailments. Imagine water pouring through you, washing away negativity. Or, visualize wind blowing through your body releasing darkness. With the element of your choice, see the negative energy leaving your body.

Step 3 ~ Protect Yourself

Next, build an energetic "shell" to protect the balance you have just created. Start with a bubble or a cloak with a hood. Make sure your protection is impenetrable, choose a colour for the light surrounding you and then ask for an extra impenetrable pulsating layer to protect this bubble making heavier negative energies bounce off it.

Step 4 ~ Intention Speech

Let your guides and loved ones on the other side know the purpose of your protection. Speak your statement out loud or in your mind. Hands in prayer position ask ... "For all negative energy to bounce off me and be transmuted into white light for the highest good of all, in divine right order, let no harm come to anyone, so mote it be".

Instructions for using Crystals

Cleansing and Charging Crystals

The purpose of cleaning is to bring the crystal to a clear and pure state. Crystals are frozen vibrations and any impurities and discord it experiences during its harvest, sale and journey will be felt.

As you are working with purification, being of clear mind and intention is necessary. Say a mantra, clear the room with sage or bells and be ready to let the purest light move from you. Such endeavours require mindful peace and vigilance.

Water - *Note **not** all crystals can withstand water such as selenite.

- Hold the crystal under running water or submerge in salt, spring, river, ocean water.
- Visualize the water washing over the crystal taking away any impurities.
- Use sea salt and lightly brush it over the stone using the water to cleanse the salt away

Moon - The energies of the moon are most purifying and can be used to clear and program any crystal for extra vitality. Place directly under the moonlight and charge it up under the full and new moons to get the most potent frequencies. The moon as a feminine energy can help with spiritual and emotional healing.

Sun - Charging your crystals in the sunlight (direct light is better than windows) will super-charge your crystal and give it drive and focus. The solar energies tend to be more “masculine” and are better suited for programming. Allow the sun to support big efforts that require momentum and call attention to your endeavours.

Snow - Place your crystals in snow is a quick and powerful way to clear and program your crystals to hold long lasting intent.

Earth - Burying your stones will clear any and all lingering energies from your crystal. Going back to the places from whence it began is a powerfully effective means of clearing! While you may follow your intuition on how long to leave the crystal in the earth, 3, 7, or 11 days is best to give your stone a total reset.

Smoke - As you may use smudging to clear your home (think sage, copal and sweetgrass) so too may you use smoke to clear crystals. This is especially helpful for jewellery which would corrode under water.

Sound - Long trusted by the ancients, a bell is an easy ally to remind you how to take care of your crystals. Likewise, the sound of your own voice and the use of sacred chants will hold the programming.

Superpower Crystals - There are some crystals that need no clearing and actually clear other stones. Selenite, quartz, carnelian, amethyst and kyanite are among these rare treasures. A selenite slab under your crystals acts as a perfect technique for clearing and charging your crystals. Likewise a beautiful amethyst cluster can happily hold and bless other smaller stones.

When to Clear

Besides when first acquiring, a crystal will absorb energy as it “works.” Each has its own purpose and like people, needs a rest, a recharge, from time to time. Any particularly intense work – after a fight or during

times of illness or trauma, for instance – crystals can best serve you if they are cleared before being put back to work.

Programming

The first things to do when you're working with a crystal is to program it with an intention, specific task or project. E.g. attracting abundance, dream work, healing, cleansing, absorbing negative energy, positive energy boosters etc

1. Determine what you need assistance with
2. Choose the crystal that grabs your attention and ask it if it willing to partner.
3. Hold your crystal to your heart and then to your 3rd eye. To program it, hold the crystal in your hands, close your eyes, and take three deep breaths and say aloud or in your head “I ask that the highest vibration of love and light connect with my highest self to clear all unwanted energy and any previous programming. I command this crystal to hold the intention of [insert your intention here].”
4. End by saying thank you three times to “emphasize that what you're asking for already exists in the universe,” she says.

8 ways to use healing stones

In essence, all crystals are healing stones—and choosing the right one for you is actually a very intuitive process.

- **Wear your crystals**
- **Toss them into your purse or pocket** - use it as a touchstone throughout the day to help ground you.
- **Meditate with them** - up your dose of spiritual energy, meditate while holding your crystals to connect with their metaphysical powers.
- **Place them on your body** - simply lay down and place a few crystals on your body (i.e., a piece of rose quartz on your heart chakra or an amethyst over your third eye) and just breathe and marinate in the high-vibe energy of the stones.
- **Put them in your bath** – e.g. shungite for detoxing and rose quartz for some nurturing self-love.
- **Place them around your home or workspace** e.g. amethyst for protection from others
- **Healing the body, mind, spirit, emotions** – place them on the chakra points, use them as pendulums to see energy fields or place on the heart for specific healing
- **Cleansing the chakras**– specific crystal points are used for cleansing and recharging the chakras of the body for deep healing.

Preparing for the Reiki 1 Attunement

Although some people have no discomfort or will notice only subtle changes after an attunement, others experience a healing crisis; that is, significant adjustments that can be temporarily unsettling until a new balance takes hold. It can take time to grow accustomed because the attunement clears blockages and redistributes the flow of energy. Depending on your body's state of being, experiences will vary. Experts suggest a period of purification before the attunement to reduce possible discomfort. These **suggestions** include:

- Reduce intake of meat & fish.
The food we eat not only impacts our bodies, but also our energy fields.
- Limit intake of caffeine, sugar and alcohol
- Smokers to smoke as little as possible the day before and on the day of the attunement. (*i.e. if it doesn't raise your stress levels too much*).
- Drink plenty of water
- Spend more time in nature and less on devices.
- Have a good night sleep before the Reiki course.

These are suggestions only. Use your intuition to guide you as to whether you feel these are necessary for you to follow or not. However, abstaining from alcohol 24 hours before the course is strongly advised.

During the course, I will be showing you some 'tools of the trade' like pendulums and crystal wands (crystals with pointed ends). If you have either of these at home, feel free to bring them along on the day of the Reiki course.

The 21-Day Cleanse & Detox Post Attunement

The reiki 21 day chakra cleanse and self-healing, should be performed after all attunements.

- The first week of the cleanse and detox is the **physical cleanse**.
- The second week of the cleanse is the **mental-emotional cleanse**.
- The third week of the reiki 21 day cleanse is the **spiritual cleanse**.

This makes your energy stronger and finely attunes the reiki symbols to hone your abilities. Reiki cleansing begins after the attunement and during the reiki 21 day chakra cleanse students may experience a **Reiki healing crisis**. This can be for just a day or much longer. It is a natural part of the cleansing process.

(a) Self Healing

1. Ground (roots) & Protect (light bubble/shower of light) - **open** the reiki energy
2. Hands in prayer position (Gassho), eyes closed, press middle fingers when mind wanders, recite 5 Reiki principles.
3. Move prayer hands to heart – ask for Reiki energy to flow through you
4. Move prayer hands to third eye – ask to be guided to where the energy is needed.
5. Invoke the symbols into hands and clap 3 times
6. Follow self-healing hand positions for 2-5 mins each until complete.

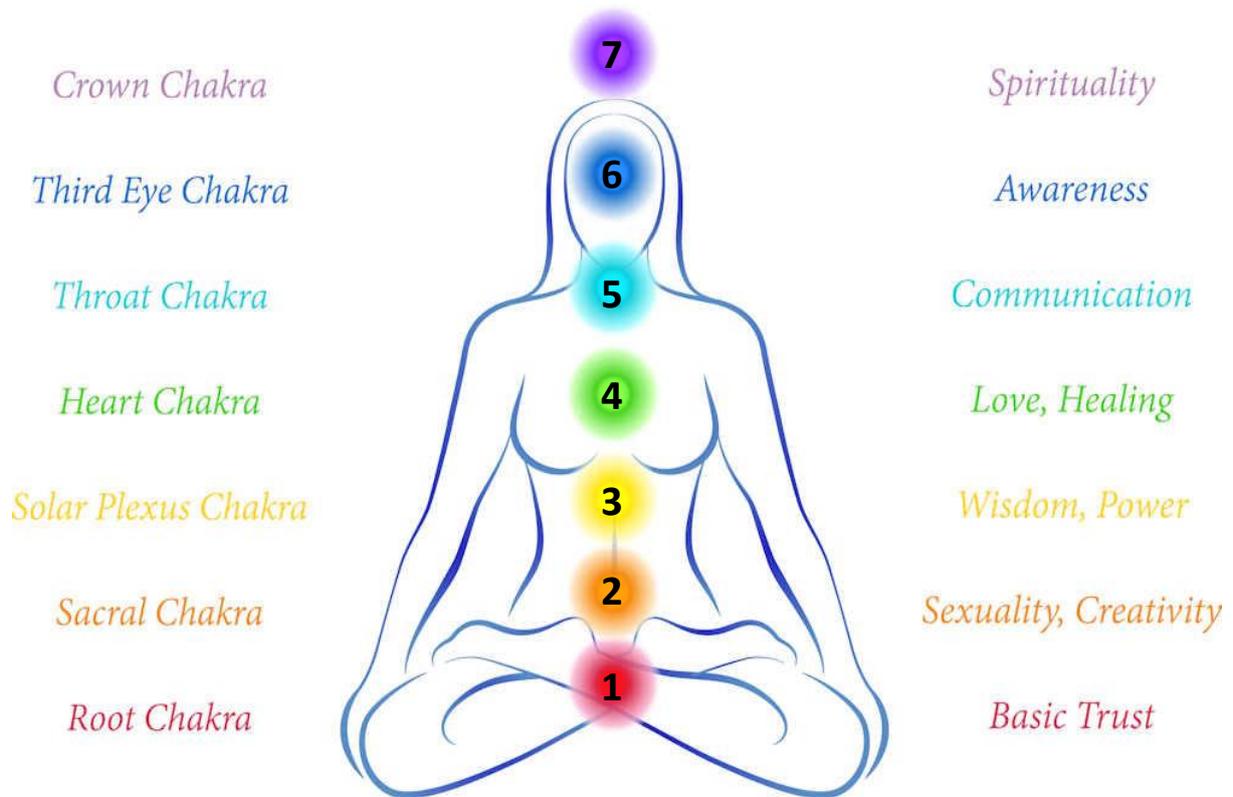
(b) Chakra Cleanse

Place hands over one chakra per day starting from the root chakra (7 days in total). Send reiki energy to heal this chakra and visualise the colour for 2-5 mins.

(c) Close and seal energy

Ground & Protect – **close** down the flow of reiki energy and seal the aura with a white/golden light bubble when finished. Visualise a flower closing temporarily.

The order of Cleansing One Chakra Per Day



First Day: Self-healing, then cleanse the 1st chakra the Root/Base chakra, which is red and so on...

Repeat this on the second week for the mental/emotional cleanse

Repeat again on the third week for the spiritual cleanse.

Your Reiki Journey...

Now that you have received Knowledge of Reiki and have been attuned to receive Universal Life Force Energy, use it often and take every opportunity to use your gift to benefit others and provide healing for yourself.

It is hoped that you continue your current journey that brought you here today and that you consider further developing your skills as a Reiki practitioner from this point forward.

Before progressing to Level II, examine your motives for doing so. It is recommended that you have been actively involved in Reiki healing with self and others and that you have an understanding of the Reiki processes and ethics. Developing as a healer takes practise and time.

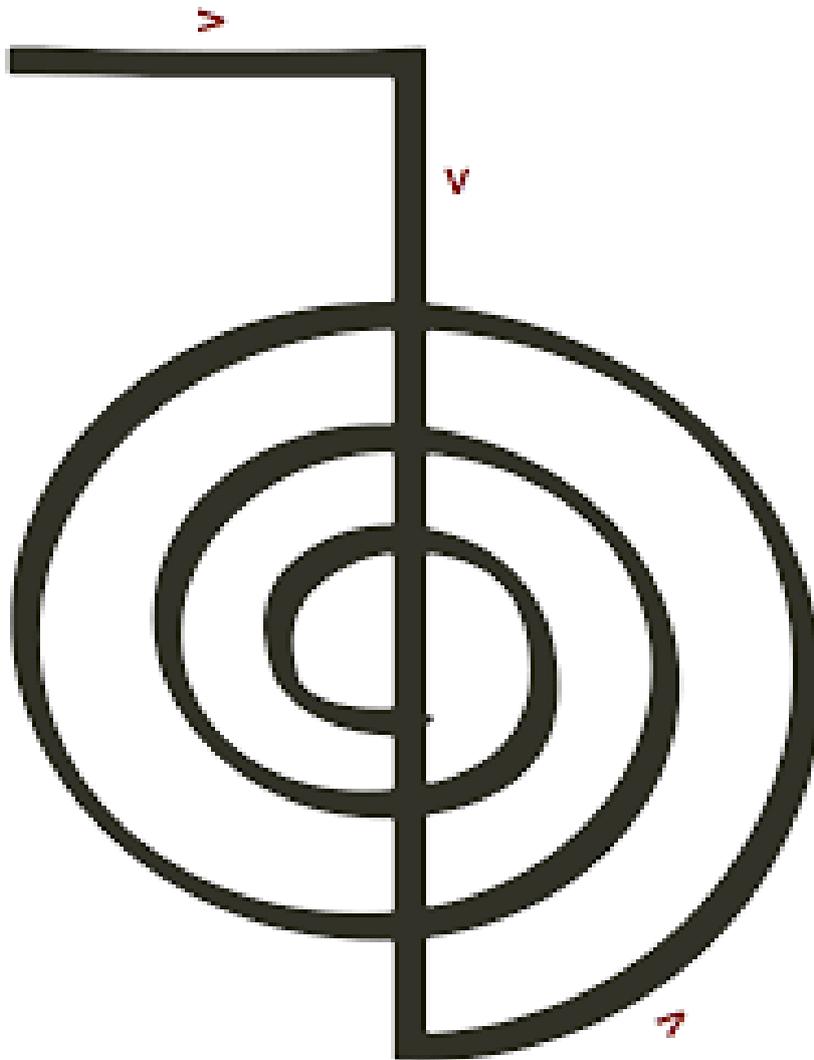
Continue to trust ... and may the journey you are on be a beautiful and fulfilling one that enriches not only your life, but also touches the hearts of those around you



‘The best way to learn Reiki is to use Reiki’

The Power Boost Symbol

'Cho Ku Rei'



Cho ku rei (*pronounced cho koo ray*) is the Usui power boost mantra and symbol to increase the power of Reiki and for focus. This energy calls in higher universal energy and accelerates Reiki from low to high giving greater power and focus to the energy. Power boost is used with the other energies as well as by itself during all treatments, hands on or distance. This energy has been used to clear rooms and crystals and to charge food and water.



**THE FIVE
REIKI PRINCIPLES**

靈氣

JUST FOR TODAY...

- *I will not be angry*
- *I will not worry*
- *I will be grateful for my blessings*
- *I will do my work honestly*
- *I will be kind to every living thing*