



Revised April 8, 2021  
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## Table of Contents

### Table of Contents

Reiki – An Overview .....	5
How Does Reiki Heal .....	7
What Can Be Treated? .....	8
Reiki Can Be Complementary .....	8
The Three Degrees of Reiki .....	9
First Degree: .....	9
Second Degree: .....	9
Third Degree: .....	9
Advanced Reiki Training .....	10
More About Degrees and Attunements .....	10
Ki .....	16
What is Ki? .....	16
Ki Components .....	17
Sensing Ki Technique .....	18
Sensing Earth Ki .....	20
Heaven Ki .....	20
Sensing Heaven Ki .....	21
Heart Ki .....	21
Sensing Heart Ki .....	22
Ki Movement .....	22
Healing .....	23
Five Elements .....	24
1.) Five Precepts .....	25
2) Breathing Method .....	25



Dry Bath .....	26
3) Palm Healing .....	26
Gedoku – Detoxification .....	27
The History and Origin of Reiki .....	27
Additional Reading.....	32
More Reiki History .....	32
The Development of Usui Reiki.....	32
Reiki Comes to the West.....	34
Giving a Complete Reiki Treatment .....	36
Hand Positions for Reiki Level I Treatment.....	37
Method 1 Hand Positions .....	38
Method 2 Hand Positions .....	38
Reiki Hand Positions Diagrams .....	40
Group Healing .....	47
The Chakras.....	49
Chakra Chart .....	51
The Power of Reiki .....	52
Personal Experiences .....	52
Baby Heals Before Birth .....	52
Reiki and Persistence Helps Woman Heal From MS.....	53
Reiki Helps Suicidal Teenager Change Her Life .....	54
Reiki and Nursing .....	54
The Chakra System.....	57
As a Process of Evolution .....	57
As a Transformer of Energy .....	57
As a System of Esoteric Instruction.....	58
Your Chakra Balance .....	58
1 <sup>st</sup> Chakra .....	59



2nd Chakra.....	60
3 <sup>rd</sup> Chakra.....	61
4th Chakra.....	62
5th Chakra.....	64
6th Chakra.....	65
7th Chakra.....	66
20 Effective Ways to Clear and Protect Against Unbalanced Energy .....	68
What are Some of the Signs that You Have Picked Up Unbalanced Energies? .....	68
20 Techniques that Work to Clear Lower Energies, Especially If You Combine Several of Them .....	69
Recommended Reading List .....	70



## Reiki – An Overview

Reiki is not a religion. It is not affiliated with any religion. It beholds no doctrines, creeds or contradictions to the Universal Laws of Consciousness and Love. No matter where the person may be in their life, Reiki will bring them to a point of harmony and balance.

Once an individual is attuned to Reiki through initiations, they are permanently linked to the universal life force of energy. When coming from a place of unconditional love along with a strong intent, simply placing one's hands on oneself, or another person, allows the energy to flow through the individual. It fills the Reiki practitioner's body first and then flows out through the practitioner's hands into the individual who is receiving the healing.

Reiki energy is derived from Source and forms the building blocks of the physical universe. Because it comes from Source (which is in balance) the energy seeks to balance all that is imbalanced. It has no judgment. It is extremely powerful healing energy. It is one of the few forms of healing that can be used to heal oneself. Reiki does not conflict with other healthcare but enhances its results. It does not interfere with traditional medical treatment but facilitates benefits. Reiki speeds the healing process and provides a source of restoring energy while one is ill, under medical treatment, or in recovery.

Reiki healing is a pure energy form, when it is combined with the sincere desire of the healee (a person who receives healing), who is willing to affect a cleansing within their emotional and spiritual consciousness, a total healing can occur.

We must always remember that the energy of the God-Force is neutral and awaits the positive, productive empowerment by the healer. The Reiki practitioner plays an instrumental part in transformation, and yet ultimately it is up to the healee to manifest harmony and balance in their life.

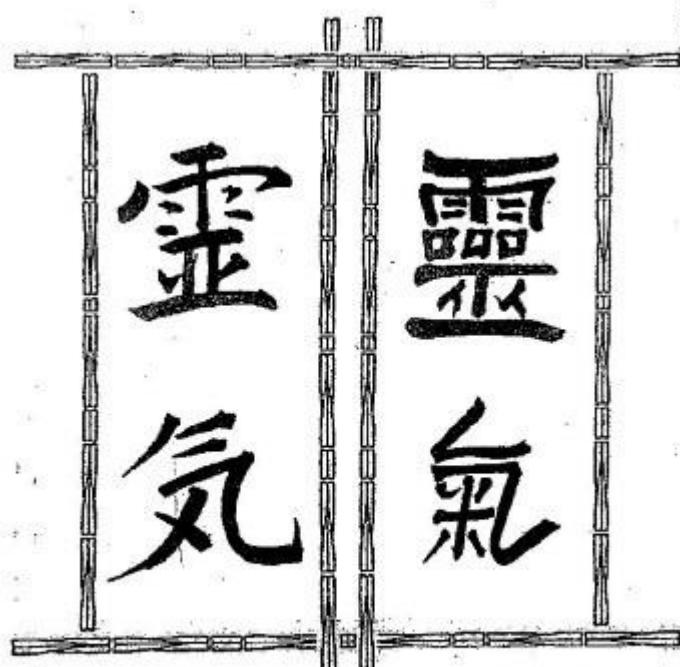
The Reiki practitioner is a channel and must come from the heart space, not from an egoistic intention to heal. The practitioner must come from a heart space. The Reiki practitioner must be a clear vessel through which the healing energy flows. This allows the outcome of the healing to be for the highest Soul purpose.

Reiki is a tool for the use at any moment, any time, anywhere for on-the-spot stress release, pain relief and quick energy. In short, Reiki is a holistic, self-help technique for directing natural-like energy. No special environment or equipment is needed. Age makes no difference. By following



steps taught by a trained Reiki Teacher, anyone can direct the “light energy” of Reiki to meet individual needs.

- Reiki is pronounced “Ray-Key”.
- REI means “universal” and refers also to the spiritual dimension and the soul.
- KI means the vital life force energy which flows through all that is alive.
- These Japanese characters, when combined present the concept of “universal life-force energy.” Reiki energy is whole, not dual. It is, therefore, neither positive nor negative per use, but rather is the combination of these qualities.



**"Reiki" written in Japanese in different styles of writing**

The living body, human or animal, radiates energy. This energy is the life force itself and has as many names as there are human civilizations. The Polynesian Hunas call this healing force Mana, and the Native American Iroquois people call it Orenda. It is known as Prana in India, Ruach in Hebrew, Barraka in the Islamic countries, and Chi in China. Some individual healers have termed it Orgone Energy.



In the life force energy of Reiki, the person who is attuned as a Reiki healer has their body's energy channels opened and cleared of obstructions by the Reiki attunements. They now not only receive an increase in this life energy or Ki for their own healing but become connected to the source of all universal Chi or Ki. This source can be described in any way the healer chooses to name such as God, Source, the Higher Self, the Universe, or whatever can be termed primary creation or life energy. This life force energy is the source of life itself and far older in concept and fact than any religious philosophy.

## How Does Reiki Heal

We are alive because of energy or Ki is flowing through us. Ki flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in a field of energy called the aura. The free and balanced flow of Ki is the cause of health. It is Ki that animates the physical organs and tissues as it flows through them. Ki nourishes the organs and cells of the body, supporting them in their vital functions. When the flow of Ki is disrupted, it interferes with the healthy functioning of one or more of the organs and tissues of the physical body. Therefore, it is the disruption in the flow of Ki that is the main cause of illness.

Ki is responsible for thoughts and feelings. When we have positive optimistic thoughts, we increase our flow of Ki and this causes us to feel better. However, when we have negative thoughts, our Ki is disrupted and diminished, and we do not feel as good. When negative thoughts become lodged in the subconscious mind, they create a permanent disruption of Ki. This happens when we either consciously or unconsciously accept negative thoughts or feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and disrupt the flow of Ki. Various organs and tissues of the body can be affected depending on the site of the blockage. This diminishes the vital function of those organs and cells or the physical body and unless the blockage is released, a person could eventually become ill.

When a person receives a Reiki treatment, the Rei or God-Conscious part of the energy assesses where the person has blocks and then directs the healing energy, usually to the block that is nearest the hands. However, sometimes it will go to the block that is most important even if it is far from the hands. The Reiki energy then works with the negative thoughts and feelings that are blocking one's natural flow of Ki and heals them as well. This can happen in several ways. By flowing through the affected parts of the energy field and charging them with positive energy, Reiki raises the vibratory level in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In this way,



Reiki clears, straightens, and heals the energy pathways, thus allowing healthy Ki to flow in a natural way. Sometimes the entire blocking energy is lifted to a higher field of energy where it is processed. Other times, it is melted away or burned up. When a block is released, sometimes a person will feel a cold sensation; when it is melted or burned, a hot sensation. Once Ki is flowing naturally, the physical organs and tissues are then able to complete their healing process.

## What Can Be Treated?

Reiki is both powerful and gentle. In its long history of use it has aided in healing virtually every known illness and injury including serious problems like multiple sclerosis, heart disease, and cancer as well as skin problems, cuts, bruises, broken bones, headaches, colds, flu, sore throat, sunburn, fatigue, insomnia and impotence. It is always beneficial and works to improve the effectiveness of all other types of therapy. A treatment feels like a wonderful glowing radiance and has many benefits for both client and practitioner, including positive states of consciousness and spiritual experiences.

Reiki works in harmony with all other kinds of treatment. You need not limit yourself to receiving Reiki by itself. In fact, if you have a health condition and want to be treated with Reiki, it is recommended that you do so under the supervision of an enlightened medical doctor or other health care professional.

## Reiki Can Be Complementary

You can continue to receive regular medical or psychological treatment while receiving Reiki with improved results. In fact, Reiki will improve the results of any medical treatment, acting to reduce negative side effects, such as those from chemotherapy, surgery, and invasive procedures. It shortens healing time, reduces, or eliminates pain, reduces stress, and helps create optimism. It has been regularly noted that patients receiving Reiki leave the hospital earlier than those who do not.

Reiki has also been used in conjunction with psychotherapy to improve the healing of emotional trauma and other issues. Its psychological benefits can include improved memory and greater



self-confidence. If clients have a physical or psychological condition and want to be treated with Reiki, it is recommended that they do so under the supervision of an enlightened medical doctor, psychologist, or other health care professional.

## The Three Degrees of Reiki

There are three Degrees, or levels of the Reiki Ray. Each possesses a unique radiation of energy set forth for a specific purpose in healing.

### First Degree:

The first degree is a permanent attunement to the Reiki Ray. Once initiated, it allows a person to channel Reiki energy for healing oneself and others. It requires no special invocation or alteration of the thinking process to “turn on” the flow of Reiki. By simply placing hands on and opening the heart to love, one automatically brings in the energy that is nearby.

The first degree is the foundation of all three degrees.

### Second Degree:

The second degree requires further initiations for attunement to the keys in the form of symbols utilized at this level.

The student is trained to use appropriate Second Degree Keys (symbols) which provide an increase of power from the Reiki Ray for absent healing including past and present (past lives etc.), the healing of situations, and mental/emotional healing. Almost all the symbols that are used in Reiki are primarily Sanskrit symbols.

### Third Degree:

The third degree designation is Reiki Level III, a teacher of Reiki. It is also known by some as “Master Teacher”. To Reiki practitioners, the word “Master” denotes “one who has all their own personal imbalances healed”.

The student is trained to use two additional symbols and is attuned to the full Reiki Ray. For those guided, the path of the teacher begins its unfoldment.



## Advanced Reiki Training

This is not a degree or level of Reiki. The techniques learned in this training, however, require one of the symbols used in Reiki Level III training and one of the attunements. Therefore, they are usually taught just before the Reiki Level III. The advanced training consists of Reiki practices called psychic surgery and the crystal grid.

## More About Degrees and Attunements

While everything that has life has Ki, a Reiki attunement connects the receiver in an increased way to its limitless source. Upon receiving the first attunement in Reiki I, the receiver becomes a channel for that universal healing energy. From the time of the attunement and through the rest of their life, all one needs to do to connect with healing Ki is to place their hands upon themselves or someone else and it will flow through them automatically. The attunement, by placing the person in direct contact with the source of Ki, also increases the life force energy of the person who has received it. One experiences an energy that first heals the healer, and then also heals others without being depleted. In a few short minutes of the attunement process, the receiver of Reiki energy is given a gift that forever changes their life in every positive way.

The process of attunement or initiation is what sets Reiki apart from every other form of laying on of hands or touch healing. The attunement is not a healing session—it creates the healer. In Reiki Level I the student receives the first four attunements. They receive two additional attunements in Reiki Level II and one attunement in Advance Reiki and one attunement in Reiki Level III. Each degree's attunements increases the positive power of one's ability to channel Ki. It is the attunements themselves that are Reiki, and without this process, which must be passed directly from Teacher to student, the healing system is not Reiki but something else.

Attunements are given one-on-one in person or by distance and may be done with or without ceremony. Either way, receiving an attunement is a gift. The experiences of receivers are as varied as there are students. Some perceive colors; others, see pictures. Some re-experience past lives. Some are filled with light or a feeling of total peace, wonder or love. Some students may perceive more than others do. The sensations are definite but very subtle and gentle. When asked to place one's hands upon someone else to bring the energy through, the new Reiki healer may experience for the first time the Reiki characteristic of energy radiation through their hands.



From this point on, the person who has received the attunement is a Reiki practitioner, with abilities opened in them that they did not know were there. The attunement does not give the receiver anything new. It opens and aligns what was already a part of them. The process is much like plugging in a lamp in a house already wired for electricity. When the healer puts their hands down with the intent to heal, they have turned on the light.

**In Reiki Level I**, the attunement heals physical level dis-eases (illness and/or lack of ease or comfort in the body.) in the person who receives it if they have already aligned and gained the wisdom as to why they created the dis-ease in the first place. Their physical health often changes for the better in the months following in the initiation. Reiki Level I healing sessions are primary for self-healing. The Reiki I healer can also do healing for someone else who is physically present. Such healing is known as a direct healing – the healer must directly place their hands upon themselves or the other person.

It takes three or four weeks to adjust to the Reiki Level I attunement (or less for those on a spiritual path). During that time, the Reiki energy may turn on at odd non-healing moments. The person may feel spacey or tingly, have intense dreams including past-life dreams, or experience detoxification symptoms. These can include diarrhea, running nose, or increased urination. Despite these sensations, the person will still feel well. What is happening is that the energy is adjusting and increasing the new healer's capacity to channel it. More Ki energy is entering the aura and the body than one has previously experienced, and the aura and chakras are clearing. If the process becomes uncomfortable, doing a healing on oneself or another rebalances the energy and decreases the sensations. After receiving Reiki Level I, it is best to do as many healings as possible for at least the first month, including self-healing.

**The Reiki Level II** attunement measurably increases the amount of healing energy, and the attunement focuses upon emotional and mental healing in the person who receives it. After the attunement, old emotions, un-healed, former situations, past lives, and negative mental patterns resurface to be fully healed at last. This can take as long as six months to complete. Although it is not always a comfortable process, it is positive and necessary. After this spiritual cleansing, the Reiki Level II practitioner is usually very aware of the presence of spirit guides or other spiritual beings guiding them in the healing process. Their intuitive and psychic abilities are usually measurably enhanced.

Healing with Reiki Level II adds considerable power to direct sessions. It also adds the methods and tools for doing healing with someone not physically present (distance healing). In Reiki Level II, three Reiki symbols are introduced and used for the first time. With Reiki Level II, the symbols



are in the healer's aura and they emerge unconsciously through the hands when they heal. Reiki Level II begins initiates their energies.

**Advance Reiki** is not really a level per se. It offers one symbol and attunement from Level III., In this course you will learn some advanced techniques to move deep into the roots of the dis-ease of your clients to assist them in their release.

**Reiki Level III** is the level assigned to the teacher's degree. Often referred to as a "Master," one is simply a teacher who has mastered a discipline. No ego or ownership is otherwise involved in the term. The attunement involves spiritual level energy and delivers spiritual healing in the person receiving it. This energy is pure joy! Oneness with all life and connection with Source. After the hard work that follows Reiki Level II attunement, Reiki Level III is a joyous gift. In doing healing sessions, the Reiki Level III practitioner experiences a further increase in their ability to channel healing energy, and their healing ability also reaches a higher level. Reiki Level III includes two more symbol keys and their method of passing attunements. This degree is recommended for the serious healer, and especially for those who wish to teach Reiki and make Reiki a major part of their lives.

The learning process begins with Reiki Level I. Once receiving the initial attunement, the person has only to place their hand/hands down to heal, either on a pain area or using the Reiki full-body hand positions. The Ki energy does the rest, without any direction, by flowing through the healer's hands. The healer may or may not know what needs healing, but the energy has intelligence far beyond human intelligence and will go where it is needed. It is not drawn from the healer or from the aura, but from Source. The healer places their hands on the series of positions that constitute a session. Reiki does the rest. The energy also heals on all the body's levels – physical, emotional, mental and spiritual. Reiki energy heals the whole person.

The source of any dis-ease is probably more than physical. The non-physical causes must be healed to heal the body's pain. Most metaphysical healers believe that all physical pain has non-physical roots in emotional trauma, negative mental patterns, or spiritual despair. To heal the dis-ease, these roots must be discovered and treated. A person may develop a disease as a way of facilitating a needed learning. The person receiving the healing may also, consciously, or unconsciously, refuse the energy, deciding to retain the dis-ease or to die. They may also choose to use the energy in helping in the death process. This should not be judged as it is divine. Many spiritual disciplines place as much importance on dying in a proper fashion as being born in a proper fashion. A practitioner who understands spiritual psychology or the psychology of the soul can be immensely helpful in bringing about a total spiritual healing resulting in a total physical healing.



It is never ethical to say, "I healed this person." The only person who can heal someone is themselves. Healing can only happen in their body. A healer's role is simply to channel the energy which the receiver can use in any way that is best for their needs. Healing is a three-way agreement between the healer, the receiver, and Source. A healer also does not do a healing to someone, but only *with* them. Without the receiver's agreement and participation in the process, no healing can take place. The only rule in Reiki I is the receiver must give the healer permission to do the healing. With that agreement, whatever happened in the session is what was meant to occur.

Reiki is totally positive and can never cause harm to any living thing, whatever their condition or status. It is valid for use on anyone, no matter how young, old or frail. Elders, infants, and children respond well to Reiki healing, as do pets and plants. If anyone is ill, in pain or just in emotional distress Reiki helps. For the person who is healthy, Reiki relaxes and rejuvenates. The hand positions balance the left and right hemispheres of the brain and balance all the chakras and the energy field. They clear and increase the body's flow of life force Ki. When someone is dying, Reiki eases the process but will not prevent the person from passing over at the designated time. For the grieving loved ones, Reiki is a comfort and help as well.

While Reiki will not heal most congenital birth defects, it can bring about clear improvements in even seemingly hopeless conditions. For the person living with a permanent disability, the Reiki energy may not be able to correct the condition but will help to make living with it as comfortable as possible. The energy eases pain, relaxes tense muscles, and calms the emotions. Where a limb or body part has been amputated, Reiki cannot replace it, but it will help the person adjust to the loss and new ways of functioning.

Sometimes after a healing or during a series of healings, the person receiving the Reiki treatment begins to detoxify. This is like what may happen after the healer's first Reiki attunement. One may develop diarrhea, odorous or discolored stool, increased urination, body odor, temporary skin rash, a running nose and cold symptoms, or excessive perspiration. This is a release from the body or dis-ease causing toxins and should be supported rather than stopped. The healer needs to be aware that this may happen and that it does no harm. They should tell their client not to suppress these symptoms with medications, but to let the poisons leave the body in their own way.

A detox generally lasts a few days. What distinguishes a cleansing reaction from a dis-ease process is that during the cleansing, despite the symptoms, the person still feels well. Advise them to frequently drink glasses of pure water and to eat lightly or do a liquid fast for a few days. After what is termed a "healing crisis" of this sort, the person feels better than they have in a long time and healing is well under way. From this point the healing of dis-ease proceeds rapidly.



Occasionally a healer learns that the person receiving a healing does not believe in it. If that person gives permission for the healing, and if one is open to it, the healing happens with or without belief. However, someone who is not open to it or refuses it inwardly can block the process. For some people, though they give permission for the session, the idea of non-medical healing is more than their belief system can adapt to. They may say yes, but still refuse to admit the energy. If that happens, the healer could usually sense that they are being blocked. They can gently tell the receiver what they perceive, but it is still up to the receiver to choose.

Reiki will not violate anyone's free will. If the person refuses the energy, the healer can do no more. When this situation occurs for a new or inexperienced healer, it can shake their confidence, especially when the receiver insists they are accepting the energy but isn't. The problem is with the receiver, not the healer. Be aware that this refusal can happen and that you have done your best.

The receiver may also say they feel nothing, or sometimes in a Reiki session the healer thinks that nothing has happened. Sometimes the healer feels nothing, and the receiver feels a great deal. In these cases, trust in Reiki energy. The healing is happening, whether anyone perceives it or not. Occasionally in a session, the receiver suddenly feels an increase in pain. This might last for a few moments and you may tell people to "breathe into it" while it lasts. Reiki can condense several days of a headache or other dis-ease into a few moments this way, and it is worth waiting it out. When it ends and the additional pain is gone, *all* the pain is gone. Ask your healing guides to take this pain as quick and easy as possible. Sometimes that is part of the process. It never lasts long and never causes harm.

Reiki can be used alone or in conjunction with medical treatment. It will not interfere with medications or other procedures, other than to make them more effective and the patient more comfortable. The energy speeds healing, despite medical system methods sometimes. For a person receiving chemotherapy, for example, Reiki supports the positive effects while helping to decrease the negative ones. It works more happily and effectively with holistic methods that are more positive for body healing. Reiki and herbs or homeopathy work beautifully together. Charging medications or holistic remedies with Reiki before taking them also increases their effectiveness. Where medications like insulin or high blood pressure drugs are involved, check the blood levels frequently as the need for them may decrease. If you are a diabetic, test blood levels before and after a Reiki session.

Reiki can help a broken bone heal more rapidly, but it is best to wait until after the bone is set to do healing directly over the break. Sometimes the Ki energy heals very quickly. If the break has not been set yet, this healing may not be positive. Before the setting, do Reiki on other parts of



the body, but not over the break. Never place your hands directly on top of a wound or broken skin. Put your hands nearby and the energy will go to where it is needed, without causing more pain or risking infection. Reiki works very well through a cast once the bone is set.

Another possible exception to withholding Reiki energy would be if a person completely severed a digit. It would not be wise to apply Reiki to the stump on the person as it will accelerate the healing at that point. It would be better to place the digit in a sterile container and apply Reiki to it to help preserve its vitality in the case of reattachment.

As a healing system of great power, it is also important to know that there is little you can do wrong with healing. The Reiki energy has intelligence far beyond human knowledge. All it takes to activate it is to place your hands over the area where the pain is. The energy will do the healing and do it well. The healer needs no advanced psychic ability or even awareness of the process. One benefit and natural development, however, or receiving Reiki training is that the healer's psychic ability begins to grow, almost from the time of the first attunement. It grows in every way. Use caution and think first before telling someone in a healing session what you see. If a situation seems serious, suggest a medical professional. It is unwise to diagnose. We believe in honesty when doing healing, but only with responsibility. It is also usually inappropriate to tell someone that they may be dying. Psychic information can be wrong, and the disease can change along the course of the healing process. Always remember to use compassion.

At this time in our human evolution, healing is needed by most of us. There is little time in our busy lives to wait years for the mastery of a skill. With Reiki, all it takes is the attunement, and the student is immediately a healer. At this point in time, we need all the healers we can get. The potential for self-empowerment with Reiki is tremendous. Remember that empowerment means validation of a genuine skill and ability, not ego. For the person receiving the Reiki treatment, great benefits can come immediately, even with only one healing. Reiki allows people to take more control of their health.

An advantage of Reiki to other modalities of laying on of hands or touch healing methods is that one does not take on another person's pain and/or symptoms. During healings you may experience sensations in your body of what the person is going through that will give you information. Honor this information by applying Reiki to that part of the body.

Layers of unbalanced energy from many lifetimes may come up for healing. We heal one issue; we feel good for a time and then something else comes up for healing. For many people, total instantaneous healings would be too much of a. How quickly or how gradually the process unfolds depends upon a great many factors. How ingrained is the negative thought form(s)? How many lifetimes has this thought pattern been repeated? How much work has the individual done before



coming in for a healing? How much energy is the healer able to channel? And is the healer focused and concentrating on the client?

When blockages leave the client, they often experience emptiness where the mis-qualified energy had been. This void needs to be filled so that they do not draw back the same energy or something like it. **The client should not talk about the way they used to feel, or they will call the unbalanced energy back to them by reweaving the old energy patterns.** When it is gone, it's gone, and we need to let it be!

*The following pages are taken directly from the book: The Japanese Art of Reiki (Bronwen and Frans Stiene)*

## Ki

### What is Ki?

Ki is an energy that cannot be measured or contained, although it can be cultivated and experienced. To understand the concept of cultivating one's Ki imagine a vegetable patch. Regular tending and caring for this garden is a necessity if one wishes to achieve vigorous and plentiful growth. If the weeds and rocks are allowed to strangle new growth or do not allow direct sunlight there will be no progress. In fact, in the long run this vegetable patch that held so much promise may become a jungle of confusion or a barren landscape. Each effort, no matter how small to work on this garden affects the outcome. Humans, too, must tend to themselves by practicing their techniques. No matter how small the effort their lives will be affected, allowing Ki to flow more freely and easily through them. It is at this point that the experience of Ki cultivation occurs.

Tendai<sup>1</sup> belief has it that there is a great pool of Ki from which energy is drawn to create new life and existence. This concept alludes to the inbuilt belief of Oneness or wholeness of everything. We all come from the same One and return to that One. When Suzuki san talks of becoming 'entirely human', this concept may also be described as experiencing Oneness. There are many signs that indicate a growing connection with Oneness in our lives. It is also possible to notice where the challenge and disconnection lies.

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<sup>1</sup> Tendai is a Mahayana Buddhist school established in Japan.



Oneness	Disconnectedness
Patience	Impatience
Calm	Anger
Acceptance	Disappointment
Inner Knowledge	Ignorance
Humility	Arrogance

If it is recognized that all creation is formed from this same One source, then there is an immediate sense of connection to life. Each animal, mountain, lake, building, plastic object, car, planet or person shares a common essence. This essence, Ki, is as unlimited as the sky that stretches past the horizon.

Think of this – one cannot connect to energy because the connection is already there. At any time that the word ‘connection’ is used it is, in fact, referring to your connection to yourself. Everything, animate and inanimate, pulses with the rhythm of the universe.

The term universe does not indicate solely the universe that is technically lived in (the solar system) but everything that can be understood and not understood. It includes existence and non-existence, all thoughts and things not yet thought about. This is the universe.

## Ki Components

The primary components of the universe are Earth Ki and Heaven Ki.

As Usui was a Shugendo practitioner, it is ideal to become acquainted with its early cosmology. One cosmological theory states that through the union of the dual forces of Earth Ki and Heaven Ki all things were born. Consequently, it is believed that humans are a blend of both these components. Therefore, for a human to achieve a state of equanimity in life, these elements need to become balanced with one another.

Earth Ki is representative of the physical form while Heaven Ki signifies the mind. The integration of mind and body is typically a Japanese concept. To see the connection of these two and how they integrate, know that the body reflects the mind. How you feel and think is expressed through your physical posture and actions. By simply thinking of the Earth Ki point (about 3 inches below



the navel), the mind is integrated with the body. This is due to the mind instantly focusing on a point that exists in the Now: Your physical self. Unlike the mind – that races to and fro from thought to new thought – the physical body is captured in the present. This simple action is, therefore, extremely beneficial for the mind. It gives it a sense of the Now, drawing it back from its journeys to the past and future into an awareness of this exact moment in time.

Joining together the mind and body not only create a sense of balance, but stimulate a third primary component of Ki – Heart Ki. This triune can be thought of as the three diamonds. A diamond is often used as an analogy of the self in Buddhism. Each and every day a practitioner polishes the diamond by performing his or her practice. This is a constant task for humans who in this earthly realm attract dirt; Becoming muddy and tarnished. A diamond is so sharp that it can cut through almost anything humanity attaches itself to, bringing back the true essence of life as seen in the perfection of sparkling diamond.

The three diamonds of Earth Ki, Heaven Ki and Heart Ki are the foundation of the system of Reiki. They are also the crux of many facets of Japanese culture, religion and philosophy.

Though the three diamonds are described as having a distinct physical home in the body, the energy still radiates throughout the entire being and is not restricted by the physicality of the body. Whether it be the awareness of Earth, Heaven or Heart Ki, these energies may be felt throughout the whole body.

All individuals' experiences of energy are subjective. No one can tell another what to feel, how to feel it or how much is felt. These experiences are only relative to the practitioner and cannot be compared to those experienced by other individuals.

## Sensing Ki Technique

An elementary technique to bring awareness to the energy of Ki is to create an energy ball. This simple technique offers budding practitioners of all ages the chance to feel for themselves the movement of energy and its many effects.

*Standing or sitting, rub your hands together. This action creates a movement of blood and energy in the hands and increases sensitivity. To find the point where energy emanates from the hand let your fingers drop into your palm. You will find that the tip of the middle finger naturally*



*falls onto this energetic point. Gently stimulate this point by rubbing it with the thumb of the opposite hand. Swap hands and repeat.*

*Create between your hands a make-believe ball about the size of a small basketball. Make sure your hands are relaxed and flexible, easily creating a ball-like shape. Throughout the rest of this technique your hands do not physically touch.*

*Slowly bring your hands in and out, changing the shape of the ball from the basketball to a tennis ball and back out again to a basketball. As your hands roll the ball around freely, enjoy the sensation of holding this energetic creation.*

*Now bring your awareness to your hands. Is there tingling, warmth, a magnetic pull or something unique to you? Experience it for what it is: An awareness of Ki.*

No one can tell you what you should experience. For each individual, this is unique. Energetic experiences are often not comparable and are subjective. This is the beginning of your journey to a new perspective on Earth Ki

About three inches below the navel is the symbolic energetic center of Earth Ki, the *hara*. Building Earth Ki creates a solid foundation from which to progress in Japanese energetic teachings. It is imperative that a solid energetic base exists. To understand its importance, imagine the human body as an energetic triangle, with the base of the triangle playing the supporting role.

The *hara* contains one's original energy. Original energy is the Ki that you are born with into this world. It is not a stagnant energy, but something that can be built upon to create this necessary solid foundation. This area of the body is often compared to a wok where cooking takes place. The essential ingredients are added and built upon, one by one; sesame oil, ginger, soy sauce, and garlic. They are heated and mixed and become the base for the most aromatic and delicious food that one can eat. This is the function of the *hara*: To offer a practitioner the foundation from which to develop Ki.

The Ki that emanates from the Earth is heavy, powerful and grounding. This grounding force offers both physical and mental strength. The term 'grounding' generally indicates that a practitioner interacts in a realistic and practical manner with life. To be grounded is to feel strong, secure and safe as well as physically connected to the environment.



Working on one's Earth energy connection develops focus and perseverance and stabilizes the mind. Feet become firmly planted on the earth in a secure and stable stance. This confidence and practicality is reflected in a practitioner's dealings with the world. Developing the Earth Ki connection helps practitioners deal with emotions such as fear, uncertainty and low self-esteem. This Ki will work with Earth Ki to minimize the possibilities of cracks appearing in the foundation during the later stages of practice.

## Sensing Earth Ki

*Stand in a relaxed, yet conscious, manner with your feet spaced hip width apart. Focus your awareness on the centre of the Earth. Experience the pull of the cool, powerful planet. Your body sinks into it without any physical movement actually occurring. Visualize the centre of the Earth in front of you. Intuitively connect to it the hara.*

*Breathe slowly and regularly. On the in-breath, feel the energy of the center of the Earth entering the hara. Retain this connection as you slowly release the breath. Repeat the in and out breath, connecting with this core Earth Ki, nine times.*

## Heaven Ki

Emanating from the Heavens is a light, expansive energy known as Heaven Ki. Accessing this energy makes practitioners intuitive and sharp. It has a far less physical quality than Earth Ki.

For visualization purposes Heaven Ki is considered to be associated with the head area. This relates to the development of intuition and mental acuity. The clarity of this energy aids the practicing of stillness, within which practitioners remember their spiritual connection. It is also possible when operating in this area that colors or visions are experienced.

Working with Heaven Ki is the next step in the energetic learning process. By beginning at the base, Earth Ki and then moving to its polar opposite, Heaven, practitioners will avoid problematic imbalances. This method of graduated learning is often ignored today. Many practitioners are taught to work immediately with their heaven connection, disregarding the importance of the Earth Ki connection. Too often these practitioners end up with their heads in the clouds. For example, an excellent psychic who is not grounded may have a great deal of ability when working with others but be incapable of solving his or her own issues. This is not deliberate in modern systems but is due to an ignorance of the basic tenets of the system of Reiki.



When you are connected with this centre you may see colors, or you might have psychic ability. It is important for you to not become unbalanced. You must keep yourself very centered and grounded. If you can use this energy in a balanced way, you can see beyond the immediate. It is very beautiful. But keep things in perspective and do not get carried away with it.

## Sensing Heaven Ki

*Stand once again in a relaxed, conscious manner with your feet hip width apart. Visualize a ball of bright energy above your head. This beautiful ball draws on the energy from the Heavens.*

*On the in-breath feel this Heavenly ball moving down through your crown, into your heart and finally down to the hara.*

*On the out-breath draw the ball back up from the hara to your heart and out through the crown until it rests above your head.*

*Keep your connection with this ball of Heavenly energy and repeat the breathing and the accompanying visualization nine times.*

Are you feeling light and airy, with a certain bright-eyed knowledge about the world? Take your personal knowledge about Heaven Ki and store it in your treasure chest of energetic data.

## Heart Ki

The third diamond, the Heart Ki, is the point of perfect balance that is created by the merging of the Earth and Heaven, body and mind. Heart Ki is symbolically located in the centre of the chest. By tapping into the Heart energy, a practitioner begins to shine, radiating light to all directions. Hurt, pain, resentment, mental trauma, stress, anger and fear are all resolved in this light, inviting more forgiveness, love, peace and compassion into a practitioner's life. The polishing of this diamond is in fact the polishing of the self and is the culmination of balancing the mind and body

Once practitioners achieve this balance their focus moves to the big picture rather than immediate problems. Issues are dealt with easily and energy is not wasted on worry or fear.



Ueshiba Morihei, founder of Aikido, wrote, “Blend the Heaven and Earth energy with that of your own, becoming life itself. As you calm down, naturally let yourself settle down in the hidden realm of the formless, returning to the heart of things”.

“Returning to the heart of things” is the point of balance reached by harmonizing the body, mind and heart, forming the one perfect diamond: You!

## Sensing Heart Ki

*In your relaxed, aware stance open your arms and hold them at heart level out from your body as if you are embracing a large tree trunk.*

*Reach down with your arms and gently gather up the Earth energy. Bring it up and into your heart area of your body.*

*Open your arms again and reach up to Heaven, gathering the heavenly energy and bringing it downward and in until your hands are again in front of your heart. Repeat the movements nine times.*

The experience, even fleeting, of this sense of balance may be accompanied by a renewed vigor for “really living”. You begin to understand that the human experience is not separate from Ki: It is a part of this energy and life extends beyond our physical boundaries.

## Ki Movement

The concept of body, mind and heart can be replicated outside the human body, too. It is an energetic expression of humankind in general and of the Earth, the universe, even existence. For humans to attain an understanding of the movement of Ki and its irreplaceable function in the world, it can be valuable to look at life in these terms. Aim to touch the physical form, know the mind and feel the heart of all things to fully comprehend existence.

Now that it is understood how the energetic body works, it is vital to recognize how the system of Reiki utilizes it. The system teaches practitioners techniques to cultivate greater amounts of Ki, or Reiki, with the aim of moving Ki to cleanse and clear the baggage that one takes onboard. Practitioners may also place their hands on or just off the body to channel Ki to heal.



By practicing the techniques taught in the system, Earth Ki and Heaven Ki become strong and balanced and their connection, accordingly, stimulates powerful Heart Ki. Working directly with the three diamonds cultivates the natural flow of Ki paralleling the aims of the system of Reiki. Ki is constantly moving through the body. The aim of the system is to create a free flow of energy allowing humans to experience a permanent connection to the universal flow of Ki.

Today, Reiki is often thought of solely as a palm-healing technique, with little attention placed on the origin or meaning of the skill. Though humans are born with the ability to channel energy for healing, to develop this skill successfully, large amounts of energy need to be generated by the body. During a Reiki course a student receives an attunement from the teacher initiating a shift in the student's energy. This shift is a clearing of energy, freeing the flow of energy through the body aiding the cultivation of personal Ki. Simultaneously the student begins to purposefully move Ki in the body during meditation and the practicing of the techniques. Together, the student and teacher are laying the foundations for a lifetime practice. There are countless energetic shifts throughout one's life. Practicing this system helps to move through them swiftly, clearing energy that may otherwise have remained stagnant.

## Healing

The word 'heal' has many different interpretations. To clearly describe 'heal,' the definition "to make whole" is often used. To make whole means to balance out all aspects of being human; the body, mind and heart. It embraces the concept of the interconnectedness of these aspects and does not accept that one is of more importance than another.

Does conventional Western medicine, therefore, make a person whole? An aspirin or Tylenol will mask a problem; not heal it. An operation will remove or reconfigure something so that it functions better. But it does not heal the original cause or the consequent trauma associated with surgery. Conventional Western medicine excels technically at many levels, but has become an unbalanced treatment; unable "to make whole" humankind. The health industry is supported by governmental systems that appear more interested in reaping the benefits from pharmaceutical companies than supporting growth of happy, healthy citizens. This current structure does not take seriously the need for individuals to feel emotional fulfillment to believe that there is meaning to their lives or to discover their spiritual connection.



Healing humanity, “to make whole,” affects the individual and, therefore, naturally heals the greater society, too. Healing should result in lowering suicides rates, removing war, criminality and discontentment in general. The ideal of an innate sense of contentment is foreign to most of humankind and this lack can be viewed as the root of many of the world’s troubles. Conventionally Western medicine does not touch on these issues and appears more focused on what we might call ‘longevity’: Extending our practical experience of life. But what use is longevity if life is hell? Even in dying, a natural phase for the physical human body, there can be wholeness.

The ancients did not consider longevity to be a striving toward an extended lifetime, as we do today. Longevity represented the attainment of a spiritual connection: To ‘become One’ or perhaps “to make whole.” Withered or dead, they realized that their physical bodies were inconsequential. They knew that the experience of becoming One with the universe meant that there was, in fact, no beginning or end.

Nowadays, there is a lack of spiritual connection due to a fear of the unknown; namely death. Instead of strengthening a spiritual connection and developing the concept of being whole, a being who can deal with these mystical issues, modern people simply hold onto life for as long as they can. This desperation means a constant fighting against death, leaving little time or energy to look at aspects of what it might mean to live life well and in the Now.

## Five Elements

All five elements of the system of Reiki are reliant upon one another to ensure an effective, complete system. Three of the elements will be covered here, in Reiki Level I. The five elements are as follows:

1. Gokai – Five Precepts
2. Kokyu Ho – Breathing Method
3. Tenohira – Palm Healing
4. Jumon – Mantras Shirushi – Symbols (covered in Reiki Level II)
5. Reiju – Spiritual Blessing – Attunement (covered in Master Class Level III)



## 1.) Five Precepts

Recitation:

**For today only:**  
**Do not anger**  
**Do not worry**  
**Be humble**  
**Be honest in your work**  
**Be compassionate to yourself and others**

The recommendation from the Reiki precepts is that you must keep them in mind and recite them each morning and evening. Recitation is a mental process and learning a piece by rote is useful but misses an important element. Either in a seated or standing position, try to feel each precept soak through you, working on a deeper plan. Traditionally, in the Usui Reiki the precepts were recited three times at one sitting - this was called gokai sansho.

Gokai recitation aloud sounds powerful and, coupled with feeling, is a mighty tool to create inner change. Do not be alarmed, if after time, the sound lessens and turns inward, with recitation taking place in silence. Though it may not vocally sound as effective, you will sense that this change to inner practice is a natural development. Resonation with the precept itself will occur.

## 2) Breathing Method

Various techniques, including physical and meditative practices, are taught throughout the 3 levels of the system of Reiki. We will focus on the techniques offered to the students of Level I Reiki.

There is something important to always remember: How you approach your meditation determines what you get out of it. Your level of dedication will deliver your appropriate rewards. If your preparation is focused and clear and the method exact, the aim can be achieved within time. It comes from your work – not from a magical potion that is handed to you. This self-responsibility is at the core of the system of Reiki and is an empowering force that will teach you what true magic is.



## Dry Bath

Before beginning any energetic practice, a practitioner needs to be in a correct frame of mind and state of body. To achieve this, the technique 'dry bath' is performed.

'Dry bath' is in many ways a symbolic practice as much as an energetic one. It is called dry bathing as it physically imitates some of the actions done while bathing. In conjunction with breath, it stimulates the clearing of energy along the arms and through the major organs. Clearing the arms supports a practitioner in channeling more Ki through them, which is very beneficial for palm healing. The organs from the body's engine and cleansing them is a tuning up that should be a regular occurrence. Symbolically, it brushes away dirt accumulated by the mind, eventuating in a practitioner feeling light, fresh and renewed before beginning a practice.

## 3) Palm Healing

Palm healing is the act of supporting Ki to emanate from the palms of the hands for healing purposes.

Placing the hands on the body as self-treatment is yet another aspect of healing the self within the system of Reiki. The practitioner places hands on or just above the body with the intent that Ki passes from them to the intended body part. The Ki is not pushed or forced from the hands; it is actually drawn through them by the receiving body. Once the body senses the Ki, it takes it where it needs and wants it. Although the hands may be placed on what is considered an area of need, there are more elements at play deciding on its direction and use.

The reason for placing the hands on or near the body is to allow Ki to clear stagnant energy, ultimately resulting in free-flowing Ki. The added physicality of palm healing has its own unique rewards for the practitioner for the simple reason that it is not the practitioner that is 'doing' the healing; rather the universal Ki is attempting to flow as freely as possible.



## Gedoku – Detoxification

*This technique integrates body and mind via the hands. It is working with the Earth and Heaven Ki at the same time. When you do this technique, you are reminding your consciousness about your original nature.*

*In either a lying or sitting position, place one hand on the hara to connect to your original nature. Place the other hand on the forehead: Make the connection with the mind. Hold these positions for up to five minutes. Now take your hand from your forehead and place it over your other hand at the hara.*

## The History and Origin of Reiki

The origin of Reiki can be traced back to ancient Tibet, thousands of years ago. This technique was re-discovered in the mid-1800's by Dr. Mikao Usui of Japan.

The tradition of Reiki was an oral one. It was passed on by master to master and student to student by word of mouth. The story most likely has been dramatically embellished by each storyteller over the years to emphasize the wonder and beauty of the legend of Dr. Usui. The following is the story as we and others have heard it.

In the city of Kyoto, Japan, Dr. Mikao Usui (a Christian Minister) was giving a sermon. After the service, two seminary students asked him to explain how Jesus did the miracles of healing and furthermore, whether he could perform those same miracles. Dr. Usui was not able to give the students an answer of 'yes.' He felt he understood the bible intellectually, but he did not understand how Jesus healed.

This marked the beginning of Dr. Usui's lifelong quest to uncover the source of ancient healing techniques. He left Japan, came to America, and studied at the University of Chicago. During his stay in the United States, he earned a Doctorate degree in Theology. He searches the scriptures to try to uncover the secret of how Jesus and his disciples healed the sick and performed miracles, but he did not find the answers he sought during this time in the United States.

Upon his return to Japan, it occurred to Dr. Usui that the Buddha had performed the same type of miracles as Jesus. He, too, had healed the sick and had a great control of energy. He channeled



the power of God and the Universe. Dr. Usui began asking the different Buddhist sects if they could perform the miracles that Buddha performed: Could they heal the body? The Buddhists felt that healing of the Spirit and healing of the body was not always directly connected. They concentrated on the Spirit, not the body. They left the healing of the body up to those in the healing arts.

Finally, Dr. Usui went to a Zen monastery. He asked the same question of the head monk: "Do the Zen know how to heal the body?" The monk explained that they were concentrating heavily on healing the spirit and there just was not time to teach the physical healing of the body.

Dr. Usui requested that he be admitted to the Zen monastery so that he could study the Buddhist scriptures, the sutras, in search of the key to healing. He was admitted so he began his study. Dr. Usui first studied the Japanese translations of the Buddhist scriptures but did not find the explanation he sought. Then he learned Chinese so that a wider range of Buddhist writings were available to him, but still without success.

He was guided through his meditations, to learn Sanskrit so that he could read the original Buddhist writings and have access to those writings that had never been translated into another language. After mastering the language of the Sanskrit, he began reading the teachings of the Tibetan Buddhists Sect. From those writings, Dr. Usui discovered what he felt to be the keys to healing. Dr. Usui found the symbols, formulas, and description of how Buddha healed.

At the end of his long search, Dr. Usui had found what he sought - but not quite. Although he believed he had uncovered the knowledge, he still did not have the power to heal. He discussed this with his old friend, the monk, and they meditated upon the path to take. They were told that Dr. Usui should go to a designated place upon the holy Mt. Kuri Yama. There he was to fast for twenty-one days and to meditate, to seek the power to heal; during this time, he would receive enlightenment and spiritual clarity.

Dr. Usui climbed Mt. Kuri Yama to a certain level and found a place facing east. Since he had no calendar, he gathered twenty-one small stones and placed them before him. Every morning he awakened before the sun rose and would throw away one of the twenty-one stones to keep count of the days.

Each day he meditated and fasted. On the twenty-first day, Dr. Usui awakened to a darkened morning. It was like a new moon day when no light shone in the heavens before the breaking of dawn. When he awakened, he could not see even his hand in front of his face. He found his way to his meditation spot and picked up the last stone. Dr. Usui prayed before throwing the last stone



off the side of the mountain. He asked God for confirmation of his findings and asked to be given the enlightenment of how to use it.

As he threw the stone off the side of the mountain, a light appeared far off in the east. It began getting brighter and coming closer to him. It frightened him and he wanted to run away. He thought to himself, "You have searched for years and years, and you have meditated and fasted for twenty-one days. You have asked for enlightenment and confirmation, and now you want to run away from it?" Dr. Usui quieted his intellect and said, "No! If that light is for me, I accept the enlightenment."

The light became very bright and streamed across the heavens and hit him directly on his third eye. For a moment he thought he had died and ascended into heaven because he had never been in such a euphoric state. He saw many, many bubbles in all the colors of the rainbow. Then came the powerful, bright white light, followed by golden Sanskrit letters--the secret formula of the Universal Life Force and how to contact it. They came to him one by one commanding him to memorize and preserve them. Finally, the bubbles, the light and the Sanskrit letters had come and gone. Dr. Usui felt rested, full of life and energy.

Dr. Usui jumped to his feet. He wanted to hurry back and tell the monk of his exciting news. In his rush, he stubbed his toe on a rock. He reached down to comfort the pain and to stop the bleeding. He found that the pain and the bleeding quit very rapidly. He realized that something was different about the energy in his hands. They had become extremely hot. After healing his toe, Dr. Usui continued his pilgrimage down the mountain.

Soon he began to feel hungry, so he stopped at a home that served travelers and ordered rice and cold tea. In a few moments, a Japanese girl, with a bandage wrapped around her jaw, brought Dr. Usui his meal. She told Dr. Usui that her tooth had been aching for days. Encouraged by his own phenomenal pain relief, Dr. Usui asked, "May I give you a healing?" She accepted his offer gladly. He put his hands around her jaw and within a short period of time the pain and swelling started going down. She was incredibly happy and went to tell her father.

Dr. Usui ate his meal and then went to pay the papa san. He reached into his pocket to get some coins, but the papa san said, "Thank you, sir monk, but I cannot accept the money. You have rendered unto my daughter a service for which I do not have money to pay. Please accept the food in exchange for the healing services that you have rendered." And Dr. Usui accepted the food in exchange for his services as a healing channel.

Upon returning to Kyoto, he went to tell his friend, the monk, what had happened. He asked for advice on what he should do now that he had received the keys and the energy of healing. He



wanted to learn more about its use and how to develop it. Dr. Usui was directed by the monk to meditate on it.

From his meditation, Dr. Usui was guided to go to the beggar kingdom in Tokyo. This kingdom was controlled by a beggar king. Dr. Usui went to see the beggar king and asked if he might live there to heal the sick and the afflicted. The beggar king admitted him but did not believe Dr. Usui would succeed in healing the beggars.

For the next seven years, Dr. Usui worked on healing the sick in the beggar kingdom. He worked from daylight to dark, healing the young and old alike and saw many beautiful results take place. He began to understand how Reiki flowed through him into the healee, and how the body became well. One afternoon Dr. Usui took a walk to the edge of the beggar kingdom. He saw a young beggar who looked familiar. Finally, Dr. Usui asked if the beggar knew him, and the beggar said, "Of course, Dr. Usui, I know you. Do you not remember me? I am one of the first beggars that you healed."

Dr. Usui said, "I healed you and you are still a beggar?" The beggar looked back at him and said, "Oh, Dr. Usui, yes, and I did just what you told me. I went out to the temple to receive a new name, went into society, and began dealing with my karma, doing just what you told me to do. I even got a job and soon married, but it was too much responsibility. So, I decided that I would rather be a beggar. That way I would not even have to be responsible for myself."

Dr. Usui was greatly upset and thought, "What a terrible thing to have done. Perhaps the churches were right: The physical is not enough. The spiritual has to also be healed. Never again will Reiki be given away. Always there will have to be an exchange of energy." He decided to immediately leave the beggar kingdom.

As he walked back to the monastery, Dr. Usui was greeted in Spirit by the teachers who had greeted him on Mt. Kuri Yama. At this time, he was given the Five Spiritual Principles of Reiki by the Teachers:



### **Just for today:**

**I will not worry**

**I will not be angry**

**I will do my work honestly**

**I will give thanks for my many blessings**

**I will be kind to my neighbor and all living things**

The five principles created significant changes in the subsequent healings of Dr. Usui. He realized that he had been giving healing away without requiring the healee to take any responsibility whatsoever. Also, there had not been an exchange of energy for the services rendered. The new teaching provided spiritual concepts to be integrated with the physical aspects of the Reiki energy.

Dr. Usui got a torch and lit it and went walking in Kyoto. He was stopped and asked why he was carrying a lit torch in the middle of the day with the sun shining so brightly. He replied that he was searching for people with a heart full of love and with enlightened hearts, but who are sad and sorrowful and do not know the true light. He invited the people to come and hear about Reiki. In this way, he started teaching Reiki throughout Japan and gathered a following of sixteen teachers. Dr. Usui made his transition about 1893, after asking Dr. Chujiro Hayashi to see that the Reiki teachings were preserved.

Dr. Hayashi continued Dr. Usui's tradition, travelling, teaching, and dedicating his life to Reiki. He trained two Japanese women. One of these teachers stayed in Japan. The other, Mrs. Hawaya Takata, of Hawaii, was made Reiki Master in 1938, prior to Dr. Hayashi's death, Mrs. Takata was instrumental in spreading the teachings of Reiki to the United States and Canada.

Today, there are many Reiki Masters all over the world. These individuals dedicate and commit their lives to living, being and perpetuating this universe life force of Reiki. The honor of assisting in the harmony and balance of the universe and providing others with a means of balancing their body, mind and spirit is what Reiki Masters are ordained to do. With almost six billion beings on this planet, there is a vital need for more Reiki master's in service to mankind and to this universe, so that all who desire Reiki training may receive it.



## Additional Reading

### More Reiki History

*Excerpts from Web Site <http://www.reiki.org/history/truehist.html> Dated: 6/13/99*

William Lee Rand has done extensive research on the history of Reiki including making a trip to Japan. He has visited Dr. Usui's grave and his memorial stone as well as gone to Mt. Kuri Yama where Reiki was rediscovered. From this and other new information coming from non-western Reiki masters who are still practicing in Japan, we now have a much more detailed understanding of how Reiki was discovered and how it was practiced by Dr. Usui. Some of this new verified information includes:

- The Reiki organization that Dr. Usui started is alive and well in Japan.
- There never was a Grandmaster or lineage bearer.
- Dr. Hayashi was never in charge of the Usui System, nor was Mrs. Takata, nor any westerner.
- High fees and money were never a part of how Dr. Usui practiced.
- The location of Dr. Usui's grave and the Usui memorial.
- Pictures from Mt. Kuri Yama and the Usui memorial.

### The Development of Usui Reiki

*The following three passages trace the story of Reiki as researched by William Lee Rand.*

Dr. Mikao Usui, or Usui Sensei as he is called by his students in Japan, is the founder of the Usui System of Reiki. He was born August 15, 1865 in the village of Yago in the Yamagata district of Gifu prefecture, Japan. It is thought that he entered a Tendai Buddhist school on or near Mt. Kuri Yama ("horse saddle mountain") at age four. He also studied kiko, the Japanese version of ch'i gong, which is a health and healing discipline based on the development and use of life energy. The young Usui found that these healing methods required the practitioner to build up and then deplete his own life energy when giving treatments. He wondered if it were possible to do healing work without depleting one's own energy. He went on to study in Japan, China and Europe and ended up spontaneously receiving Reiki during a meditation practice on Mt. Kuri Yama.

Usui Sensei had an avid interest in learning and worked hard at his studies. He travelled to Europe and China to further his education. His curricula included medicine, psychology, and religion as



well as fortune telling, which Asians have long considered to be a worthy skill. It is thought that he was from a wealthy family, as in Japan only the wealthy could afford to send their children to school. Eventually he became the secretary of Pei Gotoushin, head of the Department of Health and Welfare, and later became the Mayor of Tokyo. The connections Usui Sensei made at this job helped him to become a successful businessman. Usui Sensei was also a member of the Rei Jyutu Ka, a metaphysical group dedicated to developing psychic abilities.

In 1914 Usui's personal and business life was failing. As a sensitive spiritualist, Usui Sensei had spent much time meditating at power spots<sup>2</sup> on Mt. Kuri Yama where he had received his early Buddhist training. So he decided to travel to this holy mountain, where he enrolled in Isyu Guo, a twenty-one day training course sponsored by the Tendai Buddhist Temple located there. We do not know for certain what he was required to do during this training, but it is likely that fasting, meditation, chanting and prayers were part of the practice. In addition, we know there is a small waterfall on Mt. Kuri Yama where even today people go to meditate. This meditation involves standing under the waterfall and allowing the waters to strike and flow over the top of the head, a practice which is said to activate the crown chakra. Japanese Reiki Masters think that Usui Sensei may have used this meditation as part of his practice. In any case, it was during the Isyu Guo training that the great Reiki energy entered his crown chakra. This greatly enhanced his healing abilities and he realized he had received a wonderful new gift – the ability to give healing to others without depleting his own energy!

Dr. Hayashi was a retired naval officer. He received the Reiki Master initiation from Dr. Usui in about 1925 at the age of 47.

Up to this point, the Usui system of healing consisted of the energy itself, the symbols, the attunement process and the Reiki ideals. This was what Dr. Usui had received during his mystical experience on Mt. Kuri Yama. Dr. Hayashi went on to develop the Usui system of healing. He opened a Reiki clinic in Tokyo and kept detailed records of the treatments given. He used this information to create the standard hand positions, the system of three degrees and their initiation.

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<sup>2</sup> Power spots are sacred areas that hold lots of healing power.



## Reiki Comes to the West

Hawayo Takata was born at dawn on December 24, 1900, on the island of Kauai, Hawaii. Her parents were Japanese immigrants and her father worked in the sugar cane fields. She worked very hard as she was growing up. She eventually married the bookkeeper of the plantation where she was employed. His name was Saichi Takata and they had two daughters. In October of 1930, Saichi died at the age of thirty-four leaving Mrs. Takata to raise their children.

In order to provide for her family, she had to work very hard with little rest. After five years, she developed severe abdominal pain, a lung condition and had a nervous breakdown.

Soon after this, one of her sisters died and it was the responsibility of Hawayo to travel to Japan where her parents had moved to deliver the news. She also felt she could receive help for her health in Japan.

She took a steamship and was accompanied by her sister-in-law. After informing her parents of the death of her sister, she entered a hospital. It was found that she had a tumor, gallstones and appendicitis. After resting several weeks, she was ready for the needed operation.

On the operating table, just before the surgery was to begin, Hawayo heard a voice. The voice said, "The operation is not necessary. The operation is not necessary." She had never heard a voice speak to her like this before. She wondered what it meant. The voice repeated the message a third time even louder. She knew she was wide-awake and that not imagined the voice. It was so unusual, yet so compelling that she decided to ask the doctor. She got off the operating table, wrapped a sheet around herself and asked to speak to the doctor.

When the doctor finally came, she asked if he knew of any other way that her problems could be helped. The doctor knew of Dr. Hayashi's Reiki clinic and told Hawayo about it. This was something she wanted to try.

At the Reiki clinic, she began receiving treatments. She had never heard of Reiki before and did not know what it was. Using their Reiki hands, the practitioners could sense what was wrong with Mrs. Takata. Their diagnosis very closely matched the doctors at the hospital. This impressed her and gave her confidence in what they were doing.

Two Reiki practitioners would treat her each day. The heat from their hands was so strong that she thought they were using some kind of equipment. She looked around, but saw none. Seeing the large sleeves of the Japanese kimono one of the practitioners was wearing, she thought she had found the location of the equipment. She grabbed the sleeves, but found nothing. The startled



practitioner wanted to know what she was doing and when she explained, he began to laugh. Then he told her about Reiki and how it worked.

Mrs. Takata received daily treatments and got progressively better. In four months, she was completely healed. Impressed with the results, she wanted to learn Reiki. However, it was explained that Reiki was Japanese and that it was intended to stay in Japan. It could not be taught to an outsider.

Mrs. Takata talked to the surgeon at the hospital and convinced him to ask Dr. Hayashi to allow her to learn Reiki. Since Dr. Hayashi wanted to teach Reiki to another woman besides his wife, and since Mrs. Takata was so persistent, he decided that she should be the one. In the spring of 1936, Mrs. Takata received First Degree Reiki. She worked with Dr. Hayashi for one year and then received Second Degree Reiki.

Mrs. Takata returned to Hawaii in 1937. She was soon followed by Dr. Hayashi and his daughter who came to help establish Reiki in Hawaii. In the winter of 1938, Dr. Hayashi initiated Hawayo Takata as a Reiki Master. She was the thirteenth and last Reiki Master Dr. Hayashi initiated.

Between 1970 and her transition on December 11, 1980, Mrs. Takata initiated twenty-two Reiki Masters. Below is a list of the Reiki Masters she initiated. This is the list she gave to her sister before she passed through transition.

George Araki  
Barbara McCullough  
Beth Grey  
Ursula Baylow  
Paul Mitchell  
Iris Ishikura (deceased)  
Fran Brown  
Barbara Weber Ray  
Ethel Lombardi  
Wanja Twan  
Virginia Samdahl  
Phyllis Lei Furumoto  
Dorothy Baba (deceased)  
Mary McFaden  
John Gray  
Rick Bockner  
Bethel Phaigh (deceased)



Harry Kuboi  
Patricia Ewing  
Shinobu Saito  
Takata's Sister  
Barbara Brown

The original 22 teachers have taught others. In the decade since Mrs. Takata experienced transition, Reiki has spread rapidly in the West. It is now practiced throughout North and South America, Europe, New Zealand, Australia and other parts of the world. There are now an estimated 50,000 Reiki Masters with as many as 1,000,000 people practicing Reiki throughout the world.

## Giving a Complete Reiki Treatment

**Before a client arrives, you may want to do the following:**

- *Meditate to prepare yourself to give a treatment.*
- *Clear and lighten up energy in the room by putting on some relaxing music and burning a candle.*
- *Clear yourself, protect yourself and set the intention*

**When the client arrives, you may do the following:**

- *Spend a few minutes talking with your client to gain rapport. Explain the Reiki process and hand positions and answer any question the client may have. You may want the client to read and fill out the Client Information Form.*
- *Engage the client in setting an intention for the session. This should include making a commitment to fully participate in their healing by a readiness to let go of patterns that do not support them.*
- *To clear your energy and ground, wash your hands before and after the treatment. Make sure the client and you are both comfortable during the treatment. If you must sit in an uncomfortable position, it will slow the flow of Reiki. Especially make sure your arms and hands are relaxed. A Reiki table with a chair will make giving a treatment more comfortable.*
- *Begin by gently moving into the client's energy field.*
- *Scan the aura for feedback of the energetic imbalances.*



- *Confirm your findings to yourself by asking the client what their symptoms are.*
- *Proceed with treatment using the following hand positions as a guide.*
- *During a treatment, the client might experience such things as movement in their body (twitching), temperature fluctuation, pulsations, third eye activity (seeing colors or visions), emotions and insights. If this occurs keep your hands in the same position until the process is completed.*
- *Some clients like to talk during the session. Acknowledge it but do not encourage it. It might be used as an escape so they will not have to take the responsibility for their own healing.*
- *At the end of the treatment, let the client know by telling them to rest and you will be back in a few minutes. Leave the room to wash your hands and return shortly. It is also very nice to return with a glass of water to help the client ground. Ask them how they are doing and what their experience was like. This is a time to share with your client your impressions about the treatment.*
- *When booking appointments allow extra time between clients to allow the client to complete their process without feeling rushed.*
- *When rescheduling another healing session, you might do two things: Firstly, ask the client to call when they feel they would like another treatment (to not create dependency). Secondly, make another appointment at a time interval that seems appropriate for them to process in between treatments.*

## Hand Positions for Reiki Level I Treatment

The hand positions for Reiki are very flexible and it is most important that you use your intuition and spiritual guidance. The more you do Reiki, the more you will be aware of your guidance. It is important to always trust your own guidance.

Following are two different formats for doing a whole-body treatment that can be used as an example to start the Reiki session. As soon as you are aware of the presence of your intuition, or inner knowing, or spiritual guidance, then continue with the guidance. The more you trust in this process, the more it will be made available to you.



## Method 1 Hand Positions

*Client on back*

1. Head (facial tissue over eyes - optional)
  - A. Eyes
  - B. Ears
  - C. Crown
  - D. Cupped under head
2. Collar bone (fingers point to feet)
3. Neck
4. Left hand under neck, right hand over heart
5. Bottom or ribs (times 2, 3 or 4)
6. Feet (one at a time)
7. Both feet together (hands on top of feet)

*Client on stomach*

1. Upper back (fingers pointed toward feet)
2. Top of shoulders (fingers up to and on either side of spine but do not cross spine) times the number it takes to “walk” down to the top of hip bone
3. One hand on back of heart, on base of spine or waist

## Method 2 Hand Positions

*Client on back*

1. Bottom of ribs (times 2,3 or 4)
2. Groin (“V”)



3. Knees (one at a time)
4. Ankles (one at a time)
5. Balls of Feet/Toes (one at a time)
6. Head (facial tissue over eyes)
  - A. Eyes
  - B. Crown
  - C. Ears
  - D. Cupped under head
7. Neck/Chin
8. (a) Upper Chest ("V")  
(b) OPTIONAL: Breasts – must get permission
9. Shoulder to edge of armpits
10. Shoulder Joints (one at a time)
11. Elbows (one at a time)
12. Wrists (one at a time)
13. Hands (one at a time)
14. If you did the breasts, then "T" on chest

*Client on stomach*

1. Your hand on knot at base of their neck and other hand to their hand
2. Top of shoulders (finger up to hand and on either side of spine but do not cross spine) times the number it takes to "walk" down top of hip bone
3. "T" –heel of right hand down first, then cross the "T" with left hand at top

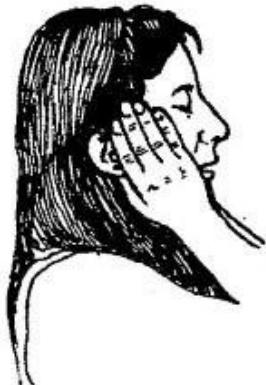


## Reiki Hand Positions Diagrams

*Self-Healing – The Front – Head Positions & Back Head Positions*



1. Over the eyes.



2. Over the cheeks, thumb is just  
under the ears.



2a. Alternate second position.



3. Back of the head, over the  
occipital ridge.



3a. Alternate third position.



4. Over the throat.



4a. Alternate throat position.



5. Over the heart—breastbone (self only).



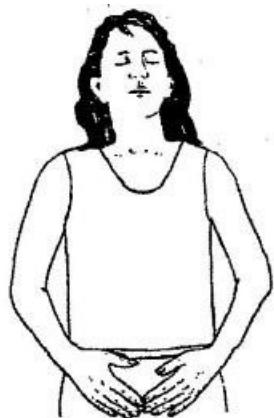
5a. Alternate fifth position (self only).



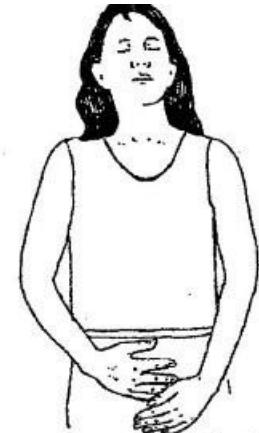
6. Over lower ribs below breasts.



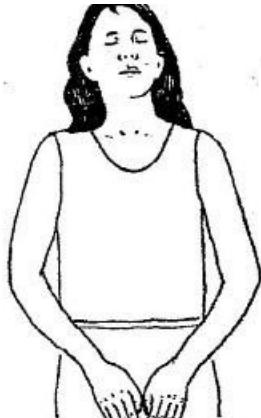
7. Over middle abdomen.



8. Over pelvic bones—lower abdomen.



9. Hands in center above pubic bone (not touching genital area).



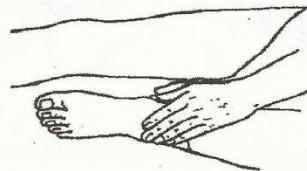
9a. Alternate ninth position—over pubic area (self only).



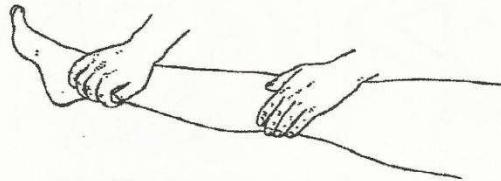
**Reiki I Hand Positions (continued)**  
**Self-Healing—The Front—Knees, Ankles and Feet**



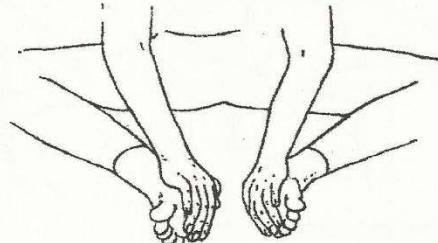
10. Front of both knees.



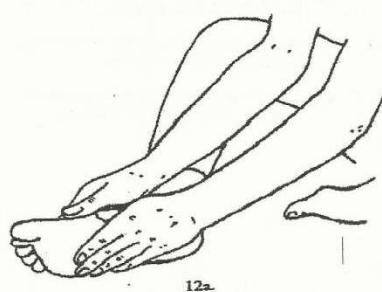
11. Front of both ankles.



10a.—11a. Knee and ankle done together. Do both legs.



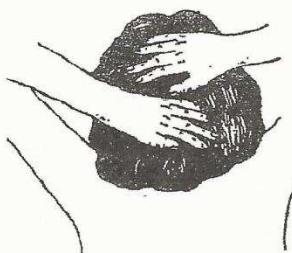
12. Bottoms of both feet—or 12a. Bottom of one foot then the other.



12a.



**Reiki I Hand Positions (continued)**  
**Self-Healing—The Back**



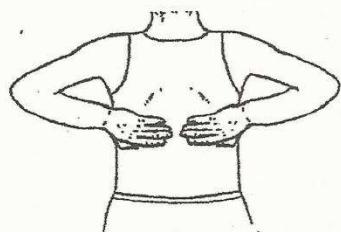
13. Back of the head—one hand over occipital ridge, one hand over crown (top).



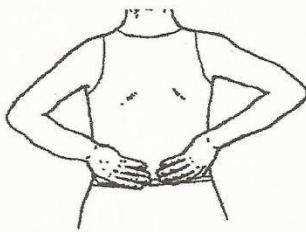
13a. Alternative head position for the back.



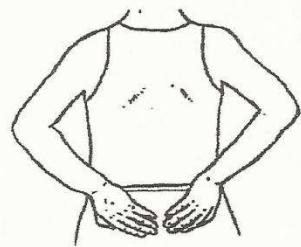
14. Back of the neck and over top of shoulder muscles.



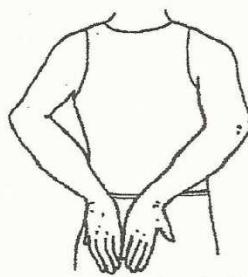
15. Over ribs, below shoulder blades, back of heart.



16. Middle back.



17. Lower back over sacrum.

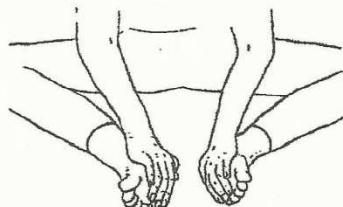


17a. Alternate or additional position for lower back.

18. Backs of both knees. (refer to figure 10, but do position from back).

19. Backs of both ankles. (refer to figure 11, but do position from back).

19a. Hold back of knee and ankle at once on same leg. Repeat with the other leg.



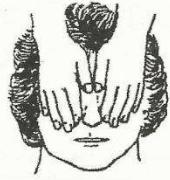
20. Bottoms of both feet.



### Reiki I Hand Positions

#### Healing Others

The Front—Healer stands or sits behind person receiving healing



1. Hands cupped gently over the eyes.



2. Over the cheeks, healer's little finger rests lightly against ears.

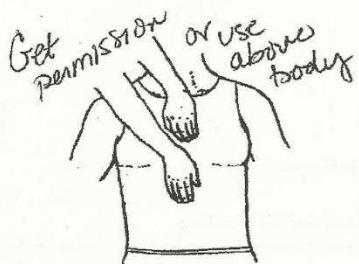


3. Hands under the head—healer does the lifting.

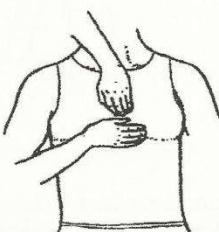


4. Hands rest lightly over the collarbone—slightly below the throat.

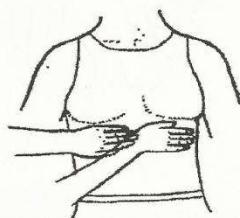
The Front—Healer comes to side of person receiving healing.



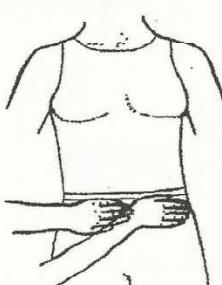
5. Between breasts—optional position. Use with respect not to violate women's body privacy.



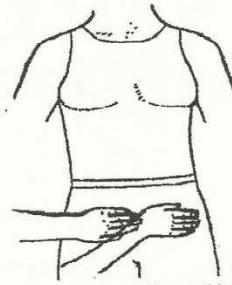
5a. Alternate of fifth position.



6. Below breasts over lower ribs.



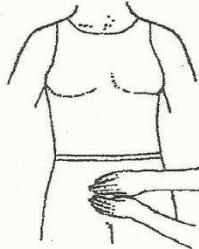
7. Just below waist.



8. Across pelvic area above pubic bone.



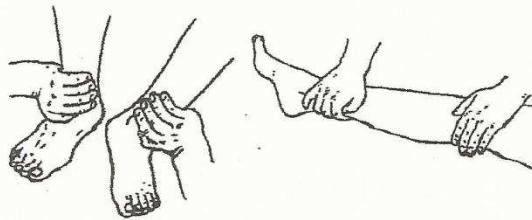
The Front—Healer moves further down the side.



9. Both hands across lower abdomen above pubic bone.



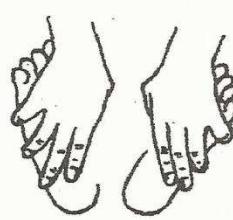
10. Front of both knees.



11. Front of both ankles.

11a. Ankle and knee at once. Do both legs. Preferred position—combines 10 and 11.

The Front—Healer moves to bottom, facing feet of person receiving healing.



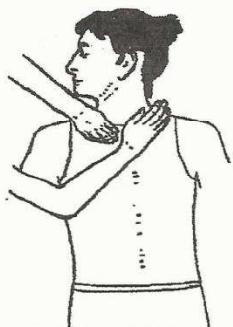
12. Bottoms of both feet.



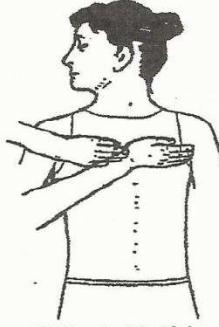
12a.—12b. Alternate of twelfth position. Bottoms of both feet done one at a time.



The Front—Healer returns to the head of the person receiving the healing.  
13. Optional head position—One hand on crown and other hand on back of head (at occiput). Person receiving healing will have her head turned to the side.



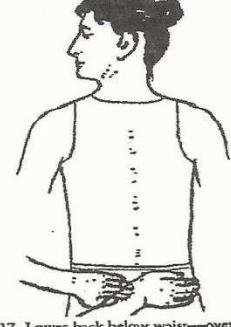
14. Back of neck. (Healer moves to receiver's side.)



15. Over shoulder blades.



16. Middle back.



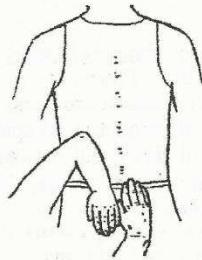
17. Lower back below waist—over sacrum.



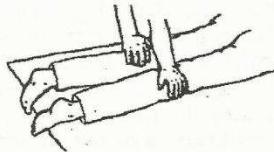
### Reiki I Hand Positions

#### Healing Others

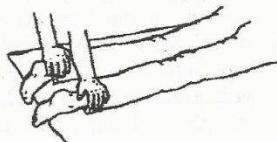
#### The Back



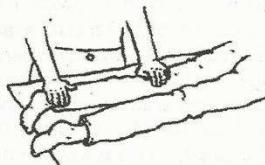
18. Over tailbone (coccyx)—optional position.



19. Backs of both knees.



20. Backs of both ankles.



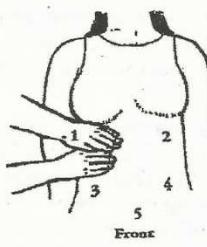
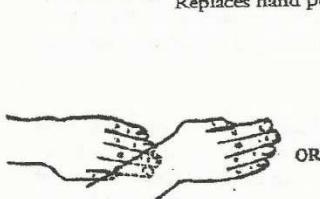
20a. Hold back of one knee and ankle together.  
Do both legs.



21. Bottoms of both feet.

#### Optional Hand Placement Alternative

Optional hand placement alternative for torso and back. Place hands side by side instead of end to end.  
Replaces hand positions 6, 7, 8 and 9 on front and 15, 16, 17 and 18 on back.





## Group Healing

The healers at Chujiro Hayashi's Reiki center in Japan worked in teams and this still is an option today. By working with a group of healers, several hand positions can be done at once and the session takes far less time. The person receiving the energy experiences a strong burst of it and gets the advantage of the full Reiki healing very quickly. A healing team that has learned to work well together can achieve many more healings than they could by working alone. As a team, they do the healing almost without effort. The companionship of other Reiki practitioners with whom they do healing is also a great joy. Each person on the team is needed and seems to find their unique work in each session.

In a Reiki healing team, all the members must have at least first-degree Reiki, but teams can include first, second- and third-degree practitioners. A team can consist of as few as two healers or as many as eight or nine. If there are more than there is room for them to work in, the extra practitioners stand behind the other healers. Each then offers the energy by placing their hands on the shoulders of the healer in front of them, who in turn has their hands on the receiver. Many healers working together for the person receiving is wonderful. So many people who have Reiki to offer is the way the world needs to be.

To start group healing, one person stands or sits at the receiver's head. This person does all three of the head positions (the space is too small for more hands) and directs the session. There can be as many additional healers as there are other Reiki positions: One pair of hands on each position. With fewer healers, divide up the work. With two healers, one does the positions from the head to heart and moves downward; the other, starts at the Solar Plexus and goes to the feet. If there are three healers, one works at the head, one at the torso, and the third does the leg and feet positions. When there are four healers, place one at the head, two at the torso, and again one at the legs and feet. As many healers as can fit around the massage table or bed can participate in the session.

Sometimes in a team of three or more, one person remains at the final feet position for the length of the healing. They place one hand on the bottom of each of the receiver's feet and remain there through the session. This can be an interesting position. The healer feels in their hands all the energy changes of the session as they move through the receiver's body. They may know where the energy is moving and where it is blocked. These sensations do no harm to the practitioner, though if much raw emotion is occurring, it is best to stand aside. Keep your hands on the feet but move your body out of range of the releasing energy. Much psychic information can also come



through for the healers at this position. It may include past lives, present life situations, guided direction on things the receiver needs to know or do, and occasionally diagnostic material.

In the case of more than one healer, the positions are agreed upon before the session. When everyone is in place, the leader at the head nods and all the healers place their hands on the receiver's body at the same time. The team members then watch the leader as this person does their positions, while they also do their own part in the healing.

At the end of a healing, the receiver may take longer time than usual to return to the present. They may be spacey for a longer amount of time.

All the healers in the group healing team need to be at least Reiki I Level. People who do not have at least a Reiki Level I may be allowed to join but only to receive healing.



(Optional reading, not part of Usui teaching)

## The Chakras

While it is not crucial in Reiki to know the location of the chakras, it makes it easier when describing the hand placements. The chakra system used in the West was developed in India, which gives it a further Reiki connection. However, it is important to note that many cultures developed similar systems. It also makes sense energy-wise to know the reason for the hand placements on a part of the body. Each chakra regulates the organs in its area. A description of the chakra centers will be described briefly, as there are many excellent books on the chakra system.

The three Reiki head positions cover the Crown and Third Eye centers. The crown is located at the top of the head, slightly to the back of the highest part of the skull. Physically it is associated with the pineal gland. The Crown is people's connection with spirituality and Source and is represented usually by the color violet or white. The Crown is the place of perception of spirit guides and the skill of channeling.

The Brow or Third Eye is next. It is located above and between the physical eyes, and associated with the pituitary gland. This is the center of psychic perception and understanding of the Oneness of the Universe. The color for the Brow is indigo, the blue-black of the nighttime sky. It is a woman's power center and represents the creation of personal realities. In physical healing the Crown and Brow are the brain, eyes and central nervous system.

The Throat is located at the base of the neck and is associated with the thyroid and parathyroid glands. Its color is blue, and its function is communication both physical and psychic. In a world where speaking is out of risk, most people's throat centers need physical healing. Emotions are expressed at this level, and creativity is located here. Healing issues include anything with the throat-sore throats, stage fright, thyroid problems, and throat cancer.

Below the Throat is the Heart. It is behind the breastbone or sternum, and associated physically with the heart organ or thymus gland. Two colors are often used for the Heart: The primary one is green; the other, rose. Emotions come from the heart, as does universal love and love for others. Heartache and heartbreak (and physical heart conditions) are typical of modern society – most of us need heart and emotional healing.



Below the Heart and between the lower rows of the ribs is the Solar Plexus. Its color is solar yellow. This is the man's power center, and the place where energy moving through the body is assimilated. Food is assimilated at this center. Its physical correspondence is the pancreas gland or liver as well as power issues and balances of power. Solar Plexus disease includes digestive problems, alcoholism, and food issues.

The Belly or Sacral center is the spleen in men (purification) and the uterus in women, which also has a purifying function. Its location is a few inches below the navel. First impressions and old emotional pictures are stored in this center. It is also the center of sexual choosing. Its color is orange. Healing at this chakra includes recovery from past abuse and sexuality or fertility issues.

The Root, usually associated with the adrenal glands, is located at the genitals. It is represented by vibrant red. Known in the East as the Gateway of Life and Death, the Root is the place of birth and rebirth. This is the survival center, the ability to draw abundance from the planet. Root center healing involves basic issues of having enough food, shelter and clothing, wanting to live or die, grounding and living on the Earth plane.

These are seven major energy centers or chakras. They are present on both the front and back of the body. There are said to be a total of 49 chakras on the human enteric double, with the others usually considered to be minor energy points. Each acupuncture point may also be called a minor chakra and there are hundreds of them. The small chakras located in the hands and fingers are not minor centers for healers. And those located on the soles of the feet--that can also transmit Reiki and serve to connect us to the Earth plane--cannot be considered minor, either. There are chakras at the back of each body joint. The chakras are a major part of the electrical system of the body, the bridge between the physical and non-physical being.

At this time in our evolution new chakras are being developed. One obvious one is between the throat and the heart called the Thymus chakra. Its color is aquamarine and plays a part in immunity and in protection against pollutants and chemicals. Another new chakra being observed that has not been named is at the diaphragm and it is a light green color. Its purpose lies in the purging of old emotions and toxins at every level. The other new chakra lies at the base of the skull and is red and gold in color and appears to be involved in manifesting the causal body.



## Chakra Chart

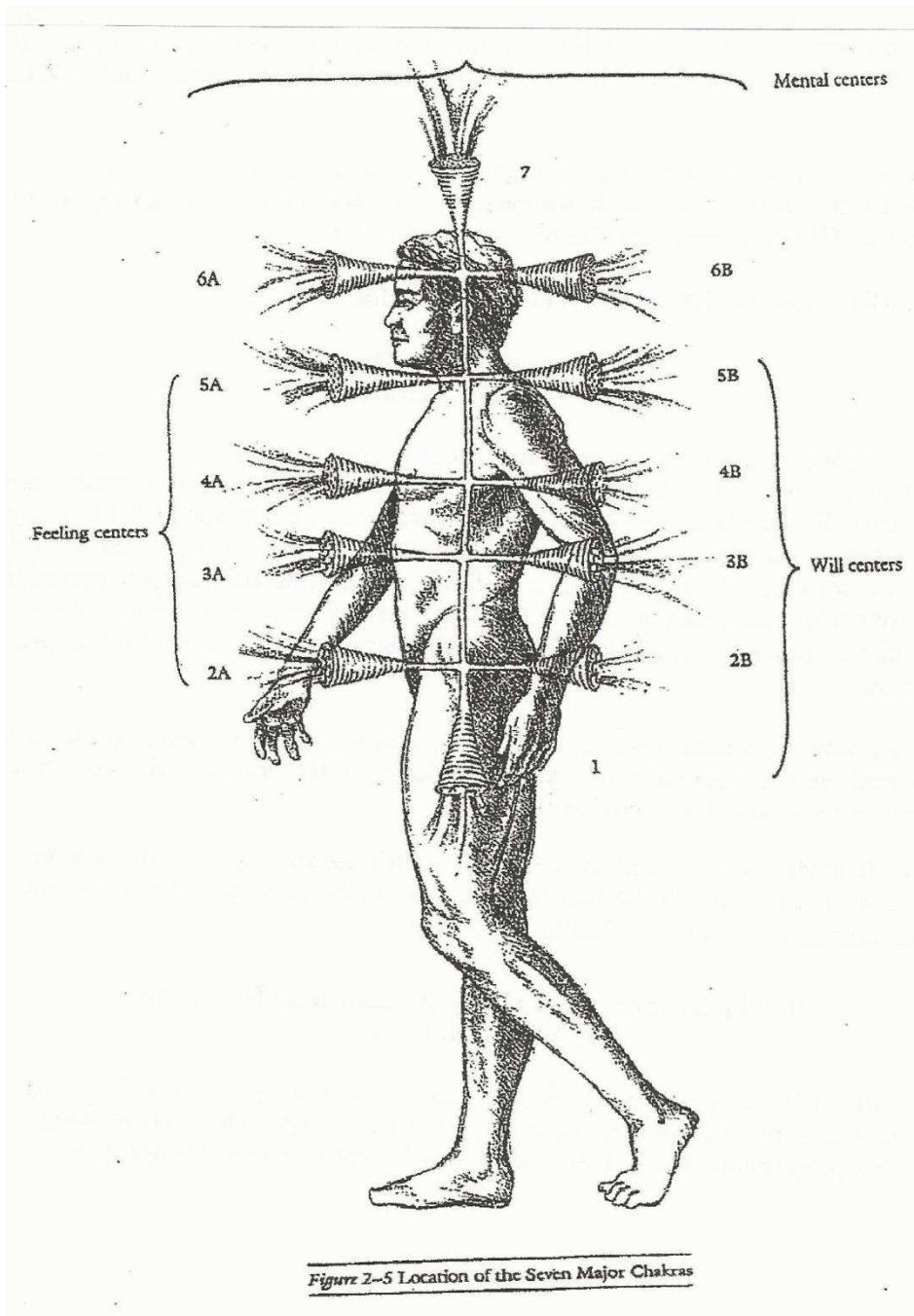


Figure 2-5 Location of the Seven Major Chakras



## The Power of Reiki

### Personal Experiences

*(Excerpts from a Reiki Web Site)*

A dear friend and student called me June 5<sup>th</sup> and told me she had been diagnosed with endometrial cancer. She lost her aunt (her mother's sister) to cancer a few weeks prior, a woman who experienced additional stresses in her life. She returned home from the memorial service for her aunt and received this diagnosis. Needless to say, she was devastated.

She was to have further tests June 12<sup>th</sup>. She is becoming certified at the same time as her partner, Steve. I created a special "certification project" for them. I asked that she call her students and all the Reiki practitioners she knows and ask for their help with this project. I asked her to do the following: To receive a complete Reiki treatment at least once a day for the next seven days; to give Reiki to someone at least three times during this period; and to ask for distant treatments. I asked that every practitioner use the treatment documentation forms and document each treatment.

I spoke to her today. The second pathology report came back completely normal. In seven days, she went from a positive diagnosis for cancer confirmed by a pathology report to a normal pathology report. The only treatment she received was Reiki.

Laura Ellen Gifford, Center Certified Reiki Master Teacher

### Baby Heals Before Birth

By Valerie J. Kostiw

I was asked to work with a young mother due to deliver any day. She had undergone ultrasound and learned that her baby would require kidney surgery immediately following delivery, and justly so, was very distraught and was looking for relaxation to assist her in the last days prior to delivery. I worked with her with the Reiki healing energy. The fetus calmed right down with the mother. You could just feel the LOVE transfer back and forth between the two of them. She left feeling wonderful



and ready to accept the fact that her little one was fortunate enough to have had the kidney blockage detected before birth rather than waiting until it had progressed to a worse situation.

Upon delivery a few days later (with no difficulty, and mother very relaxed), the little man let out a healthy wail and proceeded to empty his bladder upon the doctor – with no problems at all. The doctor proclaimed he did not require surgery.

The young lady's brother-in-law took Reiki training with me shortly after the delivery. When I asked him about her health and baby's, he immediately knew that Reiki was the reason for the baby's miraculous self-healing. Thanks be to God.

## Reiki and Persistence Helps Woman Heal From MS

By Valerie J. Kostiw

I was personally afflicted with MS and received a diagnosis in August 1981. My symptoms included elastic bands of pain circling my body, weak heavy legs, impaired walking, no mobility upon rising, dropping things, blurred or double vision, severe mood swings, poor or no bladder control, back pain and swelling, impaired speech, pins and needle sensation throughout my body, and my symptoms were aggravated by heat.

I was helped a little by Vitamin E and Allbee with Vitamin C. ACTH treatments brought me out of severe attacks temporarily. Herbs and reflexology also helped.

I took reflexology and Reiki training. One year later I can walk again, and I keep improving on the distance. At the start I was lucky if I could walk a block. Today, I do not even think of distance or temperature. I speak much clearer; I seldom stumble over my words anymore. I have no more double vision. I practice Reiki, reflexology, and massage without worrying about the strength in my hands. Book and needle work are no longer a problem for my eyes. I am regularly active in alternative health work, taking classes as well as teaching.

I personally feel that I am MS-free. If I wasn't, I wouldn't be mobile today because of the stress involved in my life at this present time. A few years ago, I might not have been able to do anything in the same type of situation. Reiki helped me tremendously.



## Reiki Helps Suicidal Teenager Change Her Life

By Debbie Ryan

*Debbie Ryan wrote to tell us about the miracles that had taken place in her life after she took the Reiki Master class.*

First, my classes are doing far better than I thought I ever dreamed. My intention for taking the class was to heal myself and my family. I sent a lot of Reiki to friends and family and they were blessed with wonderful healings and this is how my business grew. I am a drug and alcohol educator and I gave Reiki I to a 15-year-old methamphetamine addicted and suicidal teenager.

This god energy changed this child's life. She is now a Reiki II practitioner and is 16 years old, graduating 2 years early and sending Reiki energy to her friends who are involved with drugs and alcohol. She has manifested wonderful healings with Reiki. What a wonderful gift she passes on to her friends and family. She can reach these kids when traditional therapies are ineffective due to lack of, caused by drugs and alcohol.

Your books, tapes, and Reiki News help all of us get the word out about Reiki. Meeting Your Reiki Guides is one of my favorite tapes to use while teaching. This is a wonderful tool I use in my class. I also purchased the Reiki News article booklet, which answered a lot of questions that many students have asked me.

Thank you for your gift of love. It has helped many people change their lives. I look forward to more tapes and information from the Reiki newsletter. You are blessed and loved.

*We thank Debbie for sharing this story and wish her continued blessings in her Reiki work.*

## Reiki and Nursing

By Kathie Lipinski, RN, MSN

Since writing the article on Reiki and Nursing in the fall 1997 issue, many nurses across the country (as well as England and Australia, too!) have written to me regarding the use of Reiki in the nursing practice. This article will provide other suggestions as to how Reiki can be incorporated into daily practice as well as current issues facing nurses today.

The most important way that Reiki can be brought to any nursing practice is by beginning your day with it. That may be upon awakening, beginning your shift, preparing the room(s) where you



work, or preparing for your first home visit. Take a few minutes in your car, in the locker room, sitting at your desk, or at home. First, visualize or draw the distant healing (absentee) symbol, invoke its name, let the energy flow through you and ask, "How can I best serve today?"

Remember to be still. Listen and feel the Reiki flow. Then invoke the mental emotional symbol and the power symbol to help balance you physically, mentally, and emotionally. Taking a few minutes at the start of your day can make a tremendous difference in how your day flows.

Another way to prepare for your working day is to place all symbols physically (by drawing them with your fingers) or mentally (visually) in the room (such as ICU, CCU, RR, Dialysis unit, etc.), the office, your car, or wherever you do your work. This helps to calm the atmosphere and promote the highest outcome for all involved for the day.

Nurses who work in endoscopy units, diagnostic labs, and recovery rooms, have told me how putting the symbols in the room before they begin their day calms everyone down and promotes a relaxed and peaceful feeling. Patients seem to do better (less bleeding, quicker recovery, less pain) when Reiki is used. Many doctors and other health care practitioners often remark how patients always do better when that nurse is on duty, or "I don't know what you're doing but keep doing it." All verification that Reiki does work.

When passing medications, a nurse can draw (or visualize) the Reiki symbols over the cart, the tray, or the individual medication and say, "Let this medication be raised to its highest vibration so that those who receive it will be comforted and healed with minimal side effects." This applies to radiation therapy and chemotherapeutic medication as well. Placing the symbols on diagnostic equipment or surgical instruments before the procedure can also promote a better outcome.

At meetings, one can use the symbols during the meeting to promote openness, calmness, and understanding. One can also "beam" Reiki to the person speaking, or a person "on the hot seat," to help them speak clearly, keep calm, and be open to the issues being discussed.

Those are just a few ways that Reiki can be used in nursing practice.

A more important issue currently facing nurses is what is happening regarding energy work and how it falls within the scope of nursing practice. Many nurses have contacted their state boards of nursing to find out if Reiki and other modalities such as Healing Touch and Therapeutic Touch are included within the nurse practice act in their state. Much of this is because nurses are expanding their roles in private practice; are concerned about liability; are attempting to bring Reiki into hospital settings; are held to different standards than the lay person doing Reiki; and,



hospitals are incorporating integrative medicine programs such as alternative therapies to promote their business.

It is important to find how Reiki fits into the scope of nursing practice in your state. Several nurses have developed “organizations” to help define the use of Reiki and other touch therapies in nursing practice. One reason this has come about is that other organizing bodies are trying to regulate touch therapies. One example is in Louisiana, the AMTA (American Massage Therapy Association) is lobbying to enact legislation to keep nurses from practicing touch therapies without a massage license. This would mean that they could set standards for nurses and tell us how to practice.

Only nurses should regulate nursing practice and I urge you to get in contact with the RN Reiki Connection. Membership is \$25 per year. It is a great networking organization and you can find out what is going on nationally with other nursing groups. You can contact:

Marion Yaglinski, RN  
RN Reiki Connection  
1248 Hunt Club Land  
Media, PA 19063  
e-mail: [KarunaRN@aol.coni](mailto:KarunaRN@aol.coni)

There is talk of developing a “core curriculum” for nurses practicing and teaching Reiki. Although Reiki is a spiritual practice and many of us are against “standardization and organization” of this simple healing modality, we may need to do this to bring Reiki into the traditional medical model. The use of the nursing process is a great way to start. There is now an official nursing diagnosis, “Energy field disturbance,” that we can use.

I believe that Reiki is guiding us in its wisdom so that we can bring it into traditional medicine and health care settings. I trust the Reiki energy to guide us in this process. Just as Reiki guided us to its true roots in Japan, I believe that Reiki energy is reaching out to all aspects of society so that healing can be brought to all, and ALL Reiki practitioners will benefit as well.

Let your voice be heard concerning your nursing practice. With Reiki being the spiritual practice that it is, our role as nurses is to bring this beautiful gift to the traditional medical world in the best way we know how. With our feet in traditional and non-traditional therapies, we are the bridges. With Reiki guiding us, we can build them, then cross them.



## The Chakra System

It is often said that prayer can move mountains. If we believe in subtle energy, like prayer, or if we have experienced its effects upon our physical body, like in Yoga, we may ask, “What makes this possible?” The most widely used model to explain this experience is the chakra system. “Chakras” may be translated as “wheel” and depicted on paper two dimensionally, but they are perhaps better described as spinning vortices of energy existing in many dimensions. It is in using them as tools for insight that their greatest value lies. The chakra system is a model through which we can make sense of life. The existence of chakras cannot be proven, but as a theoretical model, they have stood the test of time and are interpreted primarily in three ways:

### As a Process of Evolution

We can observe our progress through life. Firstly, we had to explore our physical body; secondly, our emotions. Thirdly, we formed a mental image of the world. These three steps may be represented as a growing up of our consciousness through the lower chakras: First Chakra (physical), Second Chakra (emotional), Third Chakra (mental). As a species, we have yet to evolve beyond conscious control of our lower three chakras. The upper chakras comprise the spiritual centers: The Fifth, Sixth, and Seventh Chakras. The integration of upper and lower chakras takes place at the Fourth Chakra (heart).

### As a Transformer of Energy

Energy healing is well documented, but it still eludes scientific explanation. The chakra system allows us to conceive that a subtle energy, such as prayer or love, can enter our consciousness through the chakras and affect change at a physical level, influencing hormonal secretions through interaction with nervous plexus and endocrine glands. This might seem far-fetched, but the remarkable correlation between the locations of the seven chakras and the endocrine glands is a fact. The endocrine system is fundamental to our well-being and the process by which it regulates itself is yet to be fully explained. The perceived physical location of the roots of the chakras also corresponds to the various nerve plexi.



## As a System of Esoteric Instruction

A third view maintains that the chakras have no existence in physical reality, but are merely focal points for our concentration; gateways beyond our physical state, through which we may eventually evolve into a new reality.

We can no more prove the existence of the chakra system than we can weigh the energy of love, but our consciousness provides the means to experience them. Each chakra resonates to a different frequency. Just as sunlight may be refracted into the colors of the rainbow, each chakra resonates to a different refraction of the infinite light. Red light has a slower vibration, bends least, and corresponds to the First Chakra, which has the slowest vibratory rate of the seven chakras. Violet is refracted the most and corresponds to the Seventh Chakra, which has the highest vibratory rate.

The material world relates to the lower chakras (First to Third) and occasionally the Fourth. The Seventh Chakra accesses energies beyond the everyday world. These higher vibratory rates are ever-present everywhere, but we are unable to sustain consciousness of them until we can relate to the vibratory rate of each of our seven chakras. Vibratory rates are communicable and until you can manage your energetic space, you will be disturbed. The people closest to you will affect you the most: People with lower rates will bring you down, while people with higher rates will uplift you. The easiest way to raise your rate is to be with people who have already done so, but this will not prepare you to sustain that higher vibration when challenged by those who have not. However, regular yoga practice can soon render that a problem of the past.

We all have favorite colors. In the same way, each of us relates more to one chakra than another. The following section outlines correspondences for each chakra and describes how a person primarily centered in each will be. Consider which chakra you have primarily operated from at different times. Our vibratory rate is always changing, but there will be certain frequencies that we return to because of unfinished business, as we resist the changes that come with moving on.

## Your Chakra Balance

Chakras are described as "open" or "closed", "unblocked" or "blocked", but it is really our consciousness of the chakra that is referred to, not the chakra itself. It is clearer to think of the changes in a chakras state as energy spinning faster or slower, raising or lowering its vibratory rate. There is an optimum state for a chakra to be in, relative to the others and to our state of consciousness.



## 1<sup>st</sup> Chakra

The First Chakra is the foundation of the system. It relates to the Earth element and all solid Earth things. This chakra relates to our bodies, our health, and survival (both primal and material existence.) It relates to our ability to project, focus, and manifest our worldly, Earthly needs.

The person centered in this chakra needs to feel safe. They will be fundamentally insecure until their basic physical needs have been met.

When this chakra is unbalanced/blocked it can manifest as:

- Addictive behavior
- Avoidance of intimacy
- Consideration of oneself regardless of others
- Distrustful or hostile relationship to the world
- Tunnel vision
- Workaholics, driven by a lack of self-worth

When this chakra is balanced/unblocked it can manifest as:

- Allowing oneself to be vulnerable
- Asking what can be learned from adversity
- Being in the present moment
- Trusting in God
- Valuing oneself

**Sanskrit name:** MULADHARA *meaning root or foundation*

**Physical location:** The perineum, at the base of the spine

**Nervous plexus:** Coccygeal

**Endocrine Gland:** Adrenals

**Body associations:** Bones, feet, immune system, large intestine, legs, rectum



**Key words:** Basic needs, grounding, security, survival

**Color:** Red

**Physical issues:** Constipation, hemorrhoids, obesity, sciatica, lower back pain

**Emotional state:** Fear, calm

**Mental state:** Self awareness

## 2nd Chakra

Change is the focus of the Second Chakra: One becomes two, solid becomes liquid, and we immerse ourselves in the element of water. The consciousness of this chakra derives from flow, duality, and the attraction of opposites.

The person centered in this chakra needs the freedom to be creative. They will tend to indulge their desires.

When this chakra is unbalanced/blocked it can manifest as:

- Exhibitionism
- Inadequacy
- Shallow relationships
- Shame of the body or sexuality
- Wild-child behavior into adulthood

When this chakra is balanced/unblocked it can manifest as:

- Ability to initiate
- Empathy with others
- Generosity and a willingness to share
- Genuine intimacy
- Mutually empowering relationships



- Passion for life

**Sanskrit Name:** SVADHISTHANA *meaning sweetness*

**Physical location:** The sacrum

**Nervous plexus:** Sacral

**Endocrine gland:** Gonads

**Body association:** Bladder, genitals, kidney, prostate, uterus

**Key words:** Creativity, desire, sexuality

**Color:** Orange

**Physical problems:** Frigidity, impotence, pelvic or lower back pain, urinary problems

**Emotional:** Possessiveness, expansiveness

**Mental:** Self-Respect

### 3<sup>rd</sup> Chakra

The Third Chakra has fire as its element and with it comes choice, action, vitality, and will. In this chakra we explore personal power. Is it to empower oneself or is it to have power over others?

The person centered in this chakra needs to achieve something and make their way in the world. They will utilize their own will to manipulate or inspire others in order to do so.

When this chakra is unbalanced/blocked it can manifest as:

- Dogmatic conformity
- Greed
- Need for external validation
- Rights over responsibilities
- The end justifies the means
- What's in it for me



When this chakra is balanced/unblocked it can manifest as:

- Awareness of the effect of one's actions upon others
- Control over one's life
- Exemplary leadership skills
- Practicality
- What's in it for us?
- Willpower

**Sanskrit name:** MANIPURA *meaning lustrous gem*

**Physical location:** Navel/solar plexus

**Nervous plexus:** Solar plexus

**Endocrine gland:** Pancreas

**Body associations:** Digestive system, liver, muscles

**Key words:** Power, will

**Color:** Yellow

**Physical problems:** Diabetes, hepatitis, indigestion, ulcers

**Emotional:** Anger, guilt, passion, trust

**Mental:** Self-Worth

## 4th Chakra

There is balance in all things: The expansiveness of air and the unconditional nature of love. When this center is unbalanced, you will give to those who do not deserve it and share with those who do not want it.

The person centered in this chakra will be concerned with balance and finding the middle way. They will be motivated by love.



When this chakra is unbalanced/blocked it can manifest as:

- Alienation
- Attachment
- Grief
- Loneliness
- Passive aggression
- Questioning the existence of love

When this chakra is balanced/unblocked it can manifest as:

- Acceptance that all is as it should be
- Harmonious relationships
- Harmony with nature
- Positive neutrality
- Seeing God in all
- Unconditional love for all

**Sanskrit name:** ANAHATA *meaning unstuck*

**Physical location:** Center of the chest

**Nervous plexus:** Heart

**Endocrine gland:** Thymus

**Body associations:** Arms, hands, heart, lungs

**Key words:** Compassion, love

**Color:** Green

**Physical imbalance:** Asthma, circulatory system

**Emotional:** Bitterness, grief, joy, love

**Mental:** Self-love



## 5th Chakra

At the Fifth Chakra, sound reverberates into the ether. Purification is our purpose; communication, our focus. Mantra and vibration of sound are the tools.

The person centered in this chakra will be resolving aspects of communication within themselves and towards others. They need to, and can, express themselves.

When this chakra is unbalanced/blocked it can manifest as:

- Cunning
- Creative untruthfulness (deceit without lying)
- Frustration with inadequate communication
- Withdrawal from emotions into the mind
- Shyness
- Speaking too bluntly

When this chakra is balanced/unblocked it can manifest as:

- Always voicing the truth
- Being listened to as an authoritative voice
- Hearing what has not been said
- Inspirational communication

**Sanskrit name:** VISHUDDHA *meaning purification*

**Physical location:** Throat

**Nervous plexus:** Pharyngeal

**Endocrine gland:** Thyroid, parathyroid

**Body associations:** Neck, shoulders

**Key words:** Communication, creative expression

**Color:** Blue



**Physical issues:** Ear, nose and throat problems

**Emotional:** Courage, frustration

**Mental:** Self expression

## 6th Chakra

With the Sixth Chakra, we see what we expect to see: Let there be light and let us see through darkness. Let us perceive the realms beyond as we transcend time and look beyond reality.

The person centered in this chakra will see things differently. They have inner sight and will find clarity wherever they focus.

When this chakra is unbalanced/blocked it can manifest as:

- Being "out of it"; out of the body, or out of touch with the body
- Confusion of what is real and what appears to be real
- Hiding in intellectual analysis (denial of actual experiential reality)
- Inability to focus on any one thing
- Psychic disturbance

When this chakra is balanced/unblocked it can manifest as:

- Being comfortable in any situation
- Clear perception
- Psychic capabilities, particularly clairvoyance
- Reliable intuition
- Seeing energy within, and beyond, matter and form

**Sanskrit name:** AJNA *meaning perception*

**Physical location:** Center of the head projecting forwards between the eyes through the root of the nose



**Nervous plexus:** Hypothalamus, autonomic nervous system

**Endocrine gland:** Pituitary

**Body association:** Eyes

**Key word:** Intuition, perception, sixth sense, vision

**Color:** Indigo

**Physical issues:** eye problems, headaches, nightmares, sinusitis, visions

**Emotional:** Clear, calm, confusion, inadequacy

**Mental:** Self-responsibility

## 7th Chakra

In the Seventh Chakra, we are all One. Every element of every chakra we have explored is already here. This is the chakra of knowing, and thought is the densest level of consciousness present.

The person centered in this chakra will know the unknown and be conscious of the infinite. They will have experienced a reality beyond the realm of the physical senses.

When this chakra is unbalanced/blocked it can manifest as:

- Abuse of "lower forms of life (human imperialism)
- Doubt and denial of the spiritual reality
- Religious extremism

When this chakra is balanced/unblocked it can manifest as:

- Bliss; being in but not of this world
- The experience of all as one
- The integration, expression, and actualization of such peak experiences
- Saintliness
- Samadhi



**Sanskrit name:** Sahasrara *meaning infinite*

**Physical location:** Center of the head projecting up through the anterior fontanel

**Nervous plexus:** Cerebral cortex, central nervous system

**Endocrine gland:** Pineal

**Body associations:** Brain, nervous system

**Key words:** Divine knowledge and understanding, acceptance, bliss

**Color:** Violet/White

**Physical issues:** Apathy, alienation, close-mindedness, symptoms without a physical cause

**Emotional:** Bliss, despair, doubt, joy, peace

**Mental:** Self-consciousness



## 20 Effective Ways to Clear and Protect Against Unbalanced Energy

(Article condensed from Banu Sekendur)

### What are Some of the Signs that You Have Picked Up Unbalanced Energies?

- You may get dropped calls, or a sudden, passing static on your phone while speaking to someone at a location where you don't normally have that experience.
- You may start feeling depressed out of the blue, and you are not clinically depressed.
- Suddenly, you can't log into your bank account (or any other online account) and keep getting an error message even though your internet connection seems to be strong.
- You get extremely tired all of a sudden and feel the need to take a nap even though you are not sleep deprived.
- You feel resistant to helping yourself, or giving yourself something you know you need (You may resist eating when you are *actually* hungry.)
- Your throat feels sore as if you've caught a flu virus--sometimes that is how our body reacts to the lower energy.
- You lose your house keys or your wallet, lock your car keys inside your car, or have something you value stolen.
- An email you sent out does not reach its intended recipient and hours later you get a mailer daemon message.

The possibilities are endless so ultimately, it's up to each of us to recognize and make note of these patterns, as they are personal. It took me several years to recognize what happens to me when I am affected by lower energies. Experiencing a combination of these on the same day, or in a short amount of time, especially if they are not regular occurrences, can help you see what is happening.

Once I recognize that I have picked up lower energies, I use several of the methods (described below) together, to clear my mind, body, and energy field of this lower vibration.



## 20 Techniques that Work to Clear Lower Energies, Especially If You Combine Several of Them

1. Set a strong intention to clear these energies.
2. Yawn away the negative energy.
3. Play drums or drum music in the background.
4. Use a smudge stick.
5. Say a clearing or protection prayer.
6. Use a rattle to break up the energy into a zillion small pieces.
7. Burn lemon or orange peels.
8. Laugh it off.
9. Light a candle.
10. Use sea salt (drink it or put in your bath).
11. Create an “attractor” for lower energies (glass of water).
12. Skip like a child.
13. Clap your hands.
14. Dance it off.
15. Engage with the protection prayer (#5) regularly.
16. Use pine for protection.
17. Watch your words, actions and karma.
18. Find ways to counter stress.
19. Make figure eight movements for aura strengthening.
20. Adopt a tree!



## Recommended Reading List

### CHAKRAS

**Kundalini and Chakras** – by Genevieve Lewis Paulson – Llewellyn Publications  
**New Chakra Healing** – by Cyndi Dale – Llewellyn Publications

### REIKI

**Essential Reiki** – by Diane Stein – The Cross Press  
**Reiki & Other Rays of Touch Healing** – by Kathleen Milner  
**Tera, My Journey Home** – by Kathleen Milner  
**The Lost Steps of Reiki** – by Rev. Thomas A. Hensel and Rev. Kevin Ross Emery  
– Lightlines Publishing

### ENERGY WORK

**Hands of Light** – by Barbara Ann Brennan – Bantam New Age Books  
**Light Emerging** – by Barbara Ann Brennan – Bantam New Age Books  
**The Bodymind Workbook** – by Debbie Shapiro – Element Books

### AURAS

**What Color is Your Aura** – by Barbara Bowers, Ph.D. – Pocket Books

### SYMBOLS

**Signs of Life** – by Angeles Arrien – Jeremy P. Tarcher/Putnam

### SACRED GEOMETRY

**The Ancient Secrets of the Flower of Life** – by Drunvalo Melchizedek  
**Sedona: Beyond the Vortex** – by Richard Danelley

### ENERGY FREQUENCIES

**Shifting Frequencies** – by Jonathan Goldman – Light Technology Publishing

### REAL REALITY

**The Nature of Personal Reality** – by Jane Roberts – A Seth Book  
**Seth Speaks** – by Jane Roberts – A Seth Book  
**Bashar** – by Darryl Anka



**Quest for Truth** – by Darryl Anka – Nobul Press

## OBE

**Astral Dynamics** – by Robert Bruce

**Journey of Souls** – Michael Newton, Llewellyn Publications

## YOGA

**Yoga Mind & Body** – Sivananda Yoga Vedanta Center

**The Sivananda Companion to Yoga** – Sivananda Yoga Vedanta Center

**Yoga, The Spirit and Practice of Moving Into Stillness** – Erich Schiffmann

**Yoga for your Spiritual Muscles** – Rachel Schaeffer

**Easy Does It Yoga** – Alice Christensen

**The New Yoga For People Over 50** – Suza Francina

**Yoga for Dummies** – Georg Feuerstein & Larry Payne