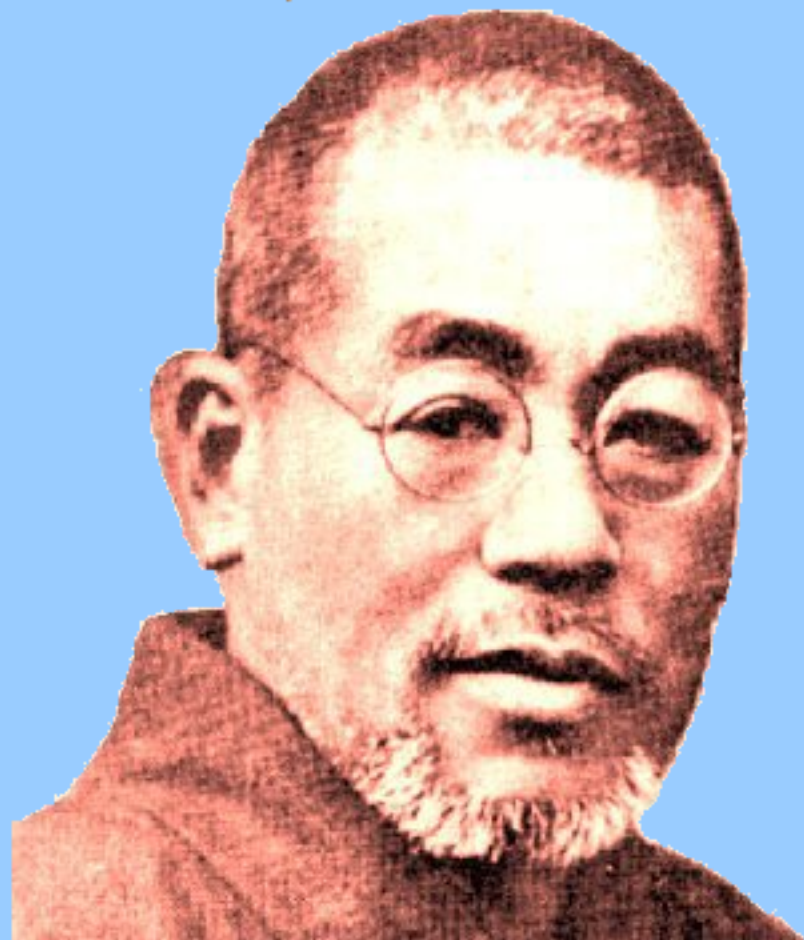


靈氣

The Ultimate Guide to REIKI



One Universe

One World

靈氣

One Source

by: K. Niranjan Kumar Reddy





*This book is dedicated to my
Grandparents, Parents, Siblings
who have always been promoting
me towards betterment & progress
and friends who cherish my life
with their presence.*

*I am thankful to all my Reiki
Gurus.*





“The Ultimate Guide to REIKI”

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I Have Gotten these articles from a couple of researchers, my reiki guru, my own research on the subject and the Internet and collected them from a number of websites and combined them all together here. In the future the collections may rise and thus this book may get modified and thus come with a completely new look and new contents. Collected these details from the Internet after spending about 150+ hours online.

I got my Reiki I Attunement from Dr. P.K.Mohanty (Asst. Prof. Microbiology, HMCH) on Date: 11.12.2005 (Sunday). The same day Mr. Bismaya Kumar Nayak also got his Reiki I. Ms. Pooja Agrawall & Mr. Bibhuti also got their Reiki II Attunement at Shishu Bhawan, Bhubaneswar.

I took my Reiki II and Reiki Master attunements afterwards.

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A Brief Overview

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

Its use is not dependent on one's intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.



While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in order to learn and use Reiki. In fact, Reiki is not dependent on belief at all and will work whether you believe in it or not. Because Reiki comes from God, many people find that using Reiki puts them more in touch with the experience of their religion rather than having only an intellectual concept of it.

While Reiki is not a religion, it is still important to live and act in a way that promotes harmony with others. Dr. Mikao Usui, the founder of the Reiki system of natural healing,

招福の秘法
 為病が変業
 今日又には怒るな
 心配するな 感謝して
 業をなげめ 人に親切に
 朝夕合掌し心に念じ
 口に多くよ
 白井靈氣療法
 榮平社
 白井康男

recommended that one practice certain simple ethical ideals to promote peace and harmony, which are nearly universal across all cultures.

During a meditation several years after developing Reiki, Dr. Usui decided to add the Reiki Ideals to the practice of Reiki. The Ideals came in part from the five principles of the Meiji emperor of Japan whom Dr. Usui admired. The Ideals were developed to add spiritual balance to Usui Reiki. Their purpose is to help people realize that healing the spirit by consciously deciding to improve oneself is a necessary part of the Reiki healing experience. In order for the Reiki healing energies to have lasting results, the client must accept responsibility for her or his healing and take an active part in it. Therefore, the Usui system of Reiki is more than the use of the Reiki energy. It must also include



an active commitment to improve oneself in order for it to be a complete system. The ideals are both guidelines for living a gracious life and virtues worthy of practice for their inherent value.

The secret art of inviting happiness

The miraculous medicine of all diseases

Just for today, do not anger

Do not worry and be filled with gratitude

Devote yourself to your work. Be kind to people.

Every morning and evening, join your hands in prayer.

Pray these words to your heart

and chant these words with your mouth

Usui Reiki Treatment for the improvement of body and mind

The founder , Usui Mikao

What Is Reiki, and How Does It Work?

'Living from the Heart'

Reiki is a Tibetan form of Energy Healing, rediscovered and promoted by Sensei Mikao Usui of Gifu, Japan.

REI - Universal Spiritual Consciousness, or Spiritually Guided Consciousness

KI - Life Force Energy. In Sanskrit it's known as Prana, in Chinese as Chi.

Translated, the meaning of Reiki is therefore: 'Spiritually Guided Life Force Energy'.

The Life Force Energy is of the Creator, it permeates our universe and everyone/everything within it. Its limitless abundance can be accessed and used to create balance and wellness in every aspect of our lives. Just as there is "Medicine" with its various specialties, there is "Spiritual Healing" with its various modalities. Just as there are different radio frequencies, the same is true of



healing energy. Reiki is a particular, gentle, non-invasive frequency.

The Reiki Tradition is a Sisterhood / Brotherhood of those committed to healing themselves, each other, and our planet. Those who perform Reiki have been 'attuned' to bring through the Reiki wavelength of healing energy. From receiving and giving attunements, I can testify that they are truly miraculous, a gift of healing empowerment from the all-loving Source.

Reiki is at the top of my list of preferred energy healing techniques!

Healing and Curing

'Healing' and 'curing' are different things!

There have been times when one Reiki session eliminated a client's long-term back pain. Other clients instead receive the spiritual, mental and emotional tools to better manage their physical condition. What determines whether a client is 'cured' or not is Spirit. Sometimes a person is learning soul lessons from their physical illness, and it's not meant to be 'cured', with our excellent medical technology or with energy healing! Although we can ask for a particular result from the sessions, it's then best left in the hands of Spirit... "Thy Will Not Mine".

If a healer tells you they can cure your dis-ease, I offer this word of caution: If your spiritual, mental and emotional bodies aren't cleared of the root of the problem, it will **LIKELY** recur, either as the same condition, or something else in your body. Be aware of those who promise specific results.



What does Reiki do?

Reiki energy makes direct contact with and stimulates your Inner Healer, that part of your Self that knows exactly what you need to be healthy in every way. Because it's guided by Spirit, Reiki is rooted in Love, has Divine intelligence and is always gentle, always helpful. Reiki works to heal and harmonize all the energy systems in all of your bodies (spiritual, mental, emotional and physical)! Reiki goes to the *root* of whatever most needs healing at the time of it's application, and the root may lie in any one of those 'bodies'. *(Note that allergies and asthma, to name but two physical conditions, are known to be caused by the emotions.)*

When you take medication or undergo surgery, those things aren't, in themselves, responsible for your recovery! I'm reminded of a recent conversation with a general surgeon from Ohio: Many times he's experienced two patients with the same medical problem who underwent the same surgeries and treatments, but one lived and the other did not. Scientifically he had no explanation for that. It's understandable when we grasp the idea that, advanced as medical science has become, if the root of the physical problem lies in one of the other 'bodies', medical intervention might not be enough of a remedy.

Some people come for a Reiki 'tune up', which leaves you feeling peaceful, relaxed and better able to manage life in general. Another person might come asking for help with a particular problem, let's say with their heart. In this instance their physical condition relates to the heart chakra which contains our love, loss, grief and forgiveness issues (to name a few). In this case, the energy will go to the root of what is causing the heart condition, and begin to heal the client at the root level. With heart issues, it's common during a session for the client to recall a painful life experience. Entirely guided by Spirit, the memory is gently



processed then reintegrated with a more objective perspective, effecting great relief and a 'healing' of that memory!

Your Inner Healer is responsible for achieving results and in a direct and perfect manner, Reiki stimulates and boosts your Inner Healer.

Reiki is guided by the Intelligence Most High, for the Highest Good of both the healer and healee. You can trust Its intelligence, Its power, and Its gentle nature. You can trust the process!

How Does Reiki Work?

We are alive because life force is flowing through us. Life force 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. Life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

The life force is responsive to thoughts and feelings. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feelings about ourselves. These negative thoughts and feelings attach themselves to the energy field and cause a disruption in the flow of life force. This diminishes the vital function of the organs and cells of the physical body.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field 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 so doing, Reiki clears, straightens and



heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.

The Reiki Principles/Ideals taught by Dr Usui

These principles were introduced by Usui Sensei and taught to his students as their first spiritual teachings and were to be followed and be a guide in his/her life. By practicing these principles one would embark on the path of self healing.

"The secret of inviting happiness
The spiritual medicine for all illness
Just for today, do not get angry
Do not worry
Express your thanks
Be diligent in your work, and be kind to others
Do gassho and repeat them in the mind at the beginning and the end of each day.

Usui Reiki Ryho - Improve your mind and body
Founder
Mikao Usui"

These teachings are open for anyone to learn regardless of religious beliefs, actually no belief is needed. Personally I do not consider them mandatory with the use of Reiki. These principles are worth a thought and certainly they can be a guide in life.

What does it mean? Here is one possible interpretation:

The secret of inviting happiness This was the receiving of many "Reiju" or empowerments.

The spiritual medicine for all illness Mental, physical and spiritual health.

For today only: Value today! The present is now, life is not in the future or in the past, there is only now!



Do not anger Realize that anger and other selfish emotions like resentment, hatred, envy are harmful, avoid such emotions.

Do not worry Do your best, believe and trust in the universe.

Express your thanks In this world it is easy to lose ourselves when we forget gratitude for being alive.

Be diligent in your work, and be kind to others It is not important what we do, it is important what we learn from what we do. "Be kind to others" also means take good care of yourself, there is no difference between self and others in a universal dimension.

Do gassho and repeat them in the mind at the beginning and the end of each day. This practice starts at the beginning and end of each day by reciting these Principles.

Foot note: You will find many versions or translations of Dr Usui's Ideals. Personally I feel that this version of the Reiki Ideals comes very close to the essence of what Usui Sensei wanted to teach.

Reiki as a preventive and curative medicine

Eastern medical philosophy has always emphasized the superiority of maintaining good health over curing illness. Reiki is a preventive medicine par excellence. But it is even more: When practising Reiki on yourself or others, you experience both its preventive and its curative functions at the same time. If you have a disease, Reiki will cure it, if not, Reiki will promote your health and longevity. This preventive cum curative quality of Reiki makes it a unique healing system.

It is natural to be healthy

It is only when certain parts of our bodies fail to function naturally that sickness occurs. The causes may



be from bacteria and viruses, organic (toxins) or psychosomatic.

- Bacteria and viruses are always present in our bodies, but they are kept in check (sometimes even exploited to do useful work for us) as long as our bodies function naturally.
- Toxins are continually clogging our organs, but as long as we function naturally, these toxins will be neutralized by the chemicals produced by our body.
- Our brain is continually stressed, but again, if nature runs its course we will be adequately relieved after sleep and rest.

The Eastern concept of health is also wider than that of the West. To be healthy is not just to be free from disease. A person cannot be called healthy if he/she is often restless, irritable or extremely forgetful, cannot concentrate or sleep soundly, and has no zest for work or play.

How does Reiki promote health

First, it frees us from disease; it prevents as well as cures illness. Then it helps us to grow emotionally, mentally and spiritually, giving us the wonderful benefits of health in its wider sense. The preventive and curative qualities of Reiki can be reduced to two simple principles: the cleansing of meridians and balancing of the chakras to achieve a harmonious energy flow.

How does Reiki prevent or cure contagious diseases?

When disease-causing micro-organisms attack certain parts of the body, reserve energy is channelled to meet these attacks. But if the meridians are blocked, then the flow of reserve energy is hindered, and illness results. When using Reiki you cleanse the meridians, harmonizing energy levels and promote a smooth flow of reserve energy to the areas under attack, thus restoring the balance. Practising Reiki increases our reserves of energy, thus preventing any possible future outbreak of illness.



One of the greatest Reiki healing health benefits is ***stress reduction and relaxation***, which triggers the bodies natural healing abilities, and improves and maintains health. Reiki healing is a natural therapy that gently balances life energies and brings health and well being to the recipient.

This simple, non-invasive healing system works with the Higher Self of the Receiver to promote health and well being of the entire physical, emotional and psychic body. Therefore it is truly a system of attaining and promoting wholeness of Mind, Body and Spirit.

Reiki is a specific type of subtle energy work in which healing is performed by the touch of the hands, allowing the flow of the energy from a limitless source (God Force) to the patient via the Reiki practitioner. It is extremely powerful, yet gentle energy that can be easily channelled to yourself and others, just by ***intention***.

Reiki healing is a pure energy form. When it is combined with the sincere Desire of the Healee, who is willing to effect a cleansing within their emotional and spiritual consciousness, a total healing can occur.

POTENTIAL HEALTH BENEFITS OF REIKI HEALING TREATMENTS

When the flow of the "Life Force Energy" is disrupted, weekend or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, including fear, worry, doubt, anger, anxiety, negative self-talk, toxicity, nutritional depletion, destructive lifestyle and relationships, neglect of self and lack of love for oneself or others, from emotions that are not expressed in a healthy way...

Reiki is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results.

Some Of The Reiki Healing Health Benefits:

- Creates deep relaxation and aids the body to release stress and tension,
- It accelerates the body's self-healing abilities,



- Aids better sleep,
- Reduces blood pressure
- Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aids the breaking of addictions,
- Helps relieve pain,
- Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony,
- Assists the body in cleaning itself from toxins,
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy,
- Supports the immune system,
- Increases vitality and postpones the aging process,
- Raises the vibrational frequency of the body,
- Helps spiritual growth and emotional clearing

When we are relaxed, stress-free, we are able to restore our natural ability to heal.

Long term practice of whole-body reiki will restore the general condition of the body. It will open the energy channels and this will allow the body to deal properly and naturally with stress and build-up toxins and cope with anxiety and depression.

When a person is in good health, regular therapy will increase the bodies built-in defences. This will manifest itself as confidence and outward harmony in dealing with everyday events. The person will gain a positive outlook on life.

Reiki will also provide additional energy required to recover from illness.

A Reiki healing session can induce an extremely comfortable state of being that can bring alteration in the clients consciousness.

If used with other natural therapies (meditation, crystals, aroma therapy, Bach Flower remedies, homeopathy, etc.) Reiki will reinforce their effect.

It can be used also as complementary therapy, because Reiki is truly a complementary care. It complements and



enhances the health care the patient receives in the hospital or from other health care providers.

Reiki healing complements Eastern and Western medicine and everybody can benefit from it. It is beneficial to the health of woman (even pregnant), man, children and it is also excellent to be used on animals (dogs, cats, horses), plants, water, etc.

Reiki healing energy is a tool for use at any moment, any time, any where for on-the-spot stress release, pain relief and quick energy.

ABOUT THE USUI SYSTEM OF REIKI HEALING

This natural healing modality originates in Tibet. The name "Reiki" (rey-key) comes from the technique as re-discovered by Dr. Mikao Usui, a Japanese Buddhist in the early 20th century.

"Re" means "*Universal*" and it is a general term for spirit or unseen spiritual quality, which serves as channel for "*Ki*" or "*Life Force Energy*" (some call it God, Buddha, Chi, Qi, Prana, Love Energy, or similar). It relates to the superior, all-encompassing cosmic energy from which all other minor energies in the universe draw their power. Everything in the Universe is made up from energy particulars which form the Omniscient, All-Knowing Blueprint for Creation. The Vital Living Energy Force comes in different manifestations of energy and one of these being the frequencies in which Reiki was born.

The Usui System of Natural Healing teaches us also the "Secret Art" of "Inviting Happiness" into one's life which can be achieved by working with the ***Five Reiki Ideals*** and the ***Three Degrees of Attunements***. The Five Reiki Ideals help us realize that ***improving oneself is an essential part of Reiki healing.***

HOW REIKI HEALING ENERGY WORKS?

The body is more than just a collection of functioning parts. Since everything generates a frequency, the body and its organs have their own energy field which is



continually changing. All conditions of disease are rooted in this energy system. If our "life force" is low or blocked, we are more likely to get sick. But if it is high and flowing freely, we can maintain our health and well being.

Reiki Healing Energy provides means to balance the human energy fields (Auras) and energy centres (Chakras) to create conditions needed for the bodies healing system to function.

The Reiki practitioner assists the client to heal themselves spiritually, mentally, emotionally and physically by a simple laying on of hands. By the use of ancient healing symbols the practitioner channels the Universal Life Force energy allowing it to flow where is needed to bring the energy centres into alignment.

The Reiki practitioner must be a clear vessel through which the healing energy flows. He/She plays an instrumental part in the healing process, but ultimately it is up to the healee to manifest harmony and balance in their own life.

Introduction to Reiki

Reiki (pronounced *ray-key*) is a form of healing through manipulation of *ki*, the Japanese version of chi. *Rei* means spirit in Japanese, so reiki literally means *spirit life force*.

Like their counterparts in traditional Chinese medicine who use acupuncture, as well as their counterparts in the West who use therapeutic touch (TT), the practitioners of reiki believe that health and disease are a matter of the life force being disrupted. Each believes that the universe is full of energy which cannot be detected by any scientific instruments but which can be felt and manipulated by special people who learn the tricks of the trade. Reiki healers differ from acupuncturists in that they do not try to unblock a person's *ki*, but to channel the *ki* of the universe so that the person heals. The channeling is done with the hands, and, like TT no physical massaging is necessary since *ki* flows through the body of the healer into the patient via the air. The reiki master claims to be able to



draw upon the energy of the universe and increase his or her own energy while performing a healing. Reiki healers claim to channel *ki* into "diseased" individuals for "rebalancing." Larry Arnold and Sandra Nevins claim in *The Reiki Handbook* (1992) that reiki is useful for treating brain damage, cancer, diabetes and venereal diseases. If the healing fails, however, it is because the patient is *resisting* the healing energy.

Reiki is very popular among New Age spiritualists, who are very fond of "attunements," "harmonies," and "balances." Reiki apprentice healers pay up to \$10,000 to their masters to become masters themselves. The process involves going through several levels of *attunement*. One must learn which symbols to use, when to call up the universal life force, how to heal an emotional or spiritual illness, and how to heal someone who isn't present.

Reiki was popularized by Mikao Usui (1865-1926). After fasting and meditating for several weeks, he began hallucinating and hearing voices giving him "the keys to healing."

Do All Healers Use Reiki?

All healers use life force or *Ki*, but not all use Reiki. Reiki is a special kind of life force that can only be channeled by someone that has been attuned to it. It is possible that some people are born with Reiki or have gotten it some other way. However, most healers who have not received the Reiki attunement from a Reiki Master are not using Reiki but another kind of life force. People who already do healing work consistently report an increase of at least fifty percent in the strength of their healing energies after taking the Reiki training.

This was verified for me when I first began teaching Reiki. There were two clairvoyant healers I knew who had highly developed abilities. They could easily see the life force flowing through a person's body, as well as see the aura and chakras. They could also communicate with a person's guides and Higher Self. They were adept at moving negative psychic energy out of the body as well as



channeling healing energies. In my twenty years of metaphysical work, they were the most accurate and effective psychic healers I had met.

They told me later they had doubted there was anything I was teaching they couldn't already do, but that they took the Reiki training anyway, simply to support me in my new work. After the attunement, they were amazed at the difference they could feel between the healing energies they had been using and Reiki. They said the Reiki energies were more powerful and of a much higher frequency. They noted also that Reiki didn't have to be guided like the other healing energies they were using, and that the Reiki energies began flowing without having to enter an altered state. They also indicated the attunement process itself was a powerful healing experience, releasing restrictions relating to their healing work they had unknowingly acquired when they were healers in past lives. They were very pleased they had taken the class.

Reiki Can Never Cause Harm

Because Reiki is guided by the God-consciousness, it can never do harm. It always knows what a person needs and will adjust itself to create the effect that is appropriate for them. One never need worry about whether to give Reiki or not. It is always helpful.

In addition, because the practitioner does not direct the healing and does not decide what to work on, or what to heal, the practitioner is not in danger of taking on the karma of the client. Because the practitioner is not doing the healing, it is also much easier for the ego to stay out of the way and allow the presence of God to clearly shine through.

Energy is Never Depleted

Because it is a channeled healing, the Reiki practitioner's energies are never depleted. In fact, the Reiki consciousness considers both practitioner and client to be in need of healing, so both receive treatment. Because of this,



giving a treatment always increases one's energy and leaves one surrounded with loving feelings of well-being.

What is Reiki?

Reiki (pronounced Ray-key) is a Japanese name consisting of 2 words Rei and Ki meaning spiritually guided life energy (commonly known as Universal Life Energy), an energy which animates us all and is found all around us.

Reiki is a form of spiritual healing using "universal life energy" channelled through the practitioner to the recipient.

Reiki helps to harmonize body, mind and spirit for yourself or anyone you want to help.

Reiki treatment

You relax, fully clothed, on a couch or seated while the healer holds his hands on or above you. A treatment can last an hour or longer depending on the treatment required. In the western world many practitioners use the standard hand positions and commonly a full treatment is given covering all the important organs of the body.

There is no pressure on the body making it ideal for treating all ages and conditions, sometimes hands are even held away from the body. The energy flows wherever it is required (spiritually guided) and can normally be felt as a warm sensation or tingling in the body. Receiving Reiki is a very relaxing and soothing experience!

Reiki is an effective healing method

Reiki can be used for many ailments like reducing stress, relieving pain, headaches, stomach upsets, back problems, asthma - respiratory problems, PMT, menstrual problems, sinus, anxiety and many more. You can find treatment suggestions for specific problems under the button "[How to use Reiki](#)". (Please observe that Reiki should never be used instead of medical



treatment, it should be used as a compliment and a way to become and remain healthy.)

There is no belief system attached to Reiki so anyone can receive a Reiki treatment or a Reiki attunement. As in any healing the first step towards a healthier life is a desire to be healed.

Reiki - a powerful and gentle healer

- Promotes natural self-healing
- Balances the energies in the body
- Balances the organs and glands
- Strengthens the immune system
- Treats symptoms and causes of illness
- Relieves pain
- Clears toxins
- Adapts to the natural needs of the receiver
- Enhances personal awareness
- Relaxes and reduces stress
- Promotes creativity
- Releases blocked and suppressed feelings
- Aids meditation and positive thinking
- Heals holistically

Reiki is easy to learn

Anyone can "learn" Reiki. The word learn is not quite right as most of us cannot just read about Reiki and then do it. The ability to use Reiki is normally given via an attunement or initiation. There are 3 levels of Reiki: Reiki 1 and 2 and the Master level. Once attuned Reiki is easy to use and your ability to use Reiki will never leave you!

Reiki Energy

Reiki in the words of the founder Mikao Usui

(translated from an interview)

From ancient times whenever someone develops a secret method the one would teach this to the people among family, as a legacy for the later generations of the family living. That idea, not to open to the public



and keep that sacred method in the family, is really the past century's bad custom.

In modern days we have to live together. That's going to be the basis of happiness, earnestly wanting social progress.

That's why I definitely won't allow to keep this for myself. Our Reiki Ryoho is a creative idea, which no one has developed before and there is nothing like this in this world. Therefore I am going to open this idea to anybody for the peoples benefit and welfare.

And everyone will receive the blessing from God. With this, expect everyone to have soul and oneness.

Our Reiki Ryoho is an original therapy method using the power based on Reiki, which is a universal power in the universe.

With this, first for human beings themselves to be strong and healthy. Then to improve the thoughts, to be mild and healthy, and human life to be pleasant.

Nowadays inside and outside of living we need improvement and restructuring away from illness and suffering, many fellows have worrying mind out of illness and accident.

I dare to openly teach this method.

Q. What is Usui Reiki Ryoho?

A. Graciously I have received Meiji Emperor's last injunctions. For achieving my teachings, training and improving physically and spiritually and walking in a right path as a human being, first we have to heal our spirit. Secondly we have to keep our body healthy. If our spirit is healthy and comformed to the truth, body will get healthy naturally. Usui Reiki Ryoho's missions are to lead peaceful and happy life, heal others and improve happiness of others and ourselves.

Q. Is there any similarity to hypnotism, Kiai method, religious method or any other methods?



A. No, there is no similarity to any of those methods. This method is to help body and spirit with intuitive power, which I've received after long and hard training.

Q. Then, is it psychic method of treatment?

A. Yes, you could say that. But you could also say it is physical method of treatment. The reason why is Ki and light are emanated from healer's body, especially from eyes, mouth and hands. So if healer stares or breathes on or strokes with hands at the affected area such as toothache, colic pain, stomachache, neuralgia, bruises, cuts, burns and other swellings with pain will be gone. However a chronic disease is not easy, it's needed some time. But a patient will feel improvement at the first treatment. There is a fact more than a novel how to explain this phenomenon with modern medicine. If you see the fact you would understand. Even people who use sophistry can not ignore the fact.

Q. Do I have to believe in Usui Reiki Ryoho to get better result?

A. No. It's not like a psychological method of treatment or hypnosis or other kind of mental method. There is no need to have a consent or admiration. It doesn't matter if you doubt, reject or deny it. For example, it is effective to children and very ill people who are not aware of any consciousness, such as a doubt, rejection or denying. There may be one out of ten who believes in my method before a treatment. Most of them learn the benefit after first treatment then they believe in the method.

Q. Can any illness be cured by Usui Reiki Ryoho?

A. Any illness such as psychological or an organic disease can be cured by this method.

Q. Does Usui Reiki Ryoho only heal illness?

A. No. Usui Reiki Ryoho does not only heal illness. Mental illness such as agony, weakness, timidity, irresolution, nervousness and other bad habit can be corrected. Then you are able to lead happy life and heal



others with mind of God or Buddha. That becomes principle object.

Q. How does Usui Reiki Ryoho work?

A. I've never been given this method by anybody nor studied to get psychic power to heal. I accidentally realized that I have received healing power when I felt the air in mysterious way during fasting. So I have a hard time explaining exactly even I am the founder. Scholars and men of intelligence have been studying this phenomenon but modern science can't solve it. But I believe that day will come naturally.

Q. Does Usui Reiki Ryoho use any medicine and are there any side effects?

A. Never uses medical equipment. Staring at affected area, breathing onto it, stroking with hands, laying on of hands and patting lightly with hands are the way of treatment.

Q. Do I need to have knowledge of medicine?

A. My method is beyond a modern science so you do not need knowledge of medicine. If brain disease occurs, I treat a head. If it's a stomachache, I treat a stomach. If it's an eye disease, I treat eyes. You don't have to take bitter medicine or stand for hot moxa treatment. It takes short time for a treatment with staring at affected area or breathing onto it or laying on of hands or stroking with hands. These are the reason why my method is very original.

Q. What do famous medical scientists think of this method?

A. The famous medical scientists seem very reasonable. European medical scientists have severe criticism towards medicine.

To return to the subject, Dr. Nagai of Teikoku Medical University says, "we as doctors do diagnose, record and comprehend illnesses but we don't know how to treat them."



Dr. Kondo says, "it is not true that medical science made a great progress. It is the biggest fault in the modern medical science that we don't take notice of psychological affect.

Dr. Kuga says, "it is a fact that psychological therapy and other kind of healing treatment done by healers without doctor's training works better than doctors, depending on type of illnesses or patient's personality or application of treatment. Also the doctors who try to repel and exclude psychological healers without doctor's training are narrow-minded.

From Nihon Iji Shinpo

It is obvious fact that, doctors, medical scientists and pharmacists recognize the affect of my method and become a pupil.

Q. What is the government's reaction?

A. On February 6th, 1922, at the Standing Committee on Budget of House of Representatives, a member of the Diet Dr. Matsushita asked for government's view about the fact that people who do not have doctor's training have been treating many patients with psychological or spiritual method of treatment.

Mr. Ushio, a government delegate says, "a little over 10 years ago people thought hypnosis is a work of long-nosed goblin but nowadays study has been done and it's applied to mentally ill patients. It is very difficult to solve human intellect with just science. Doctors follow the instruction how to treat patients by medical science, but it's not a medical treatment such as electric therapy or just touching with hands to all illnesses." So my Usui Reiki Ryoho does not violate the Medical Practitioners Law or Shin-Kyu (acupuncture and moxa treatment) Management Regulation.

Q. People would think that this kind of healing power is gifted to the selected people, not by training.

A. No, that isn't true. Every existence has healing power. Plants, trees, animals, fish and insects, but



especially a human as the lord of creation has remarkable power. Usui Reiki Ryoho is materialized the healing power that human has.

Q. Then, can anybody receive Denju (first teaching) of Usui Reiki Ryoho?

A. Of course, a man, woman, young or old, people with knowledge or without knowledge, anybody who has a common sense can receive the power accurately in a short time and can heal selves and others. I have taught to more than one thousand people but no one is failed. Everyone is able to heal illness with just Shoden. You may think it is inscrutable to get the healing power in a short time but it is reasonable. It's the feature of my method that heals difficult illnesses easily.

Q. If I can heal others, can I heal myself?

A. If you can't heal yourself, how can you heal others.

Q. How can I receive Okuden?

A. Okuden includes Hasureiho, patting with hands method, stroking with hands method, pressing with hands method, telesthetic method and propensity method. I will teach it to people who have learned Shoden and who are good students, good conduct and enthusiasts.

Q. Is there higher level more than Okuden?

A. Yes, there is a level called Shinpi-den

What is it? How does it heal?

by William Lee Rand

The word Reiki is composed of two Japanese words - Rei and Ki. When translating Japanese into English we must keep in mind that an exact translation is difficult. The Japanese language has many levels of meaning. Therefore the context the word is being used in must be kept in mind when attempting to communicate its essence. Because these



words are used in a spiritual healing context, a Japanese/English dictionary does not provide the depth of meaning we seek, as its definitions are based on common everyday Japanese. As an example, Rei is often defined as ghost and Ki as vapor and while these words vaguely point in the direction of meaning we seek, they fall far short of the understanding that is needed.

When seeking a definition from a more spiritual context, we find that Rei can be defined as the Higher Intelligence that guides the creation and functioning of the universe. Rei is a subtle wisdom that permeates everything, both animate and inanimate. This subtle wisdom guides the evolution of all creation ranging from the unfolding of galaxies to the development of life. On a human level, it is available to help us in times of need and to act as a source of guidance in our lives. Because of its infinite nature, it is all knowing. Rei is also called God and has many other names depending on the culture that has named it.

Ki is the non-physical energy that animates all living things. Ki is flowing in everything that is alive including plants, animals and humans. When a person's Ki is high, they will feel strong, confident, and ready to enjoy life and take on it's challenges. When it is low, they will feel weak and are more likely to get sick. We receive Ki from the air we breath, from food, sunshine, and from sleep. It is also possible to increase our Ki by using breathing exercises and meditation. When a person dies, their Ki leaves the physical body. Ki is also the Chi of China, the prana of India, the Ti or Ki of the Hawaiians, and has also been called odic force, orgone, bioplasma and life force.

With the above information in mind, Reiki can be defined as a non-physical healing energy made up of life force energy that is guided by the Higher Intelligence, or spiritually guided life force energy. This is a functional definition as it closely parallels the experience of those who practice Reiki in that Reiki energy seems to have an intelligence of its own flowing where it is needed in the client and creating the healing conditions necessary for the individuals needs. It cannot be guided by the mind,



therefore it is not limited by the experience or ability of the practitioner. Nether can it be misused as it always creates a healing effect. (It must be kept in mind that Reiki is not the same as simple life force energy as life force energy by itself can be influenced by the mind and because of this, can create benefit as well as cause problems including ill health.)

The source or cause of health comes from the Ki that flows through and around the individual rather than from the functional condition of the physical organs and tissues. It is Ki that animates the physical organs and tissues as it flows through them and therefore is responsible for creating a healthy condition. If the flow of Ki is disrupted, the physical organs and tissues will be adversely affected. Therefore, it is a disruption in the flow of Ki that is the main cause of illness.

An important attribute of Ki is that it responds to ones thoughts and feelings. Ki will flow more strongly or be weakened in its action depending on the quality of ones thoughts and feelings. It is our negative thoughts and feelings that are the main cause of restriction in the flow of Ki. All negative or dis-harmonious thoughts or feelings will cause a disruption in the flow of Ki. Even Western medicine recognizes the role played by the mind in creating illness and some Western doctors state that as much as 98% of illness is caused directly or indirectly by the mind.

It must be understood that the mind exists not only in the brain, but also through-out the body. The nervous system extends to every organ and tissue in the body and so the mind exists here also. It is also known that the mind even extends outside the body in a subtle energy field 2 to 3 feet thick called the aura. Because of this, it is more appropriate to call our mind a mind/body as the mind and body are so closely linked.

Therefore, our negative thoughts are not just in the brain, but also collect in various locations through-out the body and in the aura. The places where negative thoughts and feelings collect is where Ki is restricted in its flow. The



physical organs that exist at these locations are restricted in their functioning. If the negative thoughts and feelings are not eliminated quickly, illness results.

The negative thoughts and feelings that are lodged in the unconscious mind/body are the greatest problem as we are not aware of them and therefore, are we are greatly hampered in changing or eliminating them.

The great value of Reiki is that because it is guided by the Higher Intelligence, it knows exactly where to go and how to respond to restrictions in the flow of Ki. It can work directly in the unconscious parts of the mind/body which contain negative Ki-inhibiting thoughts and feelings and eliminate them. As Reiki flows through a sick or unhealthy area, it breaks up and washes away any negative thoughts or feelings lodged in the unconscious mind/body thus allowing a normal healthy flow of Ki to resume. As this happens, the unhealthy physical organs and tissues become properly nourished with Ki and begin functioning in a balanced healthy way thus replacing illness with health.

This non-invasive, completely benign healing technique is becoming more and more popular. As western medicine continues to explore alternative methods of healing, Reiki is destined to play an important role as an accepted and valued healing practice.

What is REIKI? Who can Learn it?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which



is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit and creates many beneficial effects including relaxation and feelings of peace, security and well-being. Many have reported miraculous results.

Reiki does not depend on one's intellectual capacity or spiritual development and therefore is available to everyone.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

An amazingly simple technique to learn, the ability to use Reiki is not taught in the usual sense, but is transferred to the student during a Reiki class. This ability is passed on during an "attunement" given by a Reiki master and allows the student to tap into an unlimited supply of "life force energy" to improve one's health and enhance the quality of life.

Its use is not dependent on one's intellectual capacity or spiritual development and therefore is available to everyone. It has been successfully taught to thousands of people of all ages and backgrounds.



What is the History of REIKI?

Reiki In Japan

The Usui Reiki Ryoho Gakkai

Dr. Usui started a Reiki organization in Japan soon after rediscovering Reiki. He was the first president. After he died, he was followed by a succession of presidents: Mr. Ushida, Mr. Ichi Taketome, Mr. Yoshiharu Watanabe, Mr. Toyoichi Wanami, Ms. Kimiko Koyama and the current successor to Dr. Usui as of 1998 is Mr. Kondo. Contrary to what has been said by some in the west, there is no "lineage bearer" or "Grandmaster" in the system of healing started by Dr. Usui, only the succession of presidents listed above. While Dr. Hayashi was a respected Reiki master, he was never in charge of the Usui system of Reiki.

Reiki is a generic word in Japan, and is used to describe many types of healing and spiritual work. It is not exclusive to the system of healing based on Dr. Usui's method. The system of healing that evolved from Dr. Usui's method is called the Usui System of Natural Healing or Usui Reiki Ryoho.

Origins

There has been a lot of speculation about where Reiki came from, but there has been little confirmation of most of these theories. Some say that Reiki originated from Buddhism or that it contains Buddhist concepts or techniques. I spoke with a Japanese Reiki master who is also a Buddhist and has done a lot of his own historical research into Reiki in Japan. He said that he could see no connection between Reiki and Buddhism and that he felt that Reiki is religiously neutral. While Dr. Usui may have been a Buddhist, he had also studied Christianity and had lived with a Christian family for a time. It is clear he had a very broad background in many religious teachings and philosophies

The clearest and most authentic understanding we have been able to discover is that Dr. Usui originated the system of healing he taught and practiced based on his mystical



experience on Mt. Kurama and by making use of his studies in many different areas of knowledge. It has no connection to Buddhism or any other religion. This is validated by his own writing in which he says, "Our Reiki Ryoho is something absolutely original and cannot be compared with any other (spiritual) path in the world." (Taken from his Reiki Ryoho Handbook)

Reiki in the West

After coming to the west, the Usui System of Natural Healing has evolved over time. In its current state, it is much more organized and structured than the simple, flexible, intuitive method practiced by Dr. Usui. The following is a description of the evolution of the Usui System of Reiki.

During his mystical experience on Mt. Kurama, Dr. Usui received the ability to do Reiki treatments. Later he added the Reiki Ideals. Dr. Hayashi added the standard hand positions, the three degrees and their attunement processes. Mrs. Takata added the fee structure previously mentioned. The required waiting periods between classes were added by several of Mrs. Takata's Masters after she passed on. Actually according to Mrs. Yamaguchi who became a Reiki teacher under Dr. Hayashi, Dr. Hayashi taught that Reiki treatments should be given for free. This is why he taught mostly to wealthy students who could afford to practice without charging money. So, while some say payment must be received, we know that this is not a requirement and that it is really up to the practitioner to decide if they want to charge a fee or not for Reiki treatments.

After Mrs. Takata's transition, a few teachers began making changes in the way they taught Reiki. Most of the changes were beneficial, and included the addition of knowledge and healing skills the teachers had learned from other systems or had acquired from inner guidance. However, some changes were restrictive, making it more difficult for students to progress. Some took the Third Degree and divided it into several small parts, calling each new part a



new Degree and charging additional money. Often, the fact that they had modified the Usui system was not mentioned and when their students became teachers, they began teaching what they thought was pure Usui Reiki when in fact it was not. In this way, many varieties of Reiki have developed with some thinking they have the only authentic version of Reiki when actually what they are teaching is a modified form. Much of the information on the web about the history of Usui Reiki and how it is taught and practiced has not been well researched and people are simply publishing anything they have heard without attempting to find the source or check references.

The editors of this FAQ and The International Center for Reiki Training which provided much of the source material for this FAQ support all Reiki schools which adhere to the original spirit of Reiki. See our Purpose and Philosophy and The Reiki Ideals - The Ethical Principles of Reiki. At the same time, we encourage all those researching Reiki to understand that not everything published on the web about Reiki has been researched and one needs to find authentic sources if one is to gain a clear understanding of the Usui Reiki Ryoho.

What is Possible for a Reiki Master?

by William Lee Rand

Because of the nature of the master level and the energies that become available to us, being a Reiki master can be an ongoing process involving continuous personal growth. With the master attunement and the use of the master symbol, we receive the opportunity to open more and more completely to the limitless potential of Reiki and to develop in ourselves the qualities that are contained in the Reiki energy. Consider all the aspects of Reiki energy - besides the potential to heal virtually all illness, it also contains unlimited love, joy, peace, compassion, wisdom, abundance and even more. We know these are the qualities



of Reiki because people experience them when giving or receiving Reiki treatments. They are especially apparent when we meditate on the source of Reiki. When doing so, many are lifted up into a safe place where they feel completely cared for and become aware of the wonderful possibilities that can come from within.

When we contemplate these things it is easy to become overwhelmed with optimism and the confident understanding that all challenges in life can be met and that our lives can be a glorious experience. The Japanese name for the master level of Reiki is Shinpiden which means "Mystery Teaching." The mystery which is spoken of is the mystery of God's love, wisdom and power. It is a mystery because God has no boundaries; all the attributes of God including wonder, beauty and grace extend far beyond our ability to comprehend. No matter how developed we become, in this life or in any future level of existence, we will never fully understand it. This is why it is and will always remain a wonderful mystery.

When we receive the Usui master symbol and the attunement that empowers it, it creates the possibility for us to become aware of the Ultimate Reality. This is expressed in the definition of the Usui master symbol which indicates that it represents that part of the self that is already completely enlightened! When we use the master symbol, we are actually connecting with our own enlightened selves. This in fact, is the true source of Reiki energy - it actually comes from the deepest and most important part of our own nature, our own enlightened self!. While it may appear to some to come from outside ourselves appearing to come down through the crown chakra, this is actually an illusion and only appears this way because of our limited awareness.

Reiki comes to us by the Grace of God and it is this same Grace that heals us and fosters our personal growth. Yet development does not take place automatically. Reiki respects our free will and does not force development on us, but if we seek it and intend it, and use Reiki for this purpose, then certainly, we will be guided into a greater



healing experience. Try this experiment. Begin doing Reiki on yourself using the master symbol with your hands in any position that is comfortable. (If you are not a Reiki master but have level I or II, try it anyway without the master symbol.) Then meditate on this affirmation. "I surrender completely to the Reiki energy and the source from which it comes." Repeat this affirmation over and over, then as the Reiki energy continues to flow, with your inner eye, look for the source of Reiki, either within yourself or above.

By doing this, you will have many important experiences. These are likely to include becoming more aware of how Reiki is working within you and feeling it's amazing qualities. New possibilities for personal growth will be presented and you will be invited to participate in life in a more meaningful way. As your awareness moves closer and closer to the source, you will become aware of amazing insights and have ever increasing experiences of joy, security and peace. This is a wonderful exercise and well worth the time. I suggest you do this everyday and as you do so, these experiences will become stronger. Then, if you choose to accept the healing changes that are presented, deep healing will begin taking place and you will also begin receiving guidance about how to improve your life. While this meditation is simple, it is also very powerful and can lead you into a very happy and healthy state of mind, creating lasting changes that will form the foundation of a more worthwhile life.

Reiki can guide you in ways to make it's healing power more beneficial and to heal more deeply. And at the same time, it is possible that Reiki will guide you to other healing techniques that are exactly right for you to use in addition to Reiki. You may also receive guidance about changes you need to make that require you to take action. Your ability to make decisions can improve, making it very easy to decide exactly what you need, who to associate with, where to work, etc. and this could result in an entirely new direction for your life!



When you are involved in the healing process, a good way to determine your progress is to use your outer world as an indication of your inner development. This works because we manifest our entire experience through our thoughts and intentions - both conscious and unconscious. When we experience something in our lives, it is because some part of our being has created it. When we accept this idea, and take complete responsibility for what takes place in our lives we enter a very powerful place. We can then change the things that are not healthy and improve every aspect of our lives.

If your outer world contains positive experiences, and you are enjoying your life, this means that your inner world is in a similar state. The reverse is also true, so when we experience painful things or are disappointed or experience things that foster fear, worry or doubt, this is also because some part of our inner being is out of balance and needs healing. If something unpleasant or unwanted takes place in your life, rather than blaming other people or circumstances outside yourself, direct your attention inward and look for the part of yourself that has created this unpleasant event. Then use your Reiki healing skills to nurture and heal this part. When you do this, the unpleasant experiences will stop and be replaced by healthy positive experiences.

As we continue on our healing path, we will become aware of a level of consciousness that resides deep within each of us that can bring a wonderful new way of living. It creates a new attitude that is entirely positive and brings with it the ability to solve many problems and create positive results that previously we did not think possible. This higher consciousness is what Jesus was experiencing when he performed miracles and when he had a profoundly positive effect on those around him.

This new consciousness is coming to many people now and in a short time will become the normal state for most of the people on earth. You might say that it is a higher aspect of Reiki consciousness, but it has gone by many names and it is becoming more and more available to all of us. Jesus spoke of it as the second coming of Christ and I believe that



he did not mean that Jesus would return to earth as he did 2000 years ago, but that the spirit of the Christ would become available to all of us.

This Christ consciousness is not limited to those of the Christian religion, but is available to members of all religions and spiritual paths. In fact, this higher way of manifesting our lives has been part of all religious practices and has gone by many names depending on which religious or spiritual group named it. A breakthrough like this is possible with Reiki, so I encourage you to accept this possibility and work with it. Let us release all desire to hold onto negative ways that limit our happiness, but instead, embrace the inner light of Reiki. Within the source of Reiki resides the love of the universe. Those who focus on this love, and surrender to it's healing power are opening to wonderful changes that will lead not only to peace within, but to peace on earth.

History of:

Reiki

There are many variations to the history of Reiki. The version originally handed down left many of us feeling incomplete, as the story was unverified and seemed riddled with myth. Much research has been undertaken to discern the true roots of the beautiful Reiki tradition.

Japanese Reiki Masters Arjava Petter (Reiki Fire) and Ms. Shizuko Akimoto, along with Usui Sensei's early initiates Mr. Oishi and Fumio Ogawa and members of Tokyo's original Reiki organization, Usui Reiki Ryoho, are credited with the following, more accurate portrayal of Reiki history. Their work, brought together by William Rand of the Center for Reiki Training in Michigan, gifts us with this more credible version of Sensei Usui's motivation to rediscover and teach this healing system to others.

I have herewith meshed their information with my own to



present you with a more authentic history of this wonderful healing modality.



Reiki Founder

Sensei Mikao Usui

靈氣



The Sensei Usui Memorial

Mikao Usui

August 15, 1864 - March 9, 1926

Born in **Yago, Japan**, Sensei Usui lived a quest for gathering Spiritual Truth. Some histories indicate that as an adult, he traveled to Western countries and China to study and implement what he learned. He delved into Buddhism, which initiated a fascination with the Buddha's ability to heal physical illness. Later in his life, when things were not going well, the Sensei traveled to Mt. Kurama, a giant cedar forest outside Kyoto, to pray and meditate. Upon Mt. Kurama rests a Buddhist Temple established in 770AD by a Priest named Gantei in honor of Bishamon-ten, the Spirit of the Sun . It was there that Dr. Usui dedicated himself for twenty-one days.

Initiation

On the first day he piled 21 stones and each dawn he tossed one away, in this manner keeping track of the length of his stay. On the twenty first day, after tossing the last stone, he looked to the horizon and saw a beam of light coming



towards him. The light had consciousness and asked if he was willing to receive the healing information that the light had to offer. Willing, the beam struck him in his forehead, knocking him unconscious. In this state he was shown colored bubbles of light, inside of which were symbols. As he meditated upon them, he obtained the knowledge of and the right to use these symbols in healing. It was in this way that Dr. Usui was initiated into the use of healing energy. He soon discovered that this wonderful energy not only heals the physical and emotional bodies, it also awakens spiritual gifts, balances the spirit and helps one to achieve overall inner peace and happiness.

Dr. Usui Develops And Teaches Reiki

Dr. Usui named his healing system Reiki, and created a healing society and clinic in Tokyo in April, 1921, where he gave treatments and taught classes. His organization was and is still named Usui Reiki Ryoho Gakkei. He formulated and taught Reiki in three degrees: Shoden (First Teaching), Okuden (Inner Teaching) and Shinpiden (Mystery Teaching). He also created the Reiki Attunement ritual, which a Master uses to initiate a student into the Reiki energy. It's interesting that the symbol for mental/emotional healing taught in the second level of Reiki resembles the love symbol as it's used in the aforementioned Buddhist Temple. The Reiki Master symbol resembles the one used to represent Sonten, the Supreme Deity in the Temple. It seems clear that the mysteries of many symbols and philosophies were incorporated into the wonderful system of Reiki.

In September, 1923 an earthquake devastated Tokyo, and Dr. Usui took Reiki into the city to help heal survivors (**original earthquake pictures**). Word of his gift for healing spread over Japan, and he traveled throughout his country providing help wherever he could. He dedicated the rest of his life to healing, and died from a stroke in Fukayama on March 9th, 1926, at the age of 62.



Basic Philosophy ~ Lineages

Sensei Usui was a warm, gentle and humble man. *He didn't establish a mandatory fee for Reiki classes or sessions*, and sometimes gave them free of charge. His philosophy was that to teach Reiki and acquire the peaceful state of the sages, one needed to meditate upon and follow the principles of the Meiji Emperor. In brief these principles are: 1) Don't get angry today. 2) Don't worry today. 3) Be grateful today. 4) Work hard today (meditative practice). 5) Be kind today. He taught that anyone can access Reiki, because it's found within your Self!

Dr. Usui gave the Master Teacher Attunement to sixteen persons, many of whom taught and thereby created Dr. Usui's lineages. One student who was influential in the spread of Reiki to the West was Dr. Chuujuru Hayashi.

A 4' wide by 10' tall memorial was constructed for Sensei Usui by the Usui Reiki Ryoho Gakkei. Upon it is inscribed in Japanese Kanji the story of his life and purpose written by Mr. Okata and Mr. Ushida, who succeeded Sensai Usui as President of the organization. The Memorial is located next to his gravestone in a public cemetery at the Saihoji Temple in Tokyo, and is cared for by the members of the organization.

Where Is Reiki's Home?

It's important to understand that Reiki's home resides in Japan to this day, led by it's President, Mr. Kondo. In the Japanese Reiki tradition, there's no such title as "Grandmaster" or "Lineage Bearer". This title was created by a Reiki organization in the West, it refers only to the structure of their own organization, and holds no influence over Independent Reiki Masters and Practitioners.

Reiki is love. Attempts, in any shape or form, to control or own Reiki come from deep misunderstanding of what Reiki means to all of humanity.



Reiki history in change

The Reiki history as such is not changing but the information we have about Reiki and it's founder Dr Mikao Usui is constantly moving forward. Thanks to the work of Reiki Masters like Frank Arjava Petter, William L. Rand and many others we today get a more complete and factual information about Reiki. The facts and new information about Reiki in Japan is also helping the understanding of Reiki, it's history and methods.

"Reiki" with many origins

Hands on healing has been around for many centuries and has been known in many cultures. When you read about Reiki in books or on the Internet you will find several different theories about where Reiki came from: the stars, Lemuria, Atlantis, Egypt, India, Tibet etc. What we do know for a fact is that Reiki was "rediscovered" in Japan by Dr Mikao Usui during the beginning of the 20th century. For us westerners there are 3 persons that play a vital role in the history of Reiki: [Dr Mikao Usui](#), [Dr Hayashi](#), and [Mrs Hawayo Takata](#).

Reiki history in the western world

A couple of years ago we only had Mrs Takata's version of the Reiki story. This version is still widely taught although there seems to be many points in her story that cannot be verified. When Mrs Takata brought Reiki to the western world after Word War II I feel that it might have been possible that she had to modify and westernize the Reiki history to better suit the times. I will not relate Mrs Takata's version here but you can find many sites under "[Resources](#)" above with her version.

Reiki in Japan

It was for many years believed that the practice of Reiki had died out in Japan but now new information about Reiki in Japan is coming to light. The Japanese Reiki system is slightly different from the Reiki that is used in the west. Written and oral information is translated from Japanese as it becomes available, including Dr Usui's



manual. There are now a few books available covering these new findings.

Dr Usui, Dr Hyashi, Mrs Takata

As mentioned above these 3 persons play a very vital role in the spreading of Reiki in the western world. You can read the history about [Dr Usui](#), [Dr Hayashi](#) and [Mrs Takata](#) by clicking the respective links.

Foot note: It is not very easy to write about the history of Reiki since there seem to be a lot of different versions and translations of available information. One reason being that the Japanese written language leaves itself open for a subjective interpretation from the reader. What is true and what is not I have no way of confirming as I must rely on the accuracy of information and translations from others. After extensive research I am satisfied that this information is fairly accurate. If you have any suggestions please let me know!

Usui Sensei 1865 - 1926

Mikao Usui was the originator of what we today call Reiki. He was born on August 15th 1865 in the village of 'Taniai-mura' in the Yamagata district of Gifu prefecture Kyoto.

Mikao Usui probably came from a wealthy family as at that time only children from wealthy families could get a good education.

As a child he studied in a Tendai Buddhist monastery school entering at an early age. He was also a student of different martial arts. His memorial states that he was a talented hard working student, he liked to read and his knowledge of medicine, psychology, fortune telling and theology of religions around the world, including the Kyoten (Buddhist Bible) was vast. He married and his wife's name was Sadako, they had a son (born 1907) and daughter.

Usui sensei studied and traveled to western countries and China several times, this was encouraged during the Meiji Era and later, to learn and study western ways.



During his life Miako Usui held many different professions such as public servant, office worker, industrialist, reporter, politician's secretary, missionary, supervisor of convicts. He also worked as a private secretary to a politician Shimpei Goto, who was Secretary of the Railroad, Postmaster General and Secretary of the Interior and State.

At some point in his life he became a Tendai Buddhist Monk/Priest (what we in the west call a lay priest). On several occasions he took a form of meditation lasting 21 days. On his memorial it says that at one time this took place on Mount Kurama (Horse Saddle Mountain). This is where he is supposed to have been given the inspiration for his system of healing - Reiki. It is very likely that he incorporated ideas and knowledge about healing from other system, both spiritual and physical, like Chinese Medicine, other Eastern healing systems like Chi Gong, the Japanese equivalent Kiko, acupuncture and others.

Mikao Usui found that the healing techniques contained within his spiritual system worked well on various ailments. In April 1922 he opened his first school/clinic in Harajuku Tokyo. Usui had a small manual which is now translated into English and published by Western Reiki Master living in Japan, Frank Arjava Petter, under the title "The Original Reiki Handbook of Dr Mikao Usui"

Mikao Usui's skills as a healer and teacher must have been very good and his fame spread very quickly throughout Japan. This was a time of great change in Japan, opening up to the West and changes both in government and religion. His teachings became popular among the older people who saw them as a return to old ideals and spiritual practices.

His school/clinic was formed not just for the spiritual teachings but it was also a way for people to obtain healing. As people in general at this time in Japan's history were very poor, healing sessions were very cheap or free. According to Japanese history articles, healing and other similar practices at that time would be given for a minimal cost or more likely for free.



Reiki students seem to have worked with the teacher as a sort of payment (a small monetary fee might also have been involved).

The Usui teachings included teaching people how to heal themselves (a very central point still in Reiki of today). Healing would be given to them, then they were taught how to heal themselves.

In 1923 on the 1st of September an earthquake shook Tokyo and Yokohama, measuring 7.9 on the Richter scale. The epicenter was 50 miles from Tokyo. Over 140,000 deaths were reported. The majority were killed in the fires started by the earthquake. It was the greatest natural disaster in Japanese history. Mikao Usui and his students started to give healing in the area and the demand and need for Reiki was enormous and as a result of his work he became even more famous.

In 1925 Usui had become so busy that he had to open a new larger school outside Tokyo in Nakano. As he traveled widely his senior students would continue with his work when he was away from his school/clinic.

Dr Mikao Usui passed away on March 9th 1926 at the age of 62. He is buried in Saihoji Temple in Suginami-Ku, Tokyo. Later his students created and erected a large memorial stone next to his grave describing his life and work. Much of the new information about Usui Sensei comes from the translation of this memorial.

Three levels of teachings

Usui Sensei's teachings were divided into 6 levels, Shoden (4 levels), Okuden (2 levels) and Shinpi-den. The beginning level student (Shoden) had to work hard at increasing their own spirituality before being able to move on to the Okuden (inner teachings) level. Not many students reached the next level of Shinpi-den - Mystery/secret teachings.

It is reported that he had taught his system of healing to well over 2000 persons, and what we in the West call Reiki Masters (no such title existed in Japan at the time) to 15 - 17 persons.



Chujiro Hayashi 1878 - 1940

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

An ex-naval Officer in the Japanese Navy and a Naval Doctor who graduated Navy School in December 1902.

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

Following his first training he left the Usui school and started a small clinic in Tokyo named "Hayashi Reiki Kenkyu-kai", which had 8 beds and 16 healers. Practitioners worked in pairs of two to a bed giving treatments to patients.

Hayashi originally had seven to eight hand positions that covered the upper body only. These positions are based on the Eastern traditional healing methods (such as Chinese Medicine) that the "body" is the head and torso, the limbs are considered "external". When treating these positions, which cover major energy center's (acupuncture points), the energy will flow not only through the body but also to the arms and legs. (using meridians). Therefore it is only necessary to treat the head and torso in order to treat the entire body mind.

Usui Sensei used head positions only, then treated any problem area on the body. He also gave additional positions for treating specific conditions.

It seems that Hayashi may have adopted further hand positions and that these may have been the base for the hand positions used in the western world. These hand positions that cover the whole body gives a better overall flow of energy around and through the body.

Dr Hayashi compiled his own 40 page manual on how to use the hand positions for certain ailments. This manual may have been give to his students. During his work



with Reiki he initiated about 17 Reiki Masters including Mrs Takata.

Chujiro Hayashi ritually ended his life by committing Seppuku' on May 10th 1940.

Hawayo Takata 1900 - 1980

Reiki comes to the West

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

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 she traveled to Japan where her parents had moved to deliver the news. She also felt she could find help for her poor health in Japan. Here she came in contact with Dr Hayashi's clinic and she began receiving Reiki treatment.

Mrs. Takata received daily treatments twice a day and got progressively better. In four months, she was completely healed. Impressed by the results, she wanted to learn Reiki. In the Spring of 1936, Mrs. Takata received First Degree Reiki (Shoden). She worked with Dr. Hayashi for one year and then received Second Degree Reiki (Okuden).

Mrs. Takata returned to Hawaii in 1937. She was soon followed by Dr. Hayashi who came to help Mrs Takata 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 11th 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 twenty-two teachers have taught others. In the decade since Mrs. Takata experienced transition, Reiki has spread rapidly in the West and East and is now practiced throughout all parts of the world. There are now tens of thousands of Reiki Masters and millions of people practicing Reiki throughout the world.

The Development of Usui Reiki

The following three passages trace the story of Reiki as researched by William Lee Rand. A more detailed explanation can be found in his book, *Reiki, The Healing Touch*.



←Dr. Mikao Usui

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. Usui Sensei had an avid interest in learning and worked hard at his studies. He traveled to Europe and China to



further his education. His curriculum included medicine, psychology, and religion. 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 to Pei Gotoushin, head of the department of health and welfare who later became the Mayor of Tokyo. The connections Usui Sensei made at this job helped him to become a successful businessman. He ended up spontaneously receiving Reiki during a a mystical experience on Mt. Kurama.

In 1914 Usui's personal and business life was failing. As a sensitive spiritualist, Usui Sensei had spent much time meditating at power spots on Mt. Kurama. So he decided to travel to this holy mountain, where he enrolled in Isyu Guo, a twenty-one-day training course. 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. Kurama 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!

Please refer to Reiki, The Healing Touch, by William Lee Rand for a detailed description of Reiki and how Dr. Usui rediscovered it.



←Dr. Chujiro Hayashi

Dr. Hayashi was a retired naval officer. He received the Reiki Master initiation from Dr. Usui 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. Kurama. 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 procedures.

Hawayo Takata→

Reiki comes to the West. Hawayo Takata was born at dawn on December 24th, 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 two 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 had 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 doctor's 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
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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
Kay Yamashita (Takata's Sister)
Barbara Brown

The original twenty-two 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.

Experiencing REIKI

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, headache, colds, flu, sore throat, sunburn, fatigue, insomnia, impotence, poor memory, lack of confidence, etc. 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 altered states of consciousness and spiritual experiences. If



a client has a health condition, and wants to be treated with Reiki, it is recommended that they do so under the supervision of an enlightened medical doctor or other health care professional. Reiki will improve the results of all medical treatment, acting to reduce negative side effects, shorten healing time, reduce or eliminate pain, reduce stress, and help create optimism.

Finding Reiki Practitioners

If you are attracted to Reiki, the best place to learn more is to deeply experience Reiki.

If a practitioner is not available, you may wish to experiment with receiving Reiki long-distance. One option is to visit and experience the Global Reiki Healing Network pages at this site.

If possible, find a practitioner. The practice of Reiki is widespread. Many countries have practitioners in metropolitan areas -- if available, try investigating at health food stores and in holistic health or spiritual resource guides. See the Reiki Net Resources for links to Reiki practitioners and teachers. Some cities have Reiki sharing groups or clinics. (We will be posting a list of sharing groups at this site in the future.) Visiting such is an excellent way to meet Reiki people and learn with them.

Learning REIKI

Can Anyone Learn Reiki?

The ability to learn Reiki is not dependent on intellectual capacity, nor does one have to be able to meditate. It does not take years of practice. It is simply passed on from the teacher to the student. As soon as this happens, one has and can do Reiki. Because of this, it is easily learned by anyone.

Reiki is a pure form of healing not dependent on individual talent or acquired ability. Because of this, the personality of the healer is less likely to cloud the significance of the



experience. The feeling of being connected directly to God's healing love and protection is clearly apparent.

The Reiki Attunement



The REIKI Attunement is the major difference between Reiki and other hands-on healing methods. The REIKI Attunement is a gift of empowerment, a blessing of personal transformation from Spirit, the I AM, the Source, God, Goddess, or however you identify pure, ultimate Consciousness.

The Reiki Attunement is a formal ritual that celebrates the personal decision to align yourself to the Reiki 'frequency' of pure healing energy to bring health and balance into every aspect of your life and the lives of everyone around you.

Your Attunement is performed by a Reiki Master, who acts as the conduit for the blessing. While you sit in a chair, the Master begins the ceremony behind you, continues by coming in front and drawing/blowing sacred symbols into your aura, hands, and heart, and concludes the ritual standing behind you.

For those who've studied **Reiki on the internet with DovenStar**, the Attunement process is preceded with telephone contact to establish the sacred space for the ritual, the Attunement is performed psychically, followed with another telephone contact. We each create an alter/sacred space for your Attunement, I perform the ritual in front of mine as you sit in front of yours, and Spirit bestows the blessing of Attunement upon you the same as Spirit bestows the Attunement when we are together in the same room.



I read an opinion on a respected Reiki website that distance Attunements are incomplete, and that the fact has been verified clairvoyantly. There are many misunderstandings of Reiki inherent in that position. At the very least, it suggests that the Reiki Master, a human being, is the power behind the Attunement, and this just isn't so. Every Reiki process is guided by Spirit, and the recipient receives from an Attunement what is exactly right for them. To suggest that a Distance Attunement is lacking in any way is to suggest that Spirit is limited in It's power. I receive email after email from people I've initiated worldwide, expressing their joy and peace with Reiki, and describing what Reiki is doing in their lives and in the lives of those with whom they share their Reiki. Feel free to email for more information on how this is perfectly effective, and for testimonials concerning Distant Attunements.

Intuitive and/or emotional phenomenon may occur during an Attunement (visions, etc.), or one may sense nothing out of the ordinary. Since the Attunement experience is between you and Spirit, and is guided by Spirit, what occurs is just perfect for each person!

Following the Attunement, your Inner Healer is awakened, and blocks to the energy flow in the etheric field are loosened, dislodged, and/or removed. Continuous, lifelong, 21-day cleansing cycles begin which are often a very interesting process for a new Reiki Practitioner!

Another blessing of Attunement is that you receive new or additional Spiritual Guides. Your Guides are enlightened, evolved Beings who are experienced in healing with Reiki. Their delight is to develop a working relationship with you, assist in your healing sessions, and teach you the Reiki mysteries. Their guidance comes through in the form of increased intuition.

To experience a Reiki Attunement is to experience Unconditional Love, to open to a unique path of spiritual experience, and to join the blossoming Sisterhood/Brotherhood of Lightworkers in service to humanity.



Namaste

Reiki attunements/initiations

When attending a Reiki course the participant gets attuned/initiated by a Reiki master through a simple process, this opens him/her to receive and utilize more of the Universal Life Energy. The attunements have in themselves a very powerful balancing and healing effect. Since energy spins at different levels Reiki is normally split into 3 levels: Reiki 1, Reiki 2 and Master level.

Today many Reiki masters give Reiki 1 and Reiki 2 initiations in one weekend course. Personally I find that this method gives a more powerful attunement.

During the attunement/initiation process the Reiki master acts as a mirror to help the student adjust to the Reiki energy. This energy creates an open "channel" for the cosmic or universal life energy. From the top of the persons head and through this "channel" the energy flows down through the body and back out through the hands when Reiki is "given".

The Reiki attunement is almost always a very special spiritual experience for the receiver and sometimes also for the Master.

Reiki 1 - benefits physical body

The Reiki 1 attunement seems to mainly benefit the physical body in opening it up to channel more Reiki energy. Once attuned one will never lose the ability to use Reiki. In Reiki 1 the history of Reiki and the hand positions are taught. There are normally 4 initiations for Reiki 1 (depending on system there might be less initiations). A Reiki attunement takes about 20-30 minutes and is a very relaxing and beneficial experience.

Reiki 2 - benefits subtile body

The Reiki 2 attunement gives an even higher possible level of energy vibrations in the student. Here one also learns 3 Reiki symbols: The Power Symbol, The Mental Symbol and The Distance Symbol these can be used to help focus energy for specific purposes. For Reiki 2 there



is normally only one initiation. The Reiki 2 attunement seems to have the greatest effect on the subtle body also known in the western world as the Aura.

Reiki Master

This initiation is given to attune persons who have Reiki 2 and wish to be able to teach and initiate others into Reiki. In this process the vibration level of energy is once again raised and the Master symbol is taught. To become Reiki Master one does not have to dedicate oneself to teaching others, the Reiki Master level can be taken for your own pleasure or benefit.

Attunement

Reiki is not taught in the way other healing techniques are taught. It is transferred to the student by the Reiki Master during an attunement process. This process opens the crown, heart, and palm chakras and creates a special link between the student and the Reiki source.

The Reiki attunement is a powerful spiritual experience. The attunement energies are channeled into the student through the Reiki Master. The process is guided by the Reiki or God-consciousness and makes adjustments in the process depending on the needs of each student. The attunement is also attended by Reiki guides and other spiritual beings who help implement the process. Many report having mystical experiences involving personal messages, healings, visions, and past life experiences.

The attunement can also increase psychic sensitivity. Students often report experiences involving: opening of the third eye, increased intuitive awareness, and other psychic abilities after receiving a Reiki attunement.

Once you have received a Reiki attunement, you will have Reiki for the remainder of your life. It does not wear off and you can never lose it. While one attunement is all you need for each level to be attuned to that level, additional attunements bring benefit. Experimentation has found that additional attunements of the same level add to the value of that level. These benefits include refinement of the Reiki



energy one is channeling, increased strength of the energy, healing of personal problems, clarity of mind, increased psychic sensitivity, and a raised level of consciousness. At the Reiki support groups sponsored by the Center, additional attunements are usually given by someone who has taken Third degree Reiki, with no extra fee required.

The Reiki attunement can start a cleansing process that affects the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful. Therefore, a process of purification prior to the attunement is recommended to improve the benefit one receives. See below for specific instructions on preparing for an attunement.

Preparing for an Attunement

In order to improve the results you receive during the attunement, a process of purification is recommended. This will allow the attunement energies to work more efficiently and create greater benefits for you. The following steps are optional. Follow them if you feel guided to do so.

1. Refrain from eating meat, fowl or fish for three days prior to the attunement. These foods often contain drugs in the form of penicillin and female hormones and toxins in the form of pesticides and heavy metals that make your system sluggish and throw it out of balance.
2. Consider a water or juice fast for one to three days especially if you already are a vegetarian or have experience with fasting.
3. Minimize your use of coffee and caffeine drinks or stop completely. They create imbalances in the nervous and endocrine systems. Use no caffeine drinks on the day of the attunement.
4. Use no alcohol for at least three days prior to the attunement.



5. Minimize or stop using sweets. Eat no chocolate.
6. If you smoke, cut back, and smoke as little as possible on the day of the attunement.
7. Meditate an hour a day for a least a week using a style you are familiar with or simply spend this time in silence.
8. Reduce or eliminate time watching TV, listening to the radio, and reading newspapers.
9. Go for quiet walks, spend time with nature, and get moderate exercise.
10. Give more attention to the subtle impressions and sensations within and around; contemplate their meaning.
11. Release all anger, fear, jealousy, hate, worry, etc. up to the light. Create a sacred space within and around you.
12. By receiving an attunement you will become part of a group of people who are using Reiki to heal themselves, and each other, and who are working together to heal the Earth. You will also be receiving help from Reiki guides and other spiritual beings who are also working towards these goals. While Reiki is not a religion, you may prepare your mind with intention work and pray in a religious mode comfortable to you to prepare to open to higher spiritual energies and experiences.

The International Center for Reiki Training Attunement Process

The attunement process used by the Center in all Reiki classes is a combination of the Usui system and a special Tibetan technique. It is thought that Reiki originated in Tibet, therefore, the use of the Tibetan technique and symbols creates a stronger connection with the origins of



Reiki. The addition of the Tibetan attunement technique to the Usui system of attunements has greatly improved their quality. This unique attunement process was developed over time to be more powerful and to bring in a wider range of attunement energies than the original Usui system. In Reiki III the Usui/Tibetan method of giving attunements is taught along with the original Usui system of attunements.

Students wishing to practice the original Usui system of Reiki can easily do so as all additions to the Usui system are clearly explained in class.

Additions the Center has made to the original Usui system came from inner guidance and experience in spiritual development. They were added only after they had been thoroughly tested and were proven to enhance the Usui system.

Origin of the \$10,000.00 Fee

As time went by, Mrs. Takata contemplated the need to train other Reiki Masters. She realized that the Japanese concept of respect might be difficult to instill in the Western mind. Because Reiki Mastership is so easily learned, being simply passed on during the Reiki Master attunement, she felt that Westerners might not value it. So she devised a plan of charging a large sum of money for those wanting to become Reiki Masters. She felt that money was something that Western people understood and respected and this would help create the appreciation and gratitude for Reiki that was needed. She decided that \$10,000 would be a large enough sum to instill the respect needed for the Reiki Master attunement. She also set the fees for Reiki I at \$175 and Reiki II at \$500. These high fees have continued to be charged by some Reiki Masters, but many are now considering a lower fee structure that makes it possible for anyone who feels guided to do so to become a Reiki Master.

The International Center for Reiki Training offers classes for reasonable fees. For Reiki class and fee information see the Reiki Trainings page.



Choosing a Teacher

If a practitioner is not available, you may wish to go ahead and start with a class. If money is a problem, some teachers offer scholarships. If Reiki is right for you, you can find a way. Again, see the Reiki links below for possible connections.

Once you have found a teacher, the simplest and best advice is to follow your heart. Listen to your inner voice ... Is this connection right for me? If your approach is analytical, see the references at the end of the page. Or start asking questions ...

When you decide that you wish to the study Reiki, we recommend you consider the following questions in choosing a teacher.

Questions to Ask about Reiki Training

For yourself:

- Should I study Reiki at this time?
- Do I feel in my heart that I should study with this person?
- Is this person a good learning partner for me?
- Am I willing to commit to regular practice so that this method (indeed, any method!) may yield results?

For a Reiki teacher:

- What do you cover in your classes? How many hours of class time is there? How much time is instructional and how much is hands-on practice?
- Will this training initiate me into, or progress me within the Usui Reiki lineage? Ask them to explain their lineage.
- What should I expect from an attunement?
- What are your fees and why do some Masters charge large amounts of money?



- How long should I wait between levels of Reiki training?
- What is the availability for support from you or other Masters after I take this training?
- Is there a Reiki support group in my area, or can you help me establish one?
- Does the teacher respond in a loving manner that is supportive and empowering (for you)?

For our answers to many of these questions above about Reiki training, see the rest of this Reiki FAQ and these pages:

- Center Purpose and Philosophy
- Reiki Trainings

Growing with Reiki

Learning Reiki is a good starting point for experiencing and working with healing energy and a wonderful method for deepening awareness of universal energy. In general, Reiki complements other healing methods and spiritual practices. There are no hard and fast rules about how to approach starting Reiki and starting healing. Again, listen to your heart and you will be guided in choosing the right experiences and teacher(s) for you.



Once you have learned a healing technique, the work begins. To develop your understanding of, and sensitivity in, Reiki it is a good idea to devote time to regular practice, find a supportive teacher and practice group and pursue continuing study. Make sure that you arrange circumstances so that you can be nurtured in your healing and growth.



Keep your eyes on your goals, your mind in your heart and take things one step at a time.

Love and light to you in your journey.

The Reiki Kanji

For my own pleasure (and now yours) I have commissioned a master calligrapher, Eri Takase, to let her brush interpret the symbol for Reiki.

This piece of art is made in the semi cursive style of Japanese calligraphy which allows for a more flowing form of brush strokes. The top part stands for Rei (meaning universal, higher knowledge or spiritual consciousness) and the lower part Ki (meaning life force or life energy). Together they form Reiki (spiritually guided life energy).

Eri Takase is a master calligrapher and is ranked as such in Japan's most prestigious calligraphic society, the Bokuteki-kai. She has won several national calligraphy competitions in Japan and her works have been displayed in the Osaka Museum of Arts.

REIKI Questions & Answers

Q. Where does Reiki energy come from?

A. Reiki energy is a subtle energy. It is different than electricity or chemical energy or other kinds of physical energy. Reiki energy comes from the Higher Power, which exists on a higher dimension than the physical world we are familiar with. When viewed clairvoyantly, Reiki energy appears to come down from above and to enter the top of the practitioners head after which it flows through the body and out the hands. It appears to flow this way because of our perspective. However, the true source of Reiki energy is within ourselves. This does not mean that we use our personal energy when we do Reiki, but that the energy is coming from a transcendental part of ourselves that is connected to an infinite supply of healing energy.



Q. Is Reiki a Religion?

A. Although Reiki energy is spiritual in nature, Reiki is not a religion. Practitioners are not asked to change any religious or spiritual beliefs they may have. They are free to continue believing anything they choose and are encouraged to make their own decisions concerning the nature of their religious practices.

Q. How is a Reiki treatment given?

A. In a standard treatment Reiki energy flows from the practitioners hands into the client. The client is usually laying on a massage table but treatments can also be given while the client is seated or even standing. The client remains fully clothed. The practitioner places her/his hands on or near the clients body in a series of hand positions. These include positions around the head and shoulders, the stomach, and feet. Other, more specific positions may be used based on the clients needs. Each position is held for three to ten minutes depending on how much Reiki the client needs at each position. The whole treatment usually lasts between 45 and 90 minutes.

Q. What does a Reiki treatment feel like?

A. What one experiences during a Reiki treatment varies somewhat from person to person. However, feelings of deep relaxation are usually felt by all. In addition, many feel a wonderful glowing radiance that flows through and surrounds the them. As the Reiki energy encourages one to let go of all tension, anxiety, fear or other negative feelings a state of peace and well-being is experienced. Some drift off to sleep or report floating outside their bodies or have visions and other mystical experiences. At the end of the treatment, one feels refreshed with a more positive, balanced outlook.

Q. What can be treated with Reiki?

A. Reiki has had a positive affect on all forms of illness and negative conditions. This includes minor things like head or



stomach aches, bee stings, colds, flu, tension and anxiety as well as serious illness like heart disease, cancer, leukemia, etc. The side effects of regular medical treatments have also been reduced or eliminated. This includes the negative effects of chemotherapy, post operative pain and depression as well as improving the healing rate and reducing the time needed to stay in the hospital. Reiki always helps and in some cases people have experienced complete healings which have been confirmed by medical tests before and after the Reiki treatments. However, while some have experienced miracles, they cannot be guaranteed. Stress reduction with some improvement in ones physical and psychological condition are what most experience.

Q. Does one have to stop seeing a regular doctor or psychologist in order to receive a Reiki treatment?

A. No. Reiki works in conjunction with regular medical or psychological treatment. If one has a medical or psychological condition, it is recommended that one see a licensed health care professional in addition to receiving Reiki treatments. Reiki energy works in harmony with all other forms of healing, including drugs, surgery, psychological care or any other method of alternative care and will improve the results.

Q. Who can learn to do Reiki?

A. Reiki is a very simple technique to learn and is not dependent on one having any prior experience with healing, meditation or any other kind of training. It has been successfully learned by over one million people from all walks of life, both young and old. The reason it is so easy to learn is that it is not taught in the usual way something is taught. The ability to do Reiki is simply transferred from the teacher to the student through a process called an attunement that takes place during a Reiki class. As soon as one receives an attunement, they have the ability to do Reiki and after that whenever one places their hands on themselves or on another person with the intention of doing Reiki, the healing energy will automatically begin flowing.



Q. How long does it take to learn Reiki?

A. A beginning Reiki class is taught on a weekend. The class can be one or two days long. I recommend that the minimum time necessary be at least six to seven hours. Along with the attunement, it is necessary that the student be shown how to give treatments and also to practice giving treatments in class.

Q. What is a Reiki attunement?

A. A Reiki attunement is the process by which a person receives the ability to give Reiki treatments. The attunement is administered by the Reiki Master during the Reiki class. During the attunement, the Reiki Master will touch the students head, shoulders, and hands and use one or more special breathing techniques. The attunement energies will flow through the Reiki Master and into the student. These special energies are guided by the Higher Power and make adjustments in the students energy pathways and connect the student to the source of Reiki. Because the energetic aspect of the attunement is guided by the Higher Power, it adjusts itself to be exactly right for each student. During the attunement, some students feel warmth in the hands, others may see colors or have visions of spiritual beings. However, it is not necessary to have an inner experience for the attunement to have worked. Most simply feel more relaxed.

Q. Can I treat myself?

A. Yes, once you have received the attunement, you can treat yourself as well as others. This is one of the unique features of Reiki.

Q. I have heard that Reiki can be sent to others at a distance. How does this work?



A. Yes, in Reiki II, you are given three Reiki symbols. These symbols are empowered by the Reiki II attunement. One of these symbols is for distant healing. By using a picture of the person you would like to send Reiki to or by writing the person's name on a piece of paper or simply by thinking of the person and also activating the distant symbol, you can send Reiki to them no matter where they are. They could be hundreds of miles away, but it makes no difference. The Reiki energy will go to them and treat them. You can also send Reiki to crisis situations or world leaders and the Reiki energy will help them too.

Q. How many levels are there to the Reiki training?

A. In the Usui/Tibetan system of Reiki taught by the Center, there are four levels. These include one, two, Advanced and Master.

Q. What does it feel like to give a treatment?

A. When giving a Reiki treatment, the Reiki energy flows through the practitioner before leaving the hands and flowing into the client. Because of this, the practitioner receives a treatment also. As the Reiki energy flows through the practitioner, she/he will feel more relaxed and uplifted. Spiritual experiences sometimes take place. The practitioner sometimes receives insights about what the client needs to know to heal more deeply.

Q. How do I find a Reiki teacher that is right for me?

A. Reiki teachers or Masters advertise in many magazines and also post notices at health food stores, new age bookstores and other places. Once you find a Reiki teacher or practitioner you are interested in receiving training or a treatment from, it is a good idea to ask them some important questions. Here are a few that will give you additional information to make a choice.

- How long have you been working with Reiki?
What training have you had? How often do you



teach? How do you personally use Reiki? What is your lineage?

- What qualifications are required to take Reiki Training?
- What do you cover in your classes? How many hours of class time is included? How much time is instructional, and how much is hands on practice?
- What are the specific things I will be able to do after taking the training?
- What are your fees, and will I get a certificate and a manual?
- Can I take notes and tape record the class?
- How many symbols will I learn?
- Is there a Reiki support group in my area or can you help me establish one?
- Will you openly support me in being a successful Reiki practitioner or Master?
- Do you have a positive respectful attitude toward other Reiki practitioners and Masters regardless of lineage or affiliation?

Be aware of how you feel about their answers and if they are responding in a loving manner that is supportive and empowering. Listen to your heart and you will be guided to the right teacher or practitioner.

Q. Can children learn Reiki?

A. Yes, Reiki can be taught to anyone. I recommend that a child be old enough to understand what Reiki is and that the child request to receive Reiki.

Q. Is it safe for pregnant woman?



A. Since Reiki is guided by the Higher Power, the Reiki energy will know the condition of the client or student and adjust appropriately. Reiki can only do good. Many pregnant women have received treatments with great benefit to them and their unborn child. It has also been used during child birth. Pregnant women have also taken the Reiki training and received the Reiki attunement with beneficial results.

Q. What about babies?

A. Babies love Reiki. It is very healthy for them. Do not worry about it being too strong. Reiki automatically adjusts to what the baby needs.

Q. Can I treat animals or plants?

A. Animals love Reiki too. They seem to have a natural understanding of what Reiki is and its benefits. Once a pet has received a Reiki treatment, they will often let you know that they want more. Plants also respond well to Reiki.

Q. Are there any side effects from a Reiki treatment?

A. Most of the time a person will feel relaxed and uplifted by a Reiki treatment. However, sometimes a person will have what is called a healing crisis. As a person's vibration goes up, toxins that have been stored in the body will be released into the blood stream to be filtered by the liver and kidneys and removed from the system. When this happens, sometimes a person can get a headache or stomach ache or feel weak. If this happens, it is a good idea to drink more water, eat lighter meals and get more rest. The body is cleansing as part of the healing process so this is a good sign.

Q. Can it be used to help groups of people or even global crises?

A. Yes, this is one of the wonderful benefits of Reiki and is why it is such a wonderful technique for the new millennium. It allows individuals and groups to do



something positive about the challenging situations we see on the news involving so many people all over the planet. Reiki can be used to reduce suffering and help people anywhere in the world. On our Reiki web site at www.reiki.org we list major world events to send Reiki to. As more and more people send Reiki to help the world heal, we will move quickly to a world of peace and harmony.

Q. How much does a treatment usually cost?

A. A Reiki treatment usually will cost between \$25.00 and \$100.00 depending on the area of the country. However, some practitioners offer treatments free of charge or for a donation.

Q. Can a person make a living from Reiki?

A. Yes, if you put your heart into it, you can develop a Reiki practice combined with teaching classes that can bring a regular income. This is a very fulfilling way to earn a living. See the article on [Developing Your Reiki Practice](#).

Q. Can one become Licensed to practice and teach Reiki?

A. There are no governmental licensing programs at this time. However, the Center does have a licensing program for Reiki teachers. Please see our [Center Licensed Teachers Guidebook](#) from the Center.

Q. Does insurance cover Reiki treatments?

A. Reiki is just starting to be recognized by insurance companies. While not many are covering Reiki treatments, some are. Check with your local insurance company for details.

Q. Can nurses or massage therapists get CEU credit for taking Reiki classes?

A. Classes taught by our Center Licensed Reiki teachers are approved to give CEU credits to nurses, massage therapists and athletic trainers.



Q. Are there any scientific experiments that demonstrate Reiki works?

A. Yes, see the section on Reiki research.

Q. Can you get more than one attunement?

A. Once you receive a Reiki attunement, it will last your whole life. However, if you get additional attunements for the same level, it will act to refine and strengthen your Reiki energy.

Q. What is lineage?

A. Reiki is a technique that is passed on from teacher to student over and over. If one has Reiki, than she/he will be part of a secession of teachers leading back to the founder of the system of Reiki one is practicing. In the case of Usui Reiki, the lineage would lead back to Dr. Usui.

Keep Reiki Free

The value of Reiki as an alternative/complementary healing method is becoming more and more apparent to the general public. In fact, it seems like just about everyone either has Reiki or has heard of a friend or other acquaintance that has it or has heard it mentioned before. Not only is this causing an increase in the use of Reiki by independent practitioners, but it is also fostering the increased use of Reiki in hospitals and clinics. While there is no statistics available as far as I know, from the communication I have received over the past, Reiki is being offered in hundreds if not thousands of hospitals across the country.

This increased use especially in professional settings has brought the question of government regulation of Reiki to the attention of many people and groups. Some have started to think of Reiki in the same way they think of other medical practices and have suggested that it needs to be regulated and licensed. In addition, the current medical practice act that was passed in most states many years ago



is so broad that technically, Reiki is considered a medical practice and therefore requires that it be practiced only by licensed health care providers. Note that this law is currently in place, but rarely enforced. However, the fact that it exists places all Reiki practitioners under an unnecessary threat that could be used if someone chooses to do so. This has happened with a few other alternative/complementary practitioners with devastating results.

Remember, the purpose of a law is to protect the public from harm. Since Reiki does not cause harm, there is no need to create laws requiring that Reiki be licensed or regulated by the government.

Reiki and the Religious or Spiritual Defense

Many Reiki practitioners have chosen to become ordained ministers as a way to protect themselves from the Medical Practice Act (practicing medicine without a license). The value of this method of legal defense is questionable. A sermon written by the Universal Life Church outlines several key issues necessary for Reiki to be considered ones religion. However, even if one can prove that Reiki is ones religion, it still does not guarantee that this will be a viable legal defense. See Reiki and Religious Freedom for a more complete discussion of this issue.

Because of this and the fact that the medical practice act does already exist, and since other groups are considering creating government licensing of Reiki, something must be done to protect ourselves from this threat.

Several states have passed laws exempting alternative/complementary practitioners including Reiki practitioners from the medical practice act. These laws are beneficial to Reiki practitioners as they prevent the government from harassing us and make the practice of Reiki without a license a legitimate legal activity. The legislation recently passed in California is a good example of this. I suggest you carefully read this short bill as it is a good model for legislation that protects Reiki practitioners



and also protects the client. Please click here to read this short bill:

http://www.californiahealthfreedom.com/californiah/htdocs/documents/our_bill.aspp

Many states are working to keep Reiki and other alternative/complementary healing methods free of unnecessary government regulation.

Florida

Reiki practitioners in Florida have been hampered by the Massage board that says one needs to be a licensed massage therapist to practice Reiki. This group is creating legislation to prevent this and keep Reiki free.

<http://www.floridahealthfreedom.org/>

National Organization

A national organization has formed to work with anyone wanting to create legislation to protect our right to choose the healing modality we want without the threat of unnecessary government licensing. This is a really wonderful group of people who have a solid spiritual commitment to protect our rights. I highly recommend that you become a member and if you can, make a donation. In this way, you will be helping to keep Reiki free! Please click here to go to the site.
<http://www.nationalhealthfreedom.org/>

Some REIKI Success Stories

Heart Healed

I sort of bumped into Reiki. In 2000 I wasn't feeling well, and after a lot of tests I was told that I had had a silent heart attack. I have diabetes. I was told that I needed a heart catheterization, so one was scheduled. I live in a rural area and traveling to Syracuse, New York, was necessary. There was also a two-week wait. During this time I went with my



partner to a college graduation party. There I met a woman who asked me if I was feeling OK. We discussed a few things, and then she asked me to come to her house during the week. Our schedules were pretty full and the only night I could go was the night before I traveled four hours to Syracuse for the test. I went, not knowing what I was invited for. She asked me if I had ever heard of Reiki, and I had not. She asked if she could do a treatment—what did I have to lose? The treatment was wonderful and lasted about an hour. I became very calm, then very emotional—such a release. When she was done she let me talk about anything I needed to talk about. I felt so loved, protected, and different. I had the procedure the next day. I was scared; I won't deny that. During the treatment I began to cry; fear was taking over. The doctor told me to look at the monitors. There must have been ten of them against the wall. He then told me what he saw, and didn't really understand. He said there was a very healthy heart on the screens, very healthy. There was no evidence of a heart attack, just a small valve problem. After the procedure he came to my room to talk with me. He said that he was sure I had had a heart attack—the echo, ultrasound, etc., had all indicated that I had, but there was no evidence of a heart attack. He didn't understand it, he said. I said I did. After I got home the next day I called my friend, my Reiki teacher, and told her the story. At that point my desire to know and use Reiki began. She was a Reiki Master, and from her I too have learned. Do I believe the Reiki made the difference? Yes, with all my heart and spirit. I tell this story when I teach Reiki, and always become emotional, as I am now.

—Kay

Doctor Uses Reiki

I'm a 30-year-old medical doctor from Romania, and I have two healing stories I would like to share with you. The first one is about a young woman (22 years old) who just ran away from the hospital because she was very afraid of the surgical intervention the doctors wanted to perform on her, in order to remove the 7-cm cyst (confirmed on an ultrasonography) on her right ovary. She contacted me on the telephone (she heard about me from a friend);



fortunately for her, I was available, and I went to her that very evening. She was lying in her bed, with her boyfriend and the family gathered around her, and she was having a very intense pain in her right lower abdomen... she was hemorrhaging and was feeling really ill... At that time I had a pretty good perception of the aura, and I saw a hole in her right lower abdomen, about at the location of her right ovary, through which her energy was leaking. The rupture was caused by an energetic aggression of some kind in her aura. That's where she was having the pain, she told me. So I started the first healing session using distant Reiki, not hands-on, from classical Reiki and from Karuna Reiki® and Seichim - over the "diseased" area, and over her entire organism. After one hour and 5 minutes, the area where she had the pain was literally "numb" (she described it exactly like that) - she did not feel the pain anymore - and she got off her bed and asked for something to eat. In the following days I performed another 2 (shorter) healing sessions (she was already feeling much better), and after that her doctor saw on the ultrasonography that the 7-cm cyst was completely gone! The second one was a case closer to me - someone in my family was having intense abdominal pains and severediarrhea that day (probably an alimentary intoxication from spoiled aliments). She took some medication, but to no avail... and finally, at 10 o'clock in the evening, she called me and asked me to help her. So I asked her to sit down in an armchair, and instructed her how to relax and breathe calmly, with her eyes closed. I began passing her symbols (mainly, power symbols and calming ones) - and after 30 minutes her abdominal pain was gone, and she went to bed and slept soundly that night. The next day all the trouble was gone. As a doctor, and as a holistic medicine practitioner, I believe Reiki can be one of the many powerful healing systems - too good to be described even in many, many words - and I am opened to dialogues and sharing experiences with others.

—Adrian Petre, M.D.

Reiki Helps Hodgkin's Lymphoma

This past December, my 20-year old Niece was diagnosed with Hodgkin's Lymphoma. She was told she would



receive 8 sessions of chemotherapy every other week and she would need to look for a wig by the second treatment for she would lose her hair. I began to send long distance Reiki to her in December. But after her first session of chemo, she needed daily injections of a drug to keep her white blood count up while the chemo wiped out her immune system. Since I am a nurse and live close to her I saw her daily for two weeks to give her injections until she was confident to do them herself. I of course offered her Reiki each visit. The first visit was between her first and second chemo session and she had just returned from shopping for wigs, none of which she bought because she did not like any. I said in passing to her while giving her the Reiki, "Wouldn't it be nice if the divine energy saw to it you could keep your hair?" She said. "Yes of course", and we both forgot about it. As each session of chemo passed, her doctor and all of the other "bald" patients in the department where astounded she was not losing her hair. The physician said if she didn't lose her hair by the fourth session, she would not lose it. He was totally amazed and said he never saw anything like it!

My Niece is now getting her radiation and doing fine. She had minimal sickness after the chemo sessions, where most people suffer tremendously with nausea and vomiting. This type of Hodgkin's is a very curable cancer, so I'm not surprised my Niece is doing so well. The miracle is in having no hair loss and also minimal sickness during the hard doses of chemotherapy.

—Gerri Delmont RN

Reiki and Prostate Cancer

With the thought of promoting Reiki, I called an assisted-living center to offer an Introduction to Reiki class with free mini-Reiki sessions. When I asked the social director if he was familiar with Reiki he said, "Let me tell you my story," and proceeded to tell me that he had been recently diagnosed with prostate cancer. His massage therapist, Reiki Level II, had been told by a psychic that he (the social director) needed to receive three treatments in close succession by three Reiki healers. I quickly set things in



motion and our team performed Reiki on Monday, Wednesday, and Saturday. No other treatment was given. Prior to treatment his test confirmed he was 4.0 and his doctor diagnosed that he had prostate cancer. The Monday after we completed the three treatments he was again tested. On the following Wednesday he called to say the test results showed 0.3 and that he was free of cancer. He remarked that in all of his life the test results were never that low. I am so honored to have been a part of his healing. I feel honored to be called by Reiki, a major part of my life.

—Phran Gacher, Stamford, Connecticut

Reiki Heals Infection

A friend of mine went into the hospital for some reconstructive surgery due to breast cancer. After a couple of weeks, I saw her husband and inquired about her health. He was devastated and told me that she had developed a severe infection and had been running a fever of 104 degrees for several days and the doctors did not know where it was coming from. He said they believed her organs could begin to shutdown. I asked permission to visit her the next day, which he later called to tell me she accepted, and I began to send Reiki to her immediately. Upon my arrival the next morning, she looked wonderful! I asked her how she was and she said it was amazing. She woke up that morning and her temperature was completely normal. She felt great! The doctors had no explanation for her healing. She then asked me to explain Reiki to her and before I had finished, she took my hands and placed them on the site of her infection, closed her eyes and said, "Just do it." My friend is now home recuperating with her family. I thank God everyday for her health and this beautiful gift of Reiki.

—Kathleen

Uteral Malignancy Healed

My workmate Denise was diagnosed with a growth in her uterus. They took blood samples, biopsies, and ultrasounds. They showed a malignancy. She is just twenty-one and has



five-year-old twin daughters and is one of the hardest workers I have seen, completing four certificates in tourism and a diploma in youth counseling in the years since having her daughters. She also works full time. I gave her two short treatments of Reiki hands-on and also each night I sent her Reiki. I also asked friends to pray for her and told them we had a month to heal her before the surgery to remove the growth. I also asked Archangel Raphael to heal her.

The surgery was scheduled for this week and she had to go in for a pre-op consultation. They couldn't find the lump. They redid all the tests and searched and they found a little bit of scar tissue where the lump had been and no further signs in her blood. Thank you to all who became involved and helped this dear girl, and Thank You to Raphael. — Margaret McGuire

Reiki Heals Stroke

I recently had a patient who suffered from having a stroke. He experienced a mild weakness on his left side and great difficulty walking because he could not balance, was dizzy and had double vision. He fell a lot and couldn't walk outdoors. Also, he reported that he felt like worms were crawling in his head. He saw a neurologist, neuro surgen, and a balance therapist with no improvement and in fact his symptoms got worse as he began vomiting.

I started giving him Reiki treatments and cranialsacreal therapy, followed by balancing exercises. After four treatments, this 83 year old gentelman recovered completely. Now he can drive, and go for walks with no complaints - no double vision and his head is back to normal. Each time he recieved a treatment, he went into deep relaxation within 30 seconds and said it was a heavenly feeling. Reiki can do miracles.

—Hima Dalal, Lexington, S.C.

Reiki and Cancer



I was diagnosed with ovarian/paratonilee cancer. I was not given a good prognosis. With extensive Chemo treatments, I stood a good chance- without- maybe I had 6-9 months. I had just lost my husband within two years, I had two adorable kids ages 12 and 11. At that time, they had lost their Dad and now Mom was real sick. I had extensive surgery and was faced with chemo, which I didn't want to do as I had seen what chemo had done to my husband. I was not a happy camper, but wanted all best odds in my favor so I decided to go with the chemo. After my second chemo treatment, I saw a long time friend of mine. Her family and she herself have dealt with this situation before within her family. She came up to me and said " I am not going to send you flowers, I am going to come over to your home and do Reiki on you as my gift." Reiki, I said, what is this? I wanted to live and I wanted to do anything to make all options work, so I accepted her offer.

After the first treatment, I felt relaxed, calmed, and very good. Almost, rejuvenated. My Reiki Master had said to me after the second treatment she had seen many little black balls firing through my abdomen while treating me. I thought this strange. That night, about five hours after she had left, I had an experience in the bathroom, which is hard to describe. However, after completed, I felt strongly that "all the cancer was gone out of my body". I called a nurse and a doctor and after tests, they agreed that all the cancer was gone, but could not explain this since I had had only two chemo treatments and they thought I would need many more. I also have to say that my faith has been renewed and I look forward to a long and happy future.

I began my journey with Reiki that night and I am now a cancer survivor for a third time over 26 years. I plan on seeing my children graduate from college, get married and have my grandchildren.

To date, I am about to celebrate my two-year anniversary from that surgery and I am feeling good and going on with life. I have introduced my family members to Reiki and I have progressed to a Reiki Two level. There is a lot to this, and I will continue to practice and heal. I am living proof



that it works. My doctors cannot explain how well I am doing- but they suggest " just keep on doing whatever it is!"
—Lee Spence, Chagrin Falls, OH

Reiki Saved My Tooth

Dear Mr. Rand: A few months ago I had an abscessed tooth. I had an appointment scheduled for a root canal and crown when I realized that I hadn't signed up for dental insurance at work and that the bill would be more than I could afford. I asked my husband to try some Reiki on my tooth (the side of my face). The pain was gone.

I called the dentist to cancel the appointment and he suggested that I come in just to see. I went in, he x-rayed, and there was no problem. Since then the tooth has twinged every now and then, but I've had no more problems with the kind of pain I'd been having. —Fran

Reiki Heals Hearing

Several months ago when I was still a level 2 practitioner and my husband was level 1, we offered a friend of ours a Reiki treatment in barter for watching our Umbrella Cockatoo, Chela and our cockatiel, Fred. Before the treatment she kept asking if we could do something for her shoulder and while we made no promises, we told her that she would, at the very least, feel much more relaxed. As the treatment progressed, she *did* become much more relaxed, but I also noticed that my husband spent a great deal of time working on her head and neck area...he kept being guided back to two particular spots. When the treatment was over, our friend got a very quizzical look on her face and asked me to whisper something in her left ear. I just sort of shrugged and whispered something inconsequential that made little sense. Her eyes LIT up and she repeated it back to me. It was at this point that she told us that she had been clinically deaf in that ear since she was 4. She says that her shoulder is still the same, but now she hears like a bat.

—Maria Myrback



Pet Healing with Reiki

I am so grateful to be able to share Reiki with those around me. My youngest daughter became so interested as she observed the effect Reiki had on me that she began to request that I read my Reiki books to her at night. At age eleven now, she has been attuned to Level II. We have woven Reiki into all aspects of our day and are blessed by it.

We found an injured cat recently and brought it to the vet clinic. She had lost most of an ear and had an open wound down her entire left side, about two inches wide.

Remarkably, there was no infection. She was glad to have attention and was responsive. We named her Hope. Two days past before it hit me, duh-h-h-h as my kid's say- use Reiki. With only a ten-minute session that evening, the next day the exposed tissue had turned from a dark red color to light pink. With just a few minutes each day her healing intensified. The wound was so responsive to Reiki. Within twelve hours after a mini-session the healing was visible to the eye. I am continuously reminded of the gift that Reiki is for our lives. Many blessings to you all....

—Gaywynn Gaude'

Burn Healed

Dear William, One morning I was making myself a cup of tea and while pouring the hot water into the cup, I accidentally poured the boiling water over my hand! In agony, I ran it under cold water, then grabbed ice from the freezer and held it onto my hand while doing Reiki on it. I had to repeat the ice and then continued with the Reiki for about 15-20 minutes while having a phone conversation. When I hung up I looked at my hand and saw that there was absolutely no sign of a burn! Nothing! I was so very grateful because years ago I had a similar accident and had to spend the night with my hand in an ice bucket and went through all the blistering etc. that goes with such a burn. I seem to have success with "right away" Reiki. I have staved off several nasty bruises and a very painful banged knee by applying Reiki immediately to the injured area!

—Tony



Reiki Heals Depression and Back Injuries

Dear Mr. Rand: In 1978, I had a very bad accident at work, which resulted in many problems in my back, stretched muscles, herniated discs, arthritis, pinched nerves, and more. I spent a lot of time at chiropractors, doctor's offices, using pain pills and the like. In 1992, I slipped and fell on a patch of ice as I was leaving work. More herniations, pain, a broken arm and another trauma to contend with. I spent nearly 2 years in bed, depressed, many pills to numb the pain, and was quite a mess. Then I went to a high school reunion, as my friend urged me to, and she helped me have the strength to go. She told me about taking Reiki, and explained what it was. Desperate to be helped without pills, we both took the class and I could not believe the difference! It was like a miracle. My strength got better, my depression lifted, and I had positive energy, and began letting go of the negative feeling I had for so long! I am not fully healed, but can walk, even swim a bit, take an arthritis aqua class, walk on a treadmill which is a miracle in itself for 15 to 20 minutes a day, I also do not eat much red meat, I cannot believe the difference! A miracle indeed! I have Reiki II and practice on self and others and everyone I touch feels so wonderful and transformed by it. I cannot speak enough of this great art. It will always be a great part of my life. I will be taking more classes in the future. Respectfully,

—Bonnie Kemp, Kingston, PA

Reiki Scanning Detects Mass

I had a skeptical friend, who, after I took Reiki I, rolled his eyes and said, "Sure, you can Reiki me, whatever that is!" As I was scanning his body, I was particularly drawn to his left chest area, and particularly his areola. My hands, in an instant, turned to ice. It was a feeling I can't really describe. I couldn't ignore this. I stopped and my hands continued to be ice (which he felt and was stunned). I had to put my "nurse hat" back on and begin to palpate and assess, and much to my amazement, there was a very large mass in his chest wall. Although he felt the cold, he was reluctant to go the doctor, so I dragged him kicking and screaming. The surgeon brought in his resident, as he had "never seen anything like that." They immediately scheduled surgery



and removed a very large mass that, had it been left any longer, would have put pressure on his heart and he would have died. This was my first (and most memorable) experience with Reiki. It still amazes me, and this was over a year ago. I know we crossed paths for a reason. Light and love,

—Lyn Martin RN, BSN, LMT

Ligament Healed

I was on my annual trip to Acapulco, Mexico, for New Year's. On New Year's morning, during the last gasps of the New Year's party (approximately 5 a.m.), one young Mexican man slipped on the marble floor where it was wet and really hurt his leg. His friends took him to the local hospital. He came back and had not broken his leg but had torn his ligament, which is potentially more serious.

I placed my hands around the injured area on his leg just above his knee. Immediately my hands began to heat up. I would shift positions around, but it was clear there was some serious energy flowing through my hands. He said it felt very warm and tingly. I kept at it for roughly twenty minutes when suddenly what felt like a bolt of lightning went through my hands and into his leg. It was not in any way painful but shocked both of us, to where I pulled my hands away and he jumped. We looked at each other, and he said, "What happened?" I told him I honestly didn't know; I had never experienced that before. What happened, as near as I could figure after speaking with other Reiki healers, is that the injury was fairly substantial and the healing energy simply wasn't going through fast enough. So it apparently was a "bolt" of healing energy that shot through me into his leg.

I asked him how he felt and he said the pain was almost gone; it was no longer throbbing and stabbing as it was before. He profusely thanked me and said it felt so much better. After that, I gave him twice-daily Reiki treatments, although no more bolts went through me. The hospital had told him it would be an eight- to ten-week healing period. I heard later through our host in Acapulco that his injury was substantially healed in five weeks, according to his doctor in Mexico City. Again he passed on his thanks to me



through our host and said that he was telling everyone he knew in Mexico about Reiki healing and how it helped him. I was very proud of this healing experience and learned very much. —Mauro Montoya

Collarbone Grows Back

Monty Jans was riding his motorcycle on September 9, 2000, when he had an accident. He severely injured his collarbone to the extent that it could not be surgically repaired and a 3 1/2-inch section had to be removed. The surgery took place the day after the accident at Medicine Hat Regional Hospital in Alberta, Canada. The surgeon, Dr. Robert Martin, told Monty, who was 14 at the time, that the collarbone would never grow back and that he would have a dysfunctional shoulder the rest of his life.

Cecile Petra, an occupational therapist concurred, based on her experience. Cecile was also a Reiki practitioner and offered to give Monty Reiki treatments to relieve the trauma and to speed up the healing of the incision. She gave him two treatments per week for six weeks.

Just before his 6 week follow up with the surgeon, Monty said that he felt something hard where the incision had been made and asked Cecile what she thought it was. She told him it was just scar tissue.

However, after x-rays were taken, the surgeon declared that the boy had a new collarbone. It had grown back and the surgeon could think of no explanation about how this could have happened. This was difficult for Cecile to believe also, but she looked carefully at the before and after x-rays and also at the section of bone that had been removed and stored in a freezer at the request of the boy. The results were indisputable. A miracle had taken place.

What is amazing is how fast this happened. Normally, even a simple fracture will take six weeks to mend, but in this case, the entire missing section of the collarbone grew back in this period of time. Monty continues to enjoy the full, unrestricted use of his shoulder.



Severe Injuries Healed

Another boy had a motorbike accident and received very serious injuries. A car hit him. Both arms and legs were broken, his neck was fractured, both lungs were punctured with one lung having to be removed, and part of the liver had to be removed. He was on life support and his doctor gave him a 5 percent chance to live.

A friend began sending distant Reiki to him and saying prayers and also asked many other Reiki people to do likewise.

The following week he came off life support, two weeks later he was out of danger, another week later he was out of the hospital, and three months later he was up and walking around. With the help of Reiki he went from having a 5 percent chance to live to being 95 percent recovered in three months!

Operation Cancelled

Sonia Carlile, a Reiki practitioner, received a phone call from a concerned husband. His wife had been suffering from severe neuralgia pains in her face for six years. The pain was present 24 hours a day and she had had several operations, which were ineffective, to stop the pain. The pain continued and even the strongest pain killers didn't help.

The pain was so severe and had gone on so long, she agreed to have a brain operation, to stop the pain. The operation was scheduled to take place at Groote Schuur Hospital in Cape Town, South Africa.

Sonia agreed to provide Reiki before the operation, but her purpose was just to help the woman relax and prepare her for the operation. She worked with her chakras and spent a long time with her. But then remembered a technique of extending her Reiki fingers. She tried this and imagined her extended fingers going into the face where the pain was located. She felt a ridge on the bone and sent Reiki for about 2 minutes at which point the ridge vanished. The



woman reported that the pain was gone and burst into tears. The pain didn't return and the operation was canceled.

Cancerous Tumor Healed

Penny Hayward had a client come to her with a distended lower abdomen. She had been sick for several months. An X-ray had revealed a large tumor, and the doctors said it was cancerous. She was scheduled to have an operation the next week.

She received three hour-long Reiki sessions that week. On the day she was to check into the hospital, during a final treatment, Penny saw a large black ball surrounded by sparkling light lift from her abdomen and rise up into the air until it disappeared through the ceiling. The other healers present saw it, too.

The client checked into the hospital, and when the doctors examined her, they couldn't find the tumor. They did another x-ray, but it didn't show on the x-ray. Still not ready to accept this, they did exploratory surgery, and still no tumor could be found.

She received chemotherapy as a precaution against the possibility that some of the cancer cells may still have been present, but the tumor was gone!

Prostate Cancer Healed

The social director at an assisted living center had been diagnosed with prostate cancer and was scheduled for an operation. His PSA test was 4.0 and it was confirmed that he had cancer. He had told by a psychic that he needed three Reiki treatments by three Reiki practitioners in close succession for his condition.

Phran Gacher of Stamford, Connecticut along with two other Reiki practitioners to give the treatments. No other treatment was given. Shortly after, the man was tested again. His PSA was now 0.3 and he was free of cancer!

Multiple Sclerosis

Jan had been suffering from multiple sclerosis for ten years.



She had been unable to walk for much of that time and her eyesight was affected. She felt she had received benefit from a Reiki treatment she had received and was ready to try more and signed up for a Reiki II workshop with Sharon Carrington.

At the workshop, Jan received Reiki from seven women. They used byōsan scanning and located the energy responsible for her MS, which was in her solar plexus. Using Reiki along with some Karuna Reiki® chanting, the energy block was sent up into the universe.

Since the time of the Reiki class and treatment, Jan has been free of all symptoms!

Heart Healed

Arie Deshe, a Reiki practitioner had a friend with heart problems. The friend had high blood pressure and a blocked heart artery that required an angioplasty operation. Arie began giving her Reiki treatments--three full treatments per week for two weeks.

After receiving these treatments, her blood pressure dropped and she began sleeping like a baby. Then when she went for the operation, x-rays revealed that she no longer needed an angioplasty and there was no need to operate. These positive benefits have remained for over three years!

Distant Reiki and Cancer

Mary Ronge had been practicing Reiki for about a year when a friend of a friend called to say she had been diagnosed with two kinds of lung cancer. The doctor told her she had only three weeks to live. She was 47 years old and had a four-year-old daughter.

Mary began sending Reiki every night at 6. The woman that reported she felt a warm feeling during those treatment times. After a few days receiving Reiki, the woman reported that she felt she wasn't going to die and Mary promised to continue sending Reiki.



After several months, her doctor called to find out what she had been doing as her recent tests indicated that no cancer remained in her body. She was completely healed.

Reiki and Meningitis

Beatrice sent in a healing request to the International Center for Reiki Training (ICRT) for a seven-year-old girl who had suddenly taken ill and had all the symptoms of meningitis. She had swelling around her brain, became unconscious, and was rushed to Guy's hospital in London, where she was put on life-support. The parents were told the little girl might be brain-damaged--if she regained consciousness--and that she might not be able to breath on her own. They were told also that at some point they might need to decide to switch off life support and let her die.

After the healing request was sent in, she improved, was taken off life support and allowed to go back home. Not only could she talk, but she was dancing and singing. She attends school, but continues to be monitored and does require some physiotherapy for one leg. But this has been a profound recovery!

Tumor Disappears

Howard Northrup's girl friend experienced excruciating pain in the area of her right kidney. She had had kidney stones in the past and thought this could be what it was. The doctor performed a test, which showed a tumor on the right side about the size of an egg and wanted to do a closer look with a cystoscope. The cystoscope procedure was scheduled for the following week. His girl friend was in great pain and the doctor give her some pain pills. These worked at first, but the pain worsened, and she had to take more of the pills until they were all gone. Howard offered to do Reiki to relieve the pain. This worked and she fell asleep. When she awoke in the morning, the pain was still gone.

When the cystoscope procedure was performed shortly after, her doctor said he couldn't believe what he saw--nothing. The tumor was gone. A second more experienced



doctor who had reviewed her tests also did a full look around her bladder, but found nothing.

Developing Your Reiki Practice

The Promise of a Developing Reiki Practice

People coming to you with many different problems, difficulties and illnesses sometimes as a last resort. Watching them leave relaxed, often radiant with joy and new hope. Seeing them improve over time, watching them grow, gain confidence and become more trusting of life. Seeing some make major changes and life adjustments. Occasionally witnessing miracles. Feeling the wonder of God's love pass through you and into another. Sensing the presence of spiritual beings, feeling their touch, knowing they work with you. Being raised into ever greater levels of joy and peace by simply placing your hands on another. Watching your life grow and develop as your continual immersion in Reiki transforms your attitudes, values and beliefs. Sensing that because of your commitment to help others, beings of light are focusing their love and healing on you and carefully guiding you on your spiritual path. This is the promise of a developing Reiki practice.

Developing Your Reiki Practice:

by William Lee Rand

Reiki is a truly wonderful gift and while some take Reiki training to use on themselves and with friends and family, many feel inspired to share it with a much wider circle. The development of a Reiki practice can be a very rewarding experience. Not only can it provide you with a source of income, there are spiritual experiences that can be much more meaningful. So, assuming you have been initiated into Reiki and have the ability to channel Reiki healing energy to others, I would like to share some ideas and techniques that may be helpful in developing a Reiki practice.



Intention is the Most Important Thing

The most important thing concerning the development of a Reiki practice is the quality and strength of your intention. The mind is like a magnet. The quality and strength of your thoughts will determine the quality and strength of what you attract into your life. Therefore it is important for you to develop and maintain a positive mental attitude about your Reiki practice.

Decide with clarity, determination and commitment that you are going to create a thriving Reiki practice. Decide that you are worthy to do this and that there are many people who will benefit from your service. Decide that the value you and your clients will receive from your Reiki practice will far out weigh any effort or sacrifice that might be involved in creating it. Picture in your mind the results you want to create and how it will feel when you are actively involved in a thriving Reiki practice. Meditate frequently on this image and these feelings. Allow them to fill you up and surround you and reach out to others. Use this to motivate you and to help you continue on in the face of doubt or discouragement. Know in your heart that the freedom, joy and satisfaction of having your own Reiki practice is a valid goal and that you are creating it. Believe in yourself and in your purpose.

If doubts arise about your goal, know that this is normal and assume that they have entered your consciousness because they are passing out of you. Whenever we take on a new level of healing or commit to a new goal, old negative thoughts and feelings that have been stored inside and have gone unchallenged are dislodged and begin moving through our consciousness. If your commitment is strong, these old negative feelings and thoughts will break up and be released. If you feel negative feelings and thoughts come up, know that this is part of your healing and that you are releasing them up to the Higher Power to be healed. Use your Reiki to speed this up and make sure to ask for treatments from others. Reiki psychic surgery can be especially helpful.



Compassion Brings Help From Higher Sources

There are higher sources of help you can call on. Angels, beings of light and Reiki spirit guides as well as your own enlightened self are available to help you. They can help you develop your Reiki practice by directing clients to you and assisting with treatments. They can be of great benefit, but you must have a strong spiritual intention for your work if you are to recruit their aid. If you are doing Reiki in a selfish way, only for money or to gain control over others or to take on an air of self-importance, or for any other negative purpose, then it will be very difficult for these spiritual beings to work with you. There must be congruence, an alignment within you in order for the Higher Power in the form of Reiki to flow through you in a powerful way and in order for the angels, Reiki spirit guides and other spiritual beings to work with you. Reiki wants only the best for you, but you must align with the nature of Reiki if you are to gain the greatest benefit. The more you can open to the true nature of Reiki which is to have an unselfish heart centered desire to help others, then the more the Reiki spirit guides can help you. Focus on helping others and on healing anything within yourself that may stand in the way of an uninhibited flow of love and compassion. This is what will make your Reiki practice a success!

The development of a spiritual attitude toward your Reiki practice can be facilitated through the regular use of affirmations and prayers. Try the following prayer: "Guide me and heal me so that I can be of greater service to others." By sincerely saying a prayer such as this each day, your heart will open and a path will be created to receive the help of higher spiritual beings. They will guide you in your Reiki practice and in the development of your life purpose.

Competitiveness is Not a Part of Reiki

One thing that can get in the way of developing a spiritual attitude about your Reiki practice is fear of competition. This has caused more problems and created more restrictions and negative energy in the Reiki community than any other area of misunderstanding. Lack is an illusion



and this is especially true for Reiki! There is a far greater need for healing on the planet than there are Reiki practitioners who can provide it. Fear of competition goes directly against the nature of Reiki energy and because of this, it can repel people from you who might otherwise be interested in receiving a treatment. Reiki comes from an unlimited supply and does not fear competition. People who do Reiki together find that their Reiki gets stronger as more people join the group. If Reiki was competitive, then just the opposite would happen, it would be strongest when you were alone and get weaker as more people joined the group.

The nature of Reiki energy is one of cooperation. It understands the concept that we are all one and flows freely to anyone and everyone. It works in harmony with all other forms of treatment. It is clearly apparent, the wisdom of Reiki is to welcome all other practitioners as allies. If the spiritual purpose for your Reiki practice, is to help others and to heal the planet, then you can only rejoice when you hear about another Reiki practitioner in your area as they are helping you fulfill your purpose. Accept the wisdom of Reiki as your own wisdom, that all others who practice Reiki are helping you. The more you can do this, the more your Reiki practice will thrive. Don't worry about taking clients away from other practitioners. Each practitioner has their own value and special way of helping others. You will attract the clients who are right for you. Others will attract the clients who are right for them.

Reiki Will Soon Be in Great Demand

An important trend is developing in society that will soon create a great demand for Reiki practitioners. More and more people are discovering the value of alternative therapy. A recent study conducted by Dr. David M. Eisenberg of Boston's Beth Israel Hospital indicates that people in the US are beginning to turn away from modern medicine and make greater use of alternative health care techniques. The survey concluded that 34 percent of Americans said they used at least one alternative therapy in 1990 and that Americans are spending nearly \$14 billion a year for this treatment, most of which comes out of the



patients own pocket. The therapies most used are meditation, touch therapy (such as Reiki), guided imagery, spiritual healing, chiropractic, hypnosis, homeopathy, acupuncture, herbal cures, and folk remedies.

Also of note is the fact that the National Institutes of Health has created an Office of Alternative Medicine whose purpose is to research alternative healing methods and establish their value. Already many healing techniques formerly considered quackery by the medical establishment have been proven valid by this new office. These include chiropractic, acupuncture and homeopathy and they will soon be studying touch therapy and Reiki. Clearly, a paradigm shift is taking place toward the general acceptance of alternative medical treatment. It is likely that Reiki will become widely accepted as a valid form of healing before the end of the decade! Think what this means for anyone with a Reiki practice. A great need is developing for Reiki practitioners!

The Practical Issue of Money

Now that we have covered some of the important attitudes, values and beliefs necessary for a thriving Reiki practice, lets discuss some of the practical issues. An important issue is money. Some practitioners do not charge money and this is fine if that is their decision as everyone has the right to charge whatever they want or to charge nothing at all. However, it is often better for the client if they are able to give something in return. They are not paying for the Reiki energy which is free but for your time and the effort you have put forth to learn Reiki. When people receive a treatment for free they often feel indebted to the practitioner and guilty feelings can develop. This creates an imbalance that can get in the way of continued treatments. Charging money allows people the freedom to come whenever they want. If you do have clients who have a money problem, you can charge them less or barter.

How much should you charge for a Reiki session? A good rule of thumb is to charge about the same for a standard Reiki session as others in your area are charging for massage. A standard Reiki session will usually last about



45 minutes to an hour and a half. When you first start charging for your sessions, you can start at a lower rate if that feels comfortable to you and increase it as your confidence and reputation grow.

Advertise Your Practice

Business cards are a good first step when starting your practice. They let people know you are serious about your Reiki business and make it easy for you to give people your phone number in case they want to make an appointment. It is not a good idea to place your address on the card as people may come without calling you. It is a good idea to talk to people first to get a feel for their energy, and let them know what they can expect from a Reiki session before setting up an appointment and giving them directions to your home or office.

Flyers are also a good idea. In your flyer explain what Reiki is and the benefits it offers along with your name and phone number. You can place them on bulletin boards in health food stores and new age book stores etc. and they can be given out to prospective clients.

Beginning your Reiki practice from your home is a good idea as it will save money on startup costs, but many practitioners have found advantages to having their own office. An office creates a professional atmosphere and lets people know that you take your work seriously. You may want to start in your home and get an office after things get going or if you can afford it, get an office right away. Consider the fact that you may want to have group activities in your office when considering the size office you want.

Make sure to get each client's name, address and phone number for your mailing list. As your list grows, you can mail out flyers on upcoming Reiki events or simply remind people about your practice. A good way to keep track of your clients is to use a client information form. The one in the back of "Reiki, The Healing Touch" is a good one as it includes a disclaimer which protects you from



misunderstandings about the results you promise from a Reiki session. Feel free to make copies of this form and use it in your practice. Keep your mind open to other ways of adding people with an interest in alternative healing to your mailing list. The mailing list can be an important tool in promoting your Reiki practice.

Exchange Treatments

One way to let people know about your Reiki practice is to offer to exchange Reiki with other alternative therapists. This works well with massage therapists as they are familiar with body work and often need therapy themselves. Offer to refer clients to them and ask them to do the same for you. Give them some of your flyers or business cards to display in their office.

Give Impromptu Demonstrations

When you are at public gatherings or around others and someone complains about an ache or pain, offer to give them Reiki. If they have never heard of Reiki before, explain that it is a Japanese form of stress reduction with many healthy benefits. If they have a metaphysical understanding you can talk about Ki and the life force etc. Talk to them on a level they can understand. Take 15 minutes or so to treat the area of concern and let them know you do this professionally and give them your card. Tell them what a complete session is like and set up an appointment if they are interested. At parties or large gatherings, the attention you attract when giving Reiki to one often creates interest in others who will want a sample treatment also. Often you end up treating several people and passing out many business cards. As you treat you can talk about Reiki and how it works. Ask the person to explain what they feel. This always creates a lot of interest. Being focused on helping the person and not on getting a client is the key to attracting people for sample treatments. However, if they are interested, a business card is appropriate.



One thing that will really attract attention for your Reiki practice is wearing a Reiki T-shirt. People will want to know what the symbols mean and this opens the door to talking about Reiki. Offer to give them a sample treatment and telling them about your practice. If they seem interested, give them a business card and if possible, setup an appointment.

Offer Free Reiki Evenings

A free Reiki evening can create lots of interest. Plan one night a month to talk about Reiki and give sample treatments. If you have Reiki friends, ask them to come and help give treatments. This is a great way to help others and let them know about Reiki and your practice. Make up flyers for your free Reiki evening and put them up in appropriate places. If the Reiki practitioners can meet an hour or so before the meeting to give treatments to each other it will really improve the quality of what the non-Reiki people receive. Also, if you have taken Reiki III\master training, you could give a refresher attunement or healing attunement to each of the practitioners to boost their energy. This is a great way for the practitioners to practice their Reiki and for you to practice giving attunements. Call everyone you know who would be interested and let them know.

If your area has psychic or wholistic fairs, get a booth. Take a Reiki table and ask 5 or more of your Reiki friends to help. Offer 10 or 15 minute treatments with 5 or more Reiki practitioners giving a treatment to one person at a time. Charge \$10.00 or so per treatment. This can be a powerful healing experience and a good demonstration of Reiki. Have a table with your flyers and business cards on it and be sure to get each persons name, address, and phone number for your mailing list. Another way is to use chairs and have one or two practitioners give 10 or 15 minute treatments to each person. The chair method takes up less space and allows you to treat more then one person at a time.



Offer Reiki as a Public Service

Create a healing service at your church. Recruit other healers to help. You could use both Reiki and non-Reiki healers. This can create tremendous interest in Reiki. Refer to the Summer 93 issue of the Reiki News for a complete explanation.

Volunteer to do free Reiki treatments at hospitals, hospice centers, drug and alcohol treatment centers or in conjunctions with a psychologist or other therapists. By doing this, you will gain experience and people will find out about your practice, but most of all, you will be helping others.

If there is a metaphysical/wholistic paper in your area, offer to write an article for it on Reiki or healing in general. Make sure your name and phone number are listed and that you are a Reiki practitioner or teacher. If you are really serious, decide to write an article every month. This will let people know who you are and what your attitudes and beliefs are concerning healing. They will then be able to decide if they want to come to you. It is also a good idea to place an ad in the same paper your article appears in. You will pay for the ad, but the article will be free!

Write articles for the Reiki News or send in a description of your Reiki experiences. The Reiki News needs articles and is very interested in letting people know about your personal experiences with Reiki. It goes out to thousands of people interested in Reiki all over the country. Having your name in the paper will improve your reputation especially if you place free copies in your local health and new age book stores and hand out copies to your clients and friends etc.

Deliver Talks on Reiki

Develop a Reiki talk and offer to speak about Reiki to local groups. There are many groups looking for speakers and alternative healing is becoming a hot topic. If you have little experience at public speaking, you can join a local



Toast Masters Club. There you will be coached and given ample opportunity to develop your speaking ability. If you are making Reiki your career, then the ability to speak before groups is a must. Decide to become a great speaker and go for it.

Cultivate the Media

In many parts of the country the news media are reporting the positive benefits of alternative healing. So, call the local newspapers and TV stations. Find out which reporter(s) are in charge of or interested in information about alternative healing. Talk to them and let them know you are a Reiki practitioner/teacher. Explain Reiki to them in a way they can understand - tell them it is a Japanese form of stress reduction and relaxation that can also facilitate healing. Tell them there are over 100,000 practitioners in the US and the numbers are growing! Give them details and make it interesting and exciting. Offer to give them a free treatment. Let them know that you are available should they decide to write an article or air a program about Reiki or alternative healing or if any questions come up about it in the future. Establish in their mind that you are an expert on Reiki. They will then think of you as a resource person. Most reporters keep a file of people they can call on for different subjects and they will probably put your name in it! If they are not ready to do a story now, when they are ready, it is likely they will call you!

Become Licensed through the Center

Become certified as a Reiki Master/Teacher by the Center. When you do this, we will list your classes in the newsletter and refer students and clients to you. The Center continually receives requests from people from all over the country who are interested in Reiki sessions and classes. If you are certified by the Center, we can then refer these prospective clients to you.

If you are beginning to teach and are having trouble getting a class together, simply plan a class, set a date and assume the class will be full. Then when you tell people about the



class, they will pick up a positive attitude from you about the class and want to come. If people sense a tentativeness, it will discourage them from attending. Being decisive about your plans and having a positive attitude will attract students and bring the class together. Your guides will also be better able to work with you if you are clear about what you intend to do.

These ideas have worked for others, they will work for you. Try them! Also, use your intuition to develop other ways to promote your Reiki practice. Remember, a clear intention is the first step to success. Keep track of the result you get with each thing you try. Keep using the ones that work and drop the ones that don't. Keep trying new things until you get the results you want. By following this formula you will create a successful Reiki practice and in so doing, bring joy, peace and healing to others.

Karuna REIKI

The Meaning of Karuna

Karuna is a Sanskrit word and is used in Hinduism and Buddhism. It is translated to mean any action that is taken to diminish the suffering of others and could also be translated as "compassionate action." When individuals experience enlightenment, they report that all beings are known as one. Therefore, it is natural to extend compassionate action or Karuna to everyone without distinction because we are all one. As we help others and aid them in their healing process, all beings benefit. Because of the oneness of all beings, it is understood that Karuna is not only extended to others out of love, but also because it is an entirely logical thing to do. In the same way that you would want to heal your own wounds, you would also want the wounds of others to heal. It is also stated in the Buddhist literature that Karuna must be accompanied by parjna or wisdom in order to have the right effect.



Karuna is the motivating quality of all enlightened beings who are working to end suffering on Earth. They continually send an unlimited amount of healing energy and guidance to us, but not all are receptive to it. As you develop Karuna in yourself, not only are you helping others, but you also become more receptive to the Karuna that is being sent by all enlightened beings. Thus your healing is quickened as well.

Karuna Reiki® opens you to work more closely with all enlightened beings. This includes those enlightened ones who are physically present as well as those in spirit.

The Karuna Reiki® Class

This class is for anyone who has had Reiki Master training. It is complete with two levels, two attunements, four master symbols and eight treatment symbols. We have experimented with and taught this system since 1994 and have found it to be effective and powerful. In fact, most students find it more powerful than Usui Reiki! The energy has a more definite feeling to it. It works on the emotional and spiritual levels and also can help one become more grounded. Those who receive the attunements report experiences with their guides, angels, and higher self and feel the healing presence of other enlightened beings.

A brief description of the four Karuna® I symbols is given here: The first symbol prepares the client for deep healing and is useful with past life issues. It helps release karma and deeply seated issues on the cellular level. The second symbol heals deeply and can be used to breakup the negative patterns we unconsciously use to insulate ourselves from the truth, thus shattering delusion and denial. It heals the shadow self. The third symbol fills the person with love and restores balance. The fourth symbol completes the treatment by bringing the client back into the body and grounding. The Karuna II symbols are of a higher vibration and more powerful. They help connect directly with the Higher Self and work on a deeper level. While they have specific purposes discussed in class, the



experience of their energy allows intuitive guidance in their use.

Both levels of Karuna Reik®i and both attunements will be given as well as instruction and practice on the use of all twelve symbols. You will be able to teach all four levels of Karuna Reiki®, two practitioner levels and two master levels after taking this class.

Lots of practice time is included for giving treatments, using the symbols and for learning the attunement processes.

We will also be doing a Reiki meditation to be aware of and heal the Shadow Self and using chanting and toning with Karuna Reiki®.

Come network with other Reiki Masters from all over the country and often the world! This is an exciting workshop with lots of dedicated, high energy people.

A certificate and a 45 page manual is included with in depth descriptions of each symbol and each attunement process.

You will also be offered the opportunity to become a "Registered Karuna Reiki® Master" with The International Center for Reiki Training. You will then be able to use our manuals and your student certificates will come from the Center. If you would like more information on becoming this process, please contact us.

Practicing and Teaching Karuna Reiki®

The symbols can be used just like other Reiki symbols when giving Reiki treatments. When teaching, you can teach the whole method in one 3 day weekend as discribed above as long as your students are already Reiki Masters. Or Karuna Reiki® can be divided into four levels - two practitioner levels and two Master levels. A requirement for taking any of the Karuna practitioner levels is ART or what is also called Reiki 3a. By having and using the Usui



master symbol for treatments, it causes the student to be able to hold more healing energy and thus get greater benefit from the Karuna training. Also, it is important that the student realize that Karuna training is not a substitute for Usui Reiki, but the next step after it.

In level one, teach the first four symbols from Karuna I, give the practitioner attunement for them and time to practice their use. In level two, teach the second four symbols from Karuna II, give the attunement for them and time to practice. If the person is already a Reiki Master, you can go on to level three by giving the Master attunement for Karuna I, show how to do the attunements for Karuna I, and practice doing the attunements. In level four, give the Karuna II Master attunement, show how to do the attunements for Karuna II, and then practice doing the attunements.

Love and Light to You

KARUNA COMMENTS

"I am very grateful to William Rand for this most inspiring and rewarding class. It was detailed and informative. Taught with love from the heart. The attunements were powerful and loving - you could actually feel yourself engulfed by the symbols."

Joan D. Michalaros, Teaching Reiki Master

"It is very exciting to be a participant . . . I find it intellectually stimulating to be with my peers who bring their experience and perspective from all over North America. The attunements were more powerful than any I have ever experienced. The Karuna energy is penetrating and powerful . . . and each symbol carried a distinct energy of its own quality. The symbols will bring a powerful change for me. I am grateful and humbled to be a Karuna Reiki® Master."

Maureen Pysklywer, R.N., Teaching Reiki Master



"The class addressed business issues, and healing aspects of myself that were long past ready to be released as well as the purpose of being a loving human being on the planet. The attunement was very pronounced and distinct. I could feel its vibrations taking me into the higher spiritual realms and an increase of compassion and love. The Karuna Reiki® energy has an incredible flame of great power. It is definitely more pronounced than the Usui Reiki energy. I view Karuna Reiki® as the next step that takes you even closer to God."

Yvonne Christman, Teaching Reiki Master

"Karuna energy is gentle, not forceful, yet very strong and powerful. It is a compassionate and loving energy. It differs from Usui Reiki in that it becomes you. The Ascended Masters seem to anchor themselves within the individual's core being."

*Vicky L. Payton, RN, BSN, Reiki
Master Practitioner*

"As ever, William Rand was a focused, intuitive and powerful teacher. I leave the class feeling well prepared to practice and teach Karuna Reiki®. The energy feels very big and powerful. The energy is different, but integrates well within my energy field."

Darlene Abraham, Practicing Reiki Teacher

"The Karuna class has been wonderful. William Rand has shown us how to teach in a loving, caring and informative atmosphere. The attunement was powerful but gentle, loving in every way."

Wayne Nelson, Teaching Reiki Master

"I really enjoyed the group energy and learning from one another. The Karuna energy is different than Usui energy, being more all encompassing, inter-dimensional and transformational. I am convinced that it heals our cellular memory where needed. My entire vibration is lighter and I feel different physically in that I feel more filled with light. All my energy bodies are more integrated and balanced. "

*Laura Ellen Gifford,
Center Certified Teaching Reiki Master*



"This has been a wonderful enriching and healing weekend. The atmosphere was conducive to learning and sharing. The Karuna attunement was the most powerful I've ever experienced. It assisted me through a process of total transformation and integration of my energies leaving me in a state of complete empowerment."

Clair Gibb, Teaching Reiki Master

"The class was wonderful. The meditations helped ground me and connect me, yet took me to the heart of Universal consciousness. Karuna Reiki® is like a blessing from above. The energy enfolds you in love and compassion and fills your heart with love for all mankind. It is more focused, more direct, more "get to the point energy" than Usui energy. The Karuna II attunement was the most powerful I have received to date."

Kathie Lipinski, Teaching Reiki Master

Chakra Balancing Healing

WHAT CHAKRAS ARE?

Chakras are Entry Gates of the Aura.

Within the physical body resides a body double, a spiritual body, that contains the Chakras.

The word Chakra in Sanscrit translates to wheel or disc.

They are centres of activity that receives, assimilates and expresses life force energy. They are responsible for the person's physical, mental, and spiritual functions.

They absorb and transmit energies to and from the universe, nature, celestial entities, from people even from things.

According to the traditional writings there are 88,000 chakras in the human body covering basically every area in the body. The majority of them are small and insignificant.



40 of them have significant function and they are in the hands, feet, fingertips, and shoulders. The most significant ones are the Seven Main Chakras located along the central line of the body, from the base of the spine to the top of the head. They are located in the ethereal body and they express the embodiment of spiritual energy on the physical plane.

To see the picture of the Chakra System [click here](#).

HOW CHAKRAS AFFECT US?

The chakras are constantly rotating and vibrating. The activities in the them influence our:

Body shape, Glandular processes, Chronic physical ailments, Thoughts, and Behaviour.

When one (or more) of the chakra is blocked and the energy does not flow harmoniously through them, or it is wide open, it will result in imbalance that is manifested in all areas of life.

Each chakra is expressed on the physical body in one of the endocrine glands that regulate physical and emotional processes in the body. The imbalance in the chakra will also be expressed in the endocrine gland linked to it.

HOW CAN WE ASSESS THE CHAKRAS

You can do a chakra assessment:

- a) Using your Hands
- b) Using a Pendulum (Dowsing)

Place your pendulum over each chakra and ask your pendulum for its: direction, size and speed.

Construct your own or use a Chakra chart to determine on which chakra to work on, if it is balanced, under or over energized.



In the same manner you can determine if or what stones or colors may be needed. Go through each of the chakras and make sure that you construct your questions in a way that they can always be answered with a YES or NO.

It is not necessary to do the assessment over the clients body. It can be done over the palm as well. The first chakra can be assessed over the wrist, the second at the thumb, the third over the middle finger, the fourth over a small finger, the fifth over the index finger, the sixth over the ring finger and finally the seventh chakra over the palm.

HOW CAN WE HEAL THEM?

We can influence our chakras, our health, and our lives by using different techniques such as:

- Healing, such as Reiki
- Color therapy
- Yoga,
- Conscious breathing,
- Physical exercises,
- Meditation,
- Guided visualisation,
- Positive thinking,
- Affirmations,
- Balancing: Using your Hands, a Pendulum, Crystals and Gemstones
- Aromatherapy

There is also a new and exciting, breakthrough technique You can now use to attune, balance your Chakras so they work at their optimum to create a more Holistic Being. To find out more [click here](#).

If we concentrate on balancing the chakras it will lead not only in balancing the chakras itself, but the physical, emotional, and spiritual imbalances caused by their deficient functioning.

ABOUT THE SEVEN POWER CENTERS



According to the Eastern understanding, the Universal Life Force flows through the top of the head and down the chakras, nurturing our bodies with seven distinct kinds of energy, each essential to our physical and spiritual development. And it flows upward through the chakras, communicating individual insight and a conscious sense of universal interconnectedness. [Click here to see the picture of the Chakra System.](#)

We can think of chakras as floppy discs that contain vital programs.

They contain programmed subroutines that shape our behaviour. We all function by sets of programs, which may or may not be conscious. In this analogy the body is the hardware, our programming is the software, and the Self is the user. We did not write all of these programs, and some of their language is very archaic. The challenge before us is to identify our programs and rewrite them all while continuing to live our lives, yet this is the task of healing.

To learn more about each individual chakra main characteristics [click here](#)

The chakra system can be used as a tool to fight viruses, debug and reprogram our lives. In order to run any of our programs we have to activate our energy currents, which is bipolar as mentioned above:

* Earth-centred which we contact through our bodies called grounding (comes from the solid contact we make with the earth through feet and legs), which provides connection that makes us feel safe, alive, centred in ourselves, and rooted in environment);

* and the pole of consciousness which is experienced through our minds, and this is our inner understanding, our memory, our dreams, and beliefs. We have a dynamic energy flow throughout our entire being when it is connected to our body.



We can plug in into this system just as we plug in our stereo. The chakras then become like stations, receiving and broadcasting at different frequencies.

The seven vortices of the chakras are created by the combination of these two active principles: consciousness and matter.

Consciousness enters through the crown chakra and flows downward through the body, then upward from earth to ethereal consciousness.

In order to be whole, a human being needs a balance between the downward flow and the upward flow of energy. Blockages in any of the chakras affects the flow of the currents.

What blocks a chakra?

Childhood traumas, cultural conditioning, limited belief system, bad habits, physical and emotional injuries. Or even just lack of attention all contribute to chakra blockage.

Difficulties abound in life, for each one, we develop a coping strategy. If these difficulties persist, these coping strategies become chronic patterns, anchored in the body and psyche as defence structures. It is important to recognize the blocks we carry, find and understand their source and meaning, and develop tools to heal them.

To learn more about each individual chakra main characteristics, balances and imbalances, what makes them excessive and deficient, about healing strategies, affirmations and more [click here](#).

The Balanced System

It is possible to be relatively balanced through the chakras without being an enlightened master. People who have done lot of their own healing work or were lucky in their upbringing may be relatively balanced.



What would this look like?

The person would be:

- * well grounded and in touch with their body,
- * in good health and vitality,
- * aware of their feelings without being ruled by them,
- * sexually content without being driven,
- * with balanced third chakra they would have confidence and confidence without dominating others,
- * the heart would be compassionate and loving, yet centred and peaceful,
- * could communicate feelings or ideas with truth and clarity and be able to listen to others,
- * their upper chakra would bring imagination, wisdom and a personal connection with spirit.

This is an ideal we hope to strive. We all have the means to achieve it, only it takes time, patience and dedication.

The work depend entirely on the person's structure and the practitioner's style. The main thing to remember is that body, soul, mind and spirit together with the seven chakras, are one invisible whole.

The Human Life-Energy System

Below is a simple diagram of the human chakra system, the spinning vortexes by which we take in and give off life force energy. It's through the chakras that we sustain life itself.

In a healthy energy system, all the chakras are balanced and strong. Energy flows freely, clear of blocks. Excess, deficient, or blocked energy in our chakras can actually result in physical sensations. In the case of butterflies in our stomach when we're nervous, we're actually feeling a disruption in the third chakra, known as the center for 'flight or fight'. Ever described yourself as so happy you thought your heart would burst? That's your fourth chakra, known as the 'heart center', expanding with the flood of positive energy you're feeling! Ever feel choked up and unable to talk? That's your fifth chakra known as the



'center for communication' being blocked, actually affecting your vocal chords.

You might find it interesting to recall sensations of 'fullness' or 'blockages' you've experienced in each of your major chakras. By becoming familiar with chakra sensations, you will better understand and manage how you relate to yourself, others, and various life situations.

There are seven major energy centers aligned with our pineal and pituitary glands then continuing down along the area of our spine (denoted by the circles in my diagram). There are innumerable other chakras in our body. Significant chakras exist in the palms of our hands and the soles of our feet, for instance. (In Reiki I class, the new practitioner learns how to channel pure life-force energy from their hands to help heal themselves, others, and things.)

It's helpful to at least be familiar with the seven major chakra centers:

(Please allow me a personal note: The New Testament indicates that **Mary Magdalene** was healed of seven demons. The churches chose to teach that her demons were of a sexual nature. It's indicated nowhere that Mary Magdalene was a prostitute, and has been erroneously associated with the woman being stoned for adultery and the woman of ill repute who washed Jesus' feet. I present to you that the seven demons were the ones indicated in the chart below: Fear, guilt, shame, grief, lies, illusion and attachment ~ issues we all share. For a fascinating, unemotional, historical research on how her name became so defiled, and for some truth about who she really was, see Susan Haskin's book, 'Mary Magdalene, Myth and Metaphor', a New York Times Notable Book of the Year.

What is a Chakra?

Our body comprises many centres of energy. These energy centres, or vortexes, are known as Chakras (Sanskrit meaning

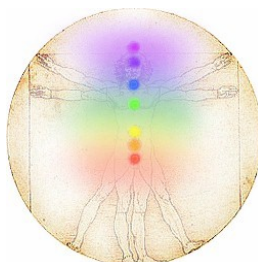


'spinning wheel of energy') and are located in our body to help us to process the universal energies that are around and within us.

There are seven major energy centres in our body and they directly correlate with our physical body. They are stacked together in a central column from the crown of your head to the base of your spine and when we open them and align the centres, we allow our vital life-force (also known as Ki or Prana) to flow freely through.

These centres can be instrumental in our physical, mental, emotional and spiritual energies - relating and working with them.

The purpose of working with these energies is to foster integration of all aspects of your life to create a more holistic being.



What is the Crown Chakra?

This is your spiritual centre where the Crown Chakra can assist us to create our link to our spirit guides and higher self.

The Crown Chakra can work with all issues that effect us on a spiritual level and blends it with our earthly personalities. Fully optimised, the Crown Chakra can aid the head and brain.



Colour: Purple (also recognised as the secondary colour White)

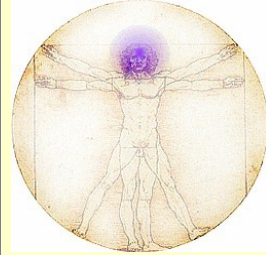
Location: Top of Head



What is the Third Eye Chakra?

As your psychic centre, the Third Eye Chakra has been depicted in many cultures as the third eye and aids vision in different aspects of our lives.

The Third Eye Chakra can affect dreams, imagination, concentration, intuition, wisdom and the intuitive ability of clairvoyance. It also aids your upper glands in the facial region, our eyes, nose and ears.

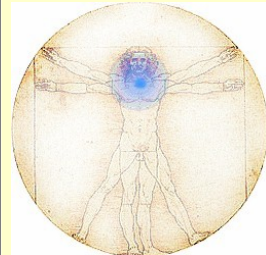


Colour: Indigo (also recognised as the secondary colour Purple) **Location: Third Eye or Brow**

What is the Throat Chakra?

The Throat Chakra is your communication centre and deals with issues of expressing speech, thoughts and writing. It is known to improve the intuitive ability of clairaudience.

Opening the Throat Chakra fully can aid the glands of the throat and occasionally known to effect the mouth, ears and upper respiratory system.



Colour: Blue
Location: Throat region

What is the Heart Chakra?

As your heart and emotion centre, the Heart Chakra is known to effect the intuitive ability of clairsentience.

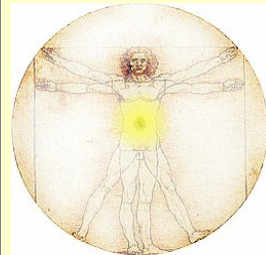
Improving the Heart Chakra can help balance your emotions of giving, receiving, losing and acquiring love in your life. It will also aid organs such as the heart, lungs, thoracic areas and circulation.



Colour: Green (also recognised with Pink)
Location: Heart Region

What is the Solar Plexus Chakra?

This is your personal power centre and aids digestion, metabolism and the nervous system.





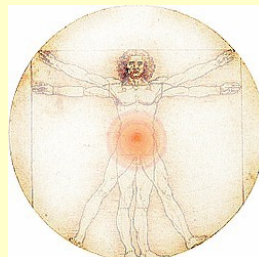
Developing the Solar Plexus Chakra can help understand and increase our will power as well as the pancreas, gall bladder, nervous system, liver, stomach and adrenals.

Colour: Yellow
Location: Solar Plexus

What is the Sacral Chakra?

The Sacral Chakra helps us to develop our sexuality, assimilate and process food and is identified as the instinct zone.

Aligning the Sacral Chakra can aid the sexual organs, the spleen, genitals and bladder.



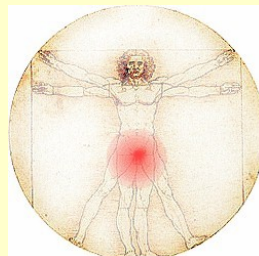
Colour: Orange
Location: The Spleen Area

What is the Root Chakra?

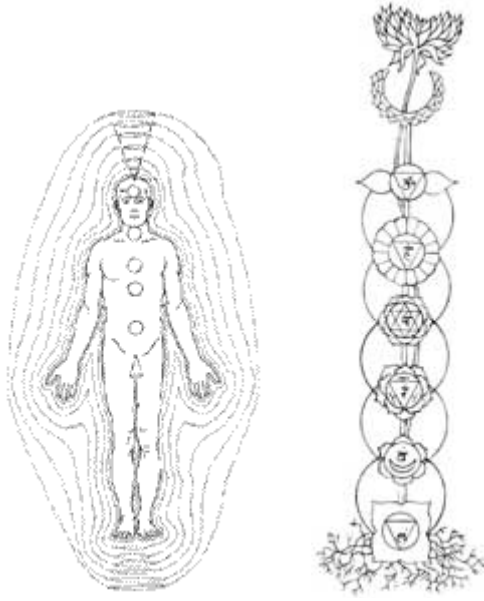
The Root Chakra helps the flow of our life-force energy into the body.

Working at its optimum, the Root Chakra can aid problems experienced with kidneys, adrenals, spinal column and colon.

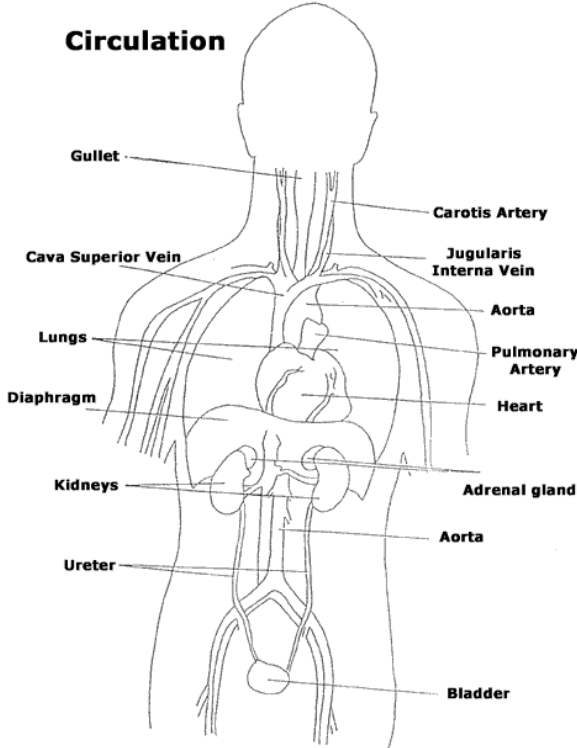
It could also strengthen your survival and self preservation instinct.



Colour: Red
Location: Base of Spine



Circulation



The Seven Chakras, their Locations and Shapes. Corresponding Human Body Parts.

Reiki and the chakras



To understand Reiki and the hand positions used one will have to have some knowledge of the chakras. The Reiki hand positions as used here in the west covers and treats all the major chakras. The chakras are both connected to the physical organs in our body and the different layers in the aura.

7 centers of energy

Chakra is a Sanskrit word and means "wheel". A wheel that spins around its own axis and can spin fast or slowly. A chakra will spin in relation to the energy level of your system. Where will you find these chakras? They exist within us all. In the same way that we have a physical body we also have a subtle body. Our chakras are parts of a large network of subtle energies.

Today we know that living cells from humans, animals and plants give off invisible energies. Simple groups of living tissue issue a sort of light (aura) that can be seen on a Kirlian photo. Specialized groups of cells that make up physical organs create more organized energy patterns. The human body's system consists of sensory, breathing, circulation, digestion, reproduction and secretion. There are six corresponding chakras for these bodily functions. The brain and the whole being also has one chakra, making a total of 7 major chakras. These chakras are situated at the top of the head, forehead, throat, heart, solar plexus, the navel and at the bottom of the pelvis.

The chakras and the physical body

Every chakra has a corresponding organ in our physical system.

The root chakra belongs together with the large intestine and the rectum. It also has a certain influence on the function of the kidneys.

The navel chakra belongs to the reproduction system, the testicles and ovaries and also the urinary bladder and kidneys.

The solar plexus chakra is in relation to the liver, gall bladder, stomach, spleen and the small intestine.

The heart chakra belongs to the heart and the arms.

The throat chakra relates to the lungs and the throat.

The third eye (forehead) chakra belongs to the brain, face, nose, eyes etc.

The crown chakra does not have a corresponding organ but is related to the whole being.



There is a clear connection between the condition of a chakra and the condition of the corresponding organ. A chakra can be over active, under active or in balance. Using Reiki can give the chakras balance and the organs health.

Chakras and the endocrine system

The chakras change energy from one level to another by distributing Ki (also called Chi, Prana, Mana depending on belief system) to the physical body. This is partly done through the endocrine system that regulates other systems in the body. According to tradition each chakra also corresponds to one of the major glands in the body. The Reiki hand positions not only cover the chakras but also major organs and glands.

The root chakra is in relation to the adrenal gland.

The navel chakra to the ovaries or testicles.

The solar plexus chakra is related to the pancreas.

The heart chakra belongs together with the thymus.

The throat chakra corresponds to the thyroid gland.

The third eye chakra has a connection to the pituitary gland.

The crown chakra is usually connected to the pineal gland.

The endocrine system plays a major role for the body's daily health. The glands release hormones directly into the blood stream and control all aspects of growth, development and daily activities.

Physical problems are often the result of a blockage in the energy flow in the system made up of meridians and chakras causing the organs or glands to not function properly.

The Organ Clock (Biological Wheel)

The Organ Clock comes from traditional Chinese medicine. As you know there are natural biological cycles, for instance: the year, the moon and the day. All activity in nature changes according to a certain pattern. The Organ Wheel is based on the fact that our inner organs each have a time during the day when they are more active. This knowledge can be used to diagnose and help treatment.



Organ activity will indicate the correct treatment

Every one of our 12 most important organs have a two hour period during the day when they are the most active. If the energy in the organ is out of balance, symptoms will be more noticeable during the organ's two-hour period. Please observe that symptoms can also show in body tissue, sensory organs, meridians or muscles whose function is connected to the organ. Many patients will be able to accurately inform you about the time that they feel their problems are most severe. This information and the Organ Clock can help you to give the correct treatment and to balance the problem.

Organs in opposing time frames affect each other

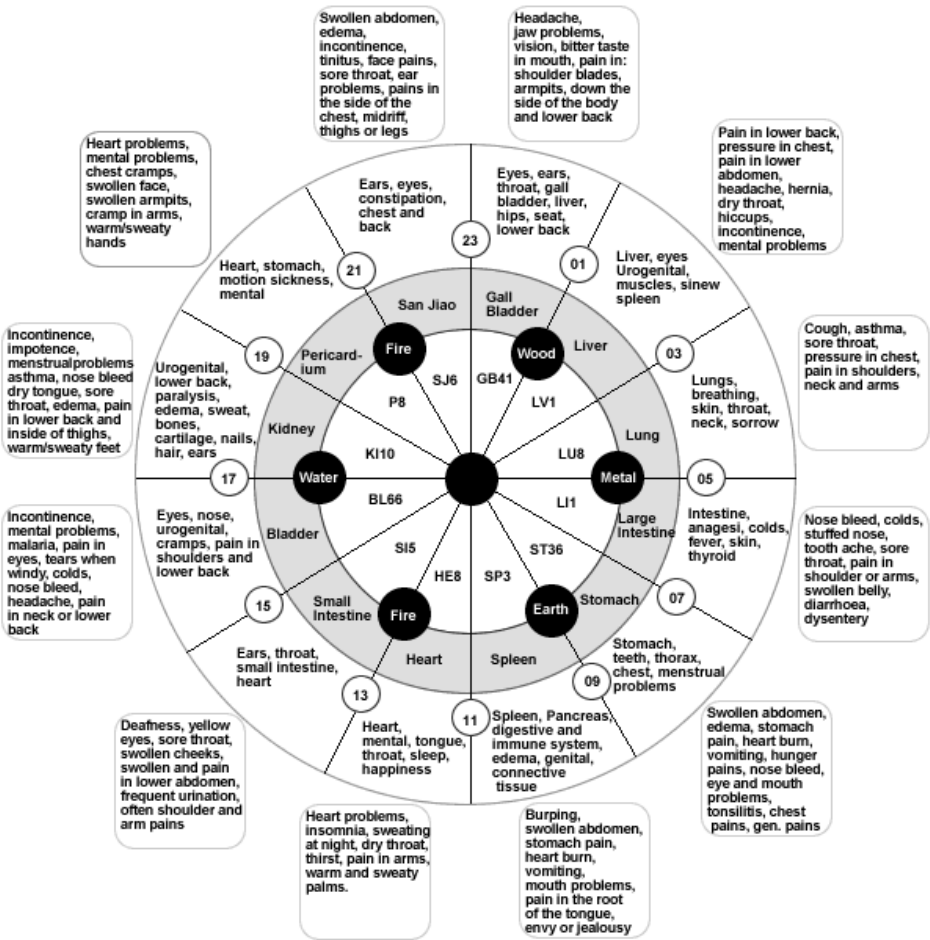
According to Chinese medicine, organs that are directly 12 hours apart from each other have an influence on the balance in the opposing organ. You might get an indication that the patient feels worse twice per day. The explanation is that when two different organs (and their corresponding tissue, sensory organs, meridians, muscles etc.) are sick at the same time it is usually because one organ has too much energy, whilst the other lacks in energy. (Worth noting is that if you treat the organ lacking energy it will "suck" energy from the organ with too much energy, creating balance again.) As a rule of thumb you can use this:

Too much energy: the illness or problem occurs and gets bigger **both** when the body is at rest and in physical activity.

Lack of energy: the illness or problem only occurs or gets bigger during physical activity.

How to use the Organ Clock

To use it is very simple. Find out at what time the problem is most severe, treat the corresponding organ/organs with Reiki. This is how you read the clock: The outer squares give you some possible symptoms. The first ring of the actual clock contains the organs and the two hour time frame. Next ring will give you the name of the corresponding meridian. The black circles give you the element from the Chinese five element principles (I will not describe those here). The inner ring contains an important acupuncture point for the corresponding meridian and that time frame. You can treat the organ directly or this point with Reiki and get very good results. You will find the points described, in layman's terms, in the table below the Organ Clock.



Time Frame	Meridian	Point	How to find it	Reiki Hand Position
23 - 01	Gall Bladder	GB41	On the top and outside of the foot about 3 to 4 finger widths from the base of the little toe towards the heel	Cover the top of each foot from the little toe with your hands
01 - 03	Liver	LV1	At inside corner of the base of the nail of the big toe	Cup hands around each big toe
03 - 05	Lung	LU8	Underside of wrist about 1 finger width from the base of the thumb	Put hands covering the underside of the wrist on each hand
05 - 07	Large Intestine	LI1	Outer corner of the base of the nail on the index fingers	Cover each index finger. Your hands pointing towards the wrists
07 - 09	Stomach	ST36	4 finger widths below the knee, slightly on the outside of the bone	Place your hands slightly below each knee
09 - 11	Spleen	SP3	About 1 fingers width from the base of the big toe. (Follow an imaginary line from the outer edge of the toe towards the heel)	Cover the big toes, hands following the imaginary line (you will cover SP1-Sp4)
11 - 13	Heart	HE8	H8 is in the palm of the hands. Close your fingers into a loose fist. Just	Cover that point of the palms and let your fingers also



			below the little finger on the palm is H8	cover a bit of the wrists
13 - 15	Small Intestine	SI5	Can be found in the fold of the wrist, backward from the outside of the little fingers on each hand	Cover the wrists. Concentrate on the outside (SI4-SI6)
15 - 17	Bladder	BL66	Outside of the little toes, in joint between toe and foot	Put hands covering from the joint on the little toes back towards the heel
17 - 19	Kidney	KI10	On the inside of the knee at the beginning of the underside fold	Cover each knee with both hands
19 - 21	Pericardium	P8	Close your fingers loosely into a fist. You will find the point in the palms below the middle fingers	Cover that part of the palms and the first part of the wrists with your hands
21 - 23	San Jiao	SJ6	4 finger widths up from the wrist fold on the upper side of the hands	Cover area with your hands

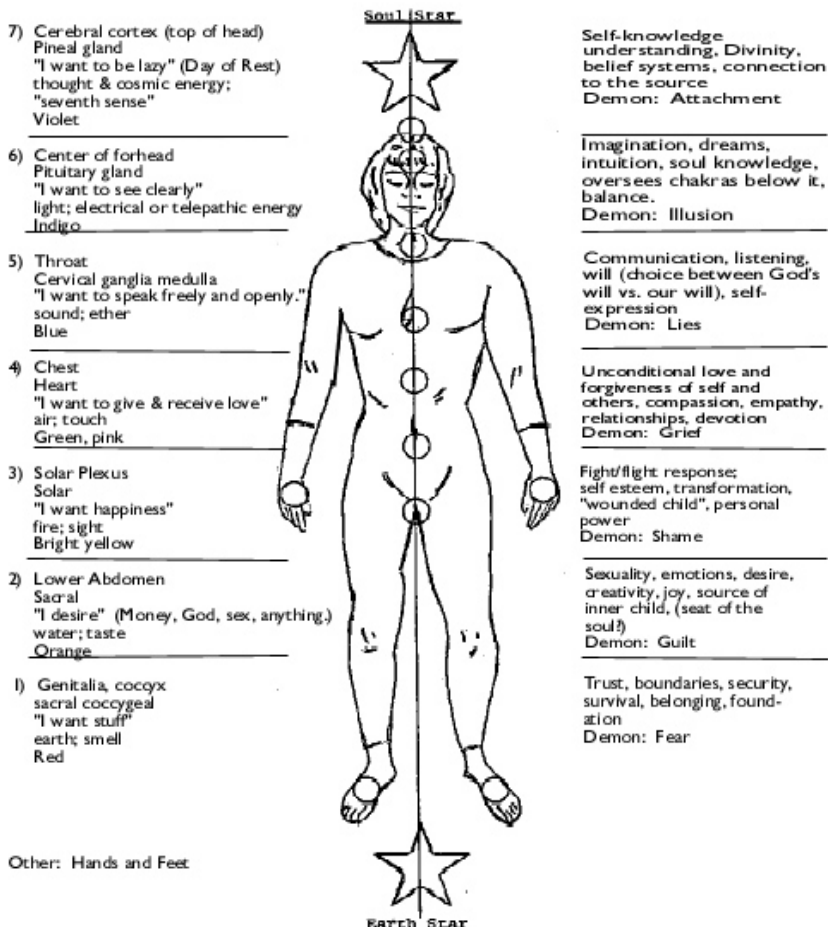
You can choose to either cover the specific area with your hands (this will usually cover more than one acupuncture point) or you could beam Reiki towards just the wanted point. Both systems will give good results.

Remember, never give a diagnosis to the client, leave that to a medical doctor. Use the Organ Clock as a guide in helping the client get well!



BASIC CHAKRA SYSTEM

CHAKRA: Wheel; vortex; spinning: 360+ in all



DovenStar Starr Beauvais CRMT, C.Ht (781)586-0855 Usui-Reiki.org



Kundalini Awakening

ABOUT KUNDALINI ENERGY AND KUNDALINI AWAKENING AND RAISING

WHAT KUNDALINI ENERGY IS?

Kundalini is a dormant energy within most people.

In Hindu mythology, Kundalini is a serpent goddess who lies asleep at the base of the spine, coiled three and a half times around the first chakra. Her name is Kundalini Shakti, and she represents the unfolding of the divine Shakti energy, the energizing potential of life itself, a living goddess who enlivens all things.

Under certain circumstances, the Kundalini energy awakens and begins to rise through the body, piercing and opening the chakras as she moves in her undulating, snake-like fashion. As Kundalini releases stored and blocked energies, her movement can be quite intense, sometimes painful, and often leads to mental states that seem out of this world.

Circumstances that stimulate Kundalini awakening are many and varied, but are usually triggered by such things as extended periods of meditation, yoga, fasting, stress, trauma, psychedelic drugs, or near death experiences.

Kundalini is a condensed, primal force, similar to the potential energy found in water. When released, it creates a vertical connection between the chakras by opening the subtle channels known as *nadi*, most specifically, the central channel that moves up the spine called *sushumna*. If we put water through a small hose at very high pressure, the end of the hose will undulate like a snake. Similarly, the intense energy of Kundalini undulates in the body as it rises through the chakras.

Kundalini can also be seen as a result of the chakras connecting to each other. Theoretically, as the chakras enlarge, the spinning of one can enhance the spinning of the one above or below it.



Kundalini is basically a healing force, but its effects can sometimes be quite unpleasant. Such effects may last for minutes, days, months, or even years.

If you find yourself dealing with uncomfortable Kundalini awakening symptoms, you should:

- 1) Purify the body.** Abstain from recreational drugs, tobacco, alcohol, and caffeine, prescription drugs. Avoid food additives, high sugars, or greasy foods. Eat well, especially protein which is generally grounding. Get massage and vigorous exercise.
- 2) Reduce stress.** If you are in for a major spiritual transformation, make time for the necessary changes in your life. You may need to devote more time to your spirituality or health.
- 3) Find Support.** Find other who have knowledge of this experience.
- 4) Educate yourself.** Read about Kundalini, Kundalini awakening, Yoga and learn about Chakras.
- 5) Treat underlying psychological issues.** As Kundalini brings up unresolved issues, this is the best time to deal with them. It will make the ride smoother.
- 6) Examine your spiritual practices.** If you have not been practicing meditation, yoga or some spiritual practice, it may be time to begin. You might need to stop meditating for a while if it increases unpleasant Kundalini awakening symptoms. See what increases or decreases the unpleasant effects.
- 7) Practice grounding.** Kundalini is most difficult when the energy is moving upward without enough energy moving downward to balance. Investigate the possibility of the first chakra issues that need to be resolved in order to give a firmer base. Practice grounding exercise daily.

Resources: Eastern Body Western Mind, Anodea Judith, Ph.D.



Kundalini Research Network, P.O. Box 45102, 2482
Yonge St. Toronto, Ontario Canada M4P 3E3

REIKI AND THE KUNDALINI AWAKENING

Kundalini Reiki can also help with problems with this energy. It will safely and gently awaken it.

If awakened Kundalini will complete the cleansing and purification of body layers, chakras and energy channels. With additional Reiki energy this process will become faster and smoother. When the body layers are cleansed it will increase our energy vibration and expand our consciousness. By opening the Kundalini the personal development process will accelerate.

The entrance for the Kundalini energy is through the First or Base chakra which connects us to the Earth energy. It runs through the main energy channel and out of the Crown chakra.

The two most basic forms of energy reach the human system from the base and the crown chakra. These two chakras are linked by the Sushumna, which is connected to the rest of the chakras by their "stems".

These stems provide the chakras with essential energy. The Sushumna is at the same time the channel through which the Kundalini energy is stimulated.

When it is stimulated, its energy is converted into various frequencies for each of the chakras. The energy is manifested via the lowest frequencies of the base chakra, and highest frequencies of the crown chakra.

These converted frequencies are conveyed to the subtle bodies and to physical body, and they are perceived by us as sensations, emotions, and thoughts.

There are also three levels of attunements in Kundalini Reiki and it must begin with level I.

Level 1 This attunement is the equivalent to Usui Reiki 1-2-3 attunements. It opens the healing channels to



allow channelling of Reiki energy. The Crown, Heart and Hand chakras are opened and strengthened. At the same time you are prepared for the Kundalini awakening in the 2nd attunement. You are also taught to perform a complete healing treatment and to heal remotely.

Level 2 The Reiki channels are strengthened. Kundalini energy reaches minimum the Solar Plexus Chakra preparing for the full Kundalini awakening in Reiki 3. You learn a specific meditation which increases the Kundalini energy. A chakra and energy system cleansing takes place.

Level 3 The Throat, Solar Plexus, Hara and Root Chakras are opened. A full rising of the Kundalini energy takes place. You learn to pass on Kundalini Reiki 1-2-3.

* * *

Regular practice of Yoga and/or meditation will help the Kundalini energy awakening, but usually it takes years of practice.

Kundalini energy awakening and raising has never been easier. You can now save years of meditation by using this New and Exciting Harmonic System of Tantra Yoga. Each chakra has an associated colour and vibration. Each chakra vibration has been synthesized in the laboratory and recorded. If you listen to the specific chakra vibration - that chakra is stimulated. If you listen to the chakra vibrations in the correct sequence it simulates the process of "**raising the Kundalini**". The results are instantaneous and fully guaranteed!

Meditation -To Bring the Mind Home

Today we generally waste our life in endless activity, struggle, aggressive competition and achievement. Meditation is the exact opposite. To meditate is to make a complete break with how we normally operate, it is a state free of all cares and concerns.

The heart of meditation

In the stillness of meditation, we return to that inner nature that we have so long ago lost in the busy and chaotic distractions our mind is subjected to each day.



The heart of meditation is to **bring the mind home, release and relax.**

- **To bring the mind home** means to turn your mind inward and to rest in the nature of mind.
- **To release** means to release mind from its prison of grasping, since you recognize that all pain, fear and distress arise from the craving of the grasping mind.
- **To relax** means to relax your mind into your true nature, letting all thoughts and emotions naturally subside and dissolve into the state of the nature of mind.

Meditation in a nutshell

I don't think it is possible to relate what meditation is in a nut shell but here is my feeble try: "Quietly sitting, body still, speech silent, mind at peace, let thoughts and emotions, whatever rises, come and go, not clinging to anything".

A Reiki meditation

Strictly speaking I am not sure this can be called a meditation but I cannot think of a better name so I will still refer to it as a Reiki meditation.

There are many types of meditations the three methods that seems most effective in the Western world are *watching the breath, using an object* and *reciting a mantra*. In this simple Reiki meditation one could say one uses the last two: *object* in the Reiki symbols and *mantra* in the names of the Reiki symbols. This is a very forceful and effective meditation that gives relaxation, mental calmness, clarity, increased ability to visualize, clairvoyance, increased healing power and a wider consciousness. It can also be used to solve problems or reach goals and it surrounds you with healing Reiki energy.

Here is how to do it:

1. Sit comfortably, either on a cushion with legs folded or on a straight back chair. Keep your spine erect (without force). If you are sitting on a chair do not lean back. Rub your hand together and put your hands on your knees or on another place comfortable for you.
2. Relax and breath slowly, think about Reiki.



3. Draw the Power symbol in front of you with your whole hand. Visualize how a white or violet light comes out through your fingers as you draw the symbol in the air in front of you.
4. Visualize the symbol in the third eye chakra and recite its name three times. Keep the symbol steadily in your third eye.
5. When you feel that you have meditated enough on this symbol let it float up into a field of light above your head. Return your consciousness to the third eye chakra.
6. Repeat steps 3 to 5 with the Mental/Emotional symbol and the Distance symbol.
7. When you are finished meditating on the three symbols you will be concentrated and full of healing Reiki energy. You can now continue with the final part of the meditation where you can send Reiki to your projects, goals or healing others at a distance.
8. Send Reiki by visualizing or describing the object, goals or person. You can use the method you have learned or the one you feel is most suitable to you.
9. When finished, slowly relax and release all thoughts. Sit quietly for a few minutes and enjoy the peace.
10. Rub your hands together and "wash" your face with them. Open your eyes, walk a few steps and feel how refreshed you are.

Here are a few tips:

Make sure you have a quiet and undisturbed place. I will once again stress that you should keep your back straight to receive the most benefit from any meditation. At step 2 you can ask for help from your Reiki guides and thank them when you are finished. Practice seeing the symbols in front of you, this helps whenever you use Reiki.

Try it and see if you like it - have fun!



REIKI & the Meridian System

The system of meridians



The Chinese, in the 3rd millennium B.C., posited the existence of a vital energy which they called Chi (life force, life energy). All matter, animate and inanimate, is composed of and pervaded with this universal energy.

Same as we need blood to flow freely through our body's circulatory system we also need Chi to flow freely through our system of meridians. Simplified one can say that the meridians are the equivalent of our blood vessels but instead of transporting blood this system transports Chi or life energy. Sickness can occur when there is a blockage in the meridians and the Chi no longer can flow freely or when the yin

and yang balance of the Chi is disturbed.

12 primary meridians

There are two systems of channels or meridians, namely primary and secondary meridians. Primary meridians pass through internal organs but secondary do not.

There are 12 pairs of primary meridians with Chi flowing in continuous circulation through the following organs: lungs, colon, stomach, spleen, heart, intestines, urinary bladder, kidneys, pericardium, triple warmer, gall bladder and liver. The primary meridians are named by the organ they are connected to i.e. lung meridian, heart meridian etc.

Almost all points used in acupuncture and acupressure are situated along the primary meridians. Please note that just because the meridians are named according to the organs they pass through it does not mean that they only correspond to these organs and their functions. The meridians also consist of complex interrelated systems for the circulation of Chi.



Yin and Yang

This Chi contains two polar forces, the yin and the yang. When the yin and yang are balanced, the living system exhibits physical health; when they are unbalanced, a diseased state results. Overly powerful yang results in excessive organic activity. Predominate yin makes for insufficient functioning. Either imbalance results in physical illness. The ancient art of acupuncture and acupressure focuses on balancing the yin and the yang.

Reiki and the meridians

A Reiki treatment will balance the yin and yang and facilitate a smooth flow of Chi through the meridian system. Blockages in meridians can be dissolved by Reiki and help restore the body's healthy flow of Chi.

The Reiki Symbols

REIKI SYMBOLS, THEIR MEANING AND METHODS OF ACTIVATION

One of the joys of Reiki is learning and using the Reiki symbols. We are more connected to the source of divine guidance, intelligence and power once we are attuned to Second Degree Reiki and given the symbols. The power of the symbols becomes clear to us when we begin to use them. How and what they can be used for is a question often asked. The symbols and their uses are discussed at length in 'Reiki: The Healing Touch,' the Reiki I & II manual by William Rand. This article describes the power symbol and the mental/emotional symbols in ways that I have been inspired to use them.

Being a visual person, I have found that the symbols, if I look at them in a certain way, often tell me what they do. The lines and the shapes of the symbols have a meaning and energy of their own.



The Power Symbol

The power symbol, when translated, means 'put the power of the universe here.' The top horizontal line represents 'shiva' or the male energy of the universe. The line coming down represents the energy coming down to earth or down the spinal column. The spiral represents 'shakti,' the female, or earth energy. The spiral then crosses the vertical line seven times representing the seven chakras.

To me, that spiral often represents a cocoon of protective energy, much like being in a labyrinth. The power symbol can be used to create a sacred or protective space around you. You can imagine yourself within that spiral, protected by Reiki energy. If you feel threatened by people around you, or are surrounded by negativity, you can imagine yourself within that labyrinth and the Reiki energy creates a protective field around you. The energy vibrates around you and sends the energy out as well. Another example is that if someone is verbally attacking you, you can envision a power symbol in front of you, protecting you like a shield and keeping their negativity out of your energy field.

Before I send my children to school each morning, I put a power symbol over the top of their head with the intent that they are surrounded and protected by Reiki energy all day. This can be done with pets as well.

Putting the power symbol on each chakra and in the palms of your hands, clears your channel and empowers your hands before giving a treatment. Placing the power symbol over the crown of the person's head creates a cocoon of Reiki energy around the client and a sacred space to work in. Putting the symbol over the back of the heart and end of the spine (low back) when you end the treatment seals the energy in.

The power symbol can be visualized in the palm of your hand when you go to shake someone's hand. This way you are bringing the power of Reiki to your encounter and giving the other person a blessing.



Placing the power symbol on medication before you take it has the effect of helping your body to receive the medication with the least side effects. The power symbol placed over your meal before you eat serves as a blessing for the food, removal of negative energies by anyone that handled the food, and receiving the food so that it truly nourishes your body.

One of my favorite ways to use the power symbol is when I fly. I have a Reiki ritual that includes visualizing the distant healing symbol laying down in front of the plane and becoming a 'Reiki bridge' of safety to my destination. Then I imagine the power symbol spiral coming down over the nose of the plane to the tail (including the wings), placing the entire plane in a protective cocoon of Reiki energy.

The Mental/Emotional Symbol

This symbol translates to mean 'God and humanity become one.' The sharp angles on the left side of the symbol represent logical, linear, or male side of the brain. The curves on the right side represent the intuitive, creative, imaginative or female side or right brain. So one can see how using this symbol balances the left and right sides of the brain and helps in any mental (thinking, analyzing, studying) or emotional (feeling) situation.

The mental/emotional symbol can be used on yourself (or others) when feelings of fear, anxiety, anger or depression come up. The Reiki energy helps to calm the emotion and help one see clearly. It is often said that many illnesses begin as blocked emotions. The next time an uncomfortable emotion (fear, sadness, anxiety, anger) comes up (for you or your client), don't try to stop it. It is there for a reason. Take a deep breath, activate the symbol, place your hands on your heart chakra and solar plexus chakra and give yourself Reiki. Imagine the power symbol there as well. Stay with the emotion and allow yourself to feel it. Wait with it. Thank it for coming up. And then release it.

Other uses for the mental/emotional symbol are when trying to learn something new. You can place the symbol



on the paper or book, asking that Reiki energy help you to understand it more easily or clearly. Or, place your hands on top of your head, activate the symbol, and allow it to relax your brain so concepts or ideas will enter (and stay) more readily.

This symbol is also helpful in healing relationships. This can be between friends, lovers, family, peers, bosses, etc. What the Reiki energy does when this symbol is used is harmonize the situation between people. It helps calm the emotions so one can see the situation clearly or see it from the other person's perspective. Reiki cannot be used to control the relationship, but works for the highest good. Reiki brings about the best outcome for the relationship and/or the situation.

A visualization that I use when asking for healing between two people is to imagine that the two people are standing on opposite sides of the mental/emotional symbol. The Reiki energy comes up like a cloud of smoke and fills the symbol. The energy then comes out of the symbol and surrounds the two people involved in a cocoon of Reiki energy so that they are bathed in healing energy.

These are just a few ways that you can use the symbols. Allow yourself to work with them more closely, feel their energy, meditate with them, and let them tell you what they do.

**The Japanese
Character of Reiki →**





In Second and Master level of Reiki you will have access to the Special Sacred Reiki Symbols and words. These are handed down from Master to Master and are used for attuning other initiates into your Reiki Linage. But more importantly they can be used for healing and protection.

Reiki Symbols are means of focusing your attention in order to connect with "specific" healing frequencies.

Using different symbols will boost up the Reiki energy.

REIKI SYMBOLS **CHO KU RAY**

Pronunciation "choh-koo-ray"

Alias: "The **Power** Symbol"



Meaning: "God and Man Coming Together" or "I have the key"

The primary use of this Symbol is to increase Reiki power. It draws Energy from around you and it focuses it where you want to.

Make the sign over the client (or yourself) and say (silently) the words Cho Ku Rei 3 times.

It is the all-purpose symbol. It can be used for anything, anywhere;

- * For on the spot treatments
- * To cleans negative energies



* Spiritual protection

* On food, water, medicine, herbs

* In sick rooms and hospitals

* To aid manifestation

* To empower other Reiki Symbols

* To seal energies after the treatment, etc.

If you wish to use the symbol to bring Energy to yourself, reverse it.

The Reiki Power symbol - Choku Rei

(Choku Rei is pronounced: "Cho-Koo-Ray")

The general meaning of Choku Rei is: "Place the power of the universe here".

The power symbol can be used to increase the power of Reiki. It can also be used for protection. See it as a light switch that has the intention to instantly boost your ability to channel Reiki energy.



SHOKU REI

Draw or visualize the symbol in front of you and you will have instant access to more healing energies. Choku Rei also gives the other symbols more power when they are used together.

The symbol can be used any time during a treatment but it is especially effective if it is used in the beginning of a session to empower the Reiki energy or when used at the end of a session to close the session and seal off the Reiki energies.

The Reiki Power symbol is, as I have said before, mainly a power switch but you can also assign it further uses. Remember it is always your intention that governs what happens. If you want to add new "functions" to the Power symbol then just have a clear statement and intention of what it is you want the symbol to do and it will do it for you.



Some uses:

- Increase the power of your healing abilities; use it as a light switch. (Draw or visualize Choku Rei in front of you or draw it in your hands if you want.)
- You can focus the Reiki energies (like a looking glass) on a specific point of the body. (Draw the symbol directly on the spot being treated.)
- Increase the power of the other symbols. (Draw it before drawing the other symbols.)
- One can use the Power symbol to close a space around the receiver and to stop the energies received to disappear from the body. (Draw it above the body with the intention of sealing the healing process.)
- The Power symbol can be used to spiritually clean a room from negative energy, to leave it in light and make it a holy place. (Draw or visualize the symbols on all the walls, ceiling and floor with the intent to energize the room.)
- You can clean crystals and other objects from negative energies. (Draw the power symbol above or on the crystal/object with the intent of cleansing it and restoring it to its original state. Hold the object in your hands and "give" it Reiki (or send it Reiki from a distance if it is too big to hold).)
- Protect yourself from negative energies (from people you treat or people you meet). (Draw or visualize the Reiki Power symbol in front of you with the intent of being totally protected.) You can read more about this on my page about the "Aurashield".
- Protect yourself, your children, your spouse, your house and other things you value. (Draw Choku Rei directly on the object/person you want to protect with the intent to protect him/her/it from harm.) Since Reiki works on all different levels of existence it will naturally also give protection on all levels of existence.

These are just a few uses. You can use your own intuition and imagination to find other uses for the Reiki Power symbol – Choku Rei. There are no limits to what you can do. The power is all in your mind, let your clear intention guide the function of the symbols.



Further information

For some reason many Reiki Masters will neglect to inform their Reiki 1 students that they can start using the Power symbol. The symbol has been "given" to the student during the Reiki 1 Attunement so why not teach how to use it?

Traditionally Choku Rei is supposed to be drawn anti clockwise (from left to right). I prefer to draw it clockwise (shown above) as this seems to work better for me and it also seems more logical. There is no right or wrong way, it is your intention that decides the function so just do what feels best for you.

The horizontal line represents the Reiki source. The vertical line symbolizes the energy flow, and the spiral that touches the middle line seven times represents the seven chakras

SEI HEI KI

Pronunciation: say-hay-key

Alias: The **Mental/Emotional** Symbol



Meaning: God and Man Coming Together or Key to the Universe

It is used primary for mental/emotional healing and calming the mind. It is very good for:

- * Psychic protection



* Cleansing

- * In meditations to activate Kundalini
- * To balance the right and left brain
- * Aid for removing addictions
- * For healing past traumas
- * Clears emotional blockages and aligns the upper chakras.
- * Remove negative energies and bad vibrations

Sei He Ki restores emotional balance and harmony.

The Mental/Emotional symbol – Sei He Ki

(Sei He Ki pronounced as: "Say-Hay-Key")

Sei He Ki has a general meaning of: "God and man become one".

The Mental/Emotional symbol brings together the "brain and the body". It helps people to bring to the surface and release the mental/emotional causes of their problems.

Many people (even doctors) are starting to realize that many of our ailments are based on mental and emotional unbalances that we probably are not even aware of. The symbol works to focus and harmonize the subconscious with the physical side.

This symbol can be used to help with emotional and mental healing. It balances the left and right side of the brain and gives peace and harmony. It is also very effective on relationship problems. The Sei He Ki symbol can also be used on diverse problems like nervousness, fear, depression, anger, sadness etc.

Some uses:



SEI HE KI



- The symbol can be used to help heal misuse of drugs, alcohol, smoking etc.
- Sei He Ki can be used to lose weight.
- The symbol can be used to find things that you have misplaced. (Draw the symbol in front of you and ask for help in finding xxxx. Let go of trying to find the object. The answer will soon pop up.)
- Sei He Ki can be used to improve your memory when reading and studying. (Draw the symbol on each page as you read it with the intent of remembering the important parts.)
- Add the symbol when doing healing (normal or distance) as this can help the healing process. Many physical problems have mental/emotional roots.

Further information

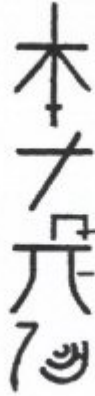
The Mental/Emotional symbol, Sei He Ki, has to do with Yin and Yang and the balance between the two sides of the brain.

The left part of the symbol represents Yang and our left side of the brain (logic, structure and linear thinking etc.) The right side of the symbol represents Yin and our right side of the brain. (fantasy, feelings, intuition etc.) When you are facing another person and draw the symbol the left side of the symbol, i.e. the Yang part of the symbol ends up on the receiver's right side of the brain and the Yin part on the left side thereby helping to balance the two sides.

HON SHA ZE SHO NEN

Pronunciation: Hanh-shah-zay-show-nen

Alias: The **Distance** Symbol



Meaning: The God (The Buddha, the Christ,..) in Me Greet the God in You to Promote Enlightenment and Peace

This is the Distant Healing Symbol and it is used to send Reiki over distance and time (past,present, future), to anyone and anything.

It is also drawn when sending a distant attunement.

The Reiki Distance Healing symbol – Hon Sha Ze Sho Nen

(Hon Sha Ze Sho Nen is pronounced as: "Hon-Sha-Zee-Show-Nen")

The symbol has a general meaning of: "No past, no present, no future" or it can have the meaning of "The Buddha in me contacts the Buddha in you".

The Distance symbol can, as its name implies, be used to send energies over a distance. Time and distance is no problem when using this Reiki symbol. Many practitioners consider Hon Sha Ze Sho Nen as the most useful and powerful symbol. The use of the symbol gives access to the "Akashic Records", the life records of each soul and can therefore be used in karmic healing. Trauma and other experiences from this life, previous or parallel lives that affect and mirror peoples' behaviors can be brought to light and released.



HON SHA ZE SHO NEN



In doing distance healing be open! Do not focus your efforts on healing a specific problem like a headache. Send the Reiki energies without limitation as they will go where they are best needed. When doing distance healing the energies will work on the receiver's subtle body, the Chakras and the Aura, and not as much on the physical level (i.e. it can take some time before the energies seep down to the body and eases for instance pain).

The person you are sending Reiki to is likely to feel it happening. If he/she has an open mind he/she can usually tell what you have done and when you have done it.

Distance healing does not take nearly as long as a hands-on treatment. You actually only need a few minutes to send distance healing. You can even set up a Reiki distance healing to automatically repeat sending energies to a person. If you want to do this I recommend that you put a time limit on the repeat (as it otherwise might continue forever) and also to renew and empower the distance healing every other day. Remember it is your intention that guides what happens!

Some uses:

- Send Reiki healing to people far away.
- "Beam" Reiki to people across the room.
- Send Reiki energies to the future to help with a specific task or be there as a support.
- Send Reiki to the past to lift up, to understand and release trauma.

Further information:

Describing how I do distance healing is not really relevant. If you put 10 Reiki Masters in a room they would probably all do distance healing in a different way. Absentee healing is basically a process of visualization i.e. imagine or "see" the person you want to send healing to and do it. You can use a photo if you have one, if not don't worry about it just send. Sometimes I send to people I don't really know (like a name I have received in an e-mail), I only have their name and city. No problem, it is the intention of sending Reiki to this



unknown person that makes it work. My advice is to let go of all your doubts, formulate a clear intention, use the Reiki symbols and send the energies!

The form of the Distance symbols is complex and probably this is the symbol with most variations. It is a Japanese Kanji and represents the human body incorporating the chakras and the five elements.

TAM-A-RA-SHA

Pronunciation: Tam-ara-sha

Alias: The **Balancing** Factor



It is a balancing/unblocking Symbol.

- * Grounds and balances energy
- * Helps to unblock the energy chakra centres allowing the energy to flow
- * If signed over pain helps to reduce it or dissipate it.

THE REIKI MASTER SYMBOL

DAI KO MYO

Pronunciation: dye-ko-me-o

Alias: The **Master** Symbol



It is the most powerful symbol in the Reiki group. It can be used only by Reiki Masters.

This symbol is used to heal the soul. Since it deals with the soul and our spiritual self it heals disease and illness from the original source in the aura/energy fields.

It helps to provide enlightenment and piece. It also allows to become more intuitive and psychic.

With practice this symbol brings profound life changes.

METHODS FOR SYMBOL ACTIVATION

They can be activated in any of the following ways:

- * By drawing them with your palm centre
- * BY drawing them with your finger
- * By visualizing them
- * By drawing them with your third eye
- * By spelling the symbol's name three times.

You can use whatever method you wish, but don't forget that it's the **intent** that counts.

Where to apply them during a healing?

First place the symbol(s) on your own hands/palms and then redraw or visualise the same symbols on:



* The clients crown chakra

* The areas to be treated (if known)

* The clients hands/palms

If you can not recall a Reiki symbol, use the "alias", because both have the same energy.

With practice the symbols will become less relevant and the focus will change to the "intent" of the specific energies required.

Usui Reiki Symbols

Additional Descriptions

by William Lee Rand

It is always important to know where a person's ideas are coming from. There are so many new Masters who are distantly removed in their lineage from Mrs. Takata and there have also been many changes and additions to Reiki with several new "branches" being added that it is apparent that in some cases the information being passed on has become confused. The information for this article comes from the training I received starting in 1981 from four Reiki Masters who received their Masterships directly from Mrs. Takata, plus my continuing research into Reiki including the exchange of symbols, attunements and important Reiki information with Reiki Masters from many lineages and backgrounds.



Usui Reiki symbols are sacred and are to be kept confidential. They are only revealed to those who are about to be initiated into the Second or Third degree of Reiki. The reason for this is explained later in this article. However, it is possible to discuss their nature, how they work and their history while we continue to honor this trust.

Reiki symbols are an important and very interesting part of Reiki practice. They allow one to focus the energy of Reiki for specific purposes. (For a detailed explanation of what the symbols can be used for, see the book, "Reiki, The Healing Touch," or the audio cassette tape set, "The Reiki Class" offered in this issue.) There are a total of four symbols in the Usui system of Reiki. Three are given in Reiki II and one in Reiki III. There are other symbols that people are using and while they have value, they are not a part of the Usui system.

Usui Reiki symbols are not as mysterious as they might seem. They have actually been created from Japanese kanji which means they are simply words from the Japanese language. Their names can be found in a Japanese/English dictionary. The first two symbols vary from this somewhat. While the names of the Power and Mental/Emotional symbols are Japanese, the symbols themselves may be shamanic or a combination of Sanskrit and Japanese kanji. It is a practice of Japanese Buddhists' to sometimes combine ancient Sanskrit with Japanese kanji in their sacred writings and symbols so the way these first two symbols are drawn may have been influenced by this practice. The distant and Master symbols are completely Japanese kanji, both in their names and in the way they are drawn and all the characters can be found in a Japanese/English dictionary.



It is interesting to note that the name of the Usui Master symbol can be found in "The Encyclopedia of Eastern Philosophy and Religion" and is translated to mean "treasure house of the great beaming light." It is said to be, "a Zen expression for one's own true nature or Buddha-nature of which one becomes cognizant in the experience of enlightenment or satori." This is quite a profound definition. Perhaps it is called the Master symbol because it gives us direct connection to the Master within which is the real source of Reiki. Also, since the Usui Master symbol is a powerful symbol from Zen Buddhism, one wonders how much help Dr. Usui received from the Zen Buddhists or other Japanese religious groups when he rediscovered Reiki. (See other articles on the origin of Reiki)

The above information indicates that the Usui Reiki symbols are not exclusive to Usui Reiki. They existed prior to Dr. Usui's use of them. Also, because they are Japanese, it is not likely that he discovered them in a Sanskrit sutra as some have thought. It is much more likely that Dr. Usui received the symbols in his mystical experience on Mt. Kurama, (located just north of Kyoto) or that he had prior knowledge of them from the Zen Buddhists or other religious groups he had studied with. Since the symbols are Japanese and we know that the Master symbol is from Zen Buddhism, perhaps the sutra in which he discovered the formula for healing was Zen Buddhist rather than a Sanskrit sutra. (Even though there is a Sanskrit sutra that contains a formula for healing.) In addition, the Usui Master symbol also appears as part of the symbol on the Goshintai, which is the sacred scroll of the Johrei Fellowship. These are all interesting ideas to contemplate. Research on the origin of the Reiki symbols is continuing so it is likely that this information will continue to develop..

The Reiki symbols are transcendental in their functioning. Whereas most symbols have an effect on the subconscious mind of the user, causing a change in one's internal state, the Reiki symbols access the source of Reiki directly and signal a change in how the Reiki energy functions, independent of one's internal state. While some teach that the symbols can only be activated in specific ways, the



truth is that they can be activated in many ways. They can be activated by drawing them with the hand, by visualizing them, or by saying the name either out loud or to oneself. Intention is the main ingredient in activation and it is possible with awareness to activate them by intending to use them. In addition, others have been able to simply go internally upward and think of the energy of the symbol they want to use and gain access to it in this way without using the symbol.

The power and effectiveness of the symbols comes from the Reiki attunement that is given during a Reiki class. Before the attunement, the student is shown the symbols and given time to memorize them. During the attunement, the energies of each symbol come down and enter the student's mind/body, linking themselves to the appropriate symbol in the student's mind. Afterward, whenever the student uses the symbol, the same energies that they were linked to during the attunement are activated and begin flowing.

This linking or activation of the Reiki symbols during the attunement process makes use of the stimulus/response mechanism which is a dynamic part of the human mind. This process was demonstrated by the psychologist Pavlov in his famous experiments with dogs. By ringing a bell whenever a dog was eating, he established a stimulus/response relationship in the mind of the dog. After doing this many times, whenever Pavlov rang the bell, even when the dog was not eating and food was not present, the dog began salivating. During the Reiki attunement the energy of the attunement causes the Reiki symbol to become a stimulus and the particular energy the symbol represents which is present during the attunement becomes the response. However, because the attunement is guided by the Higher Power, and functions at a higher level of awareness, the stimulus/response mechanism doesn't require the repetition normally necessary to establish a relationship between stimulus and response. It happens immediately. Then whenever you think of the symbol or use any other way to activate it, the energy that the symbols represents begins to flow.



The Reiki symbols have traditionally been kept secret. While secrecy is a way of honoring their sacredness, there are also metaphysical reasons for this. There is power in secrecy and this is also a way of maintaining a sacred connection with the symbols. Since the symbols have no real power without the attunement, it is better that they be kept secret until the class. In addition, if a person is shown a Reiki symbol without the benefit of the attunement that empowers it, they may incorrectly believe they have Reiki and not bother to take a class, thus missing the real experience of Reiki and losing the benefit of its healing power. While it is true that the symbols have been printed in some books, this does not effect the value that comes from an individual not showing the symbols they have received from their Reiki teacher to others. The value of sacredness will remain for anyone who continues to not show them to those who do not have the level of Reiki where those symbols are taught.

Many have noticed differences in the way the symbols are drawn when compared to the symbols from other Reiki Masters. These differences are there for a number of reasons. First, it is known that Mrs. Takata did not always draw the symbols exactly the same for every student she taught. After her transition, there was a meeting of the Reiki Masters she initiated. At the meeting they compared their symbols. The Power symbols of all the Masters present were basically the same. The Mental/Emotional symbols of the Masters had some slight differences. However, the Distant symbols were quite different - especially with the strokes at the bottom. They did not compare their Master symbols. So, even at this early date, there were differences which apparently came from Mrs. Takata. Perhaps she deliberately drew them differently to give a little distinction for each student or perhaps at other times, because of age or from having taught for over 30 years, she accidently drew them with some differences. Also, there are different ways to draw the Japanese kanji figures and in fact, Mrs. Takata did have two ways she drew the Master symbol. One way was more of a flowing style, called "running hand" which is like handwriting with the main difference at the bottom part of the symbol. The



other way she drew the Master symbol was in a printed or block style called "normal." Both ways of drawing the Master symbol have exactly the same meaning. (See the handout from " Chinese Calligraphy," by Edoardo Fazzioli.)

So starting out there were already changes in the symbols from one student to another. Add to this the fact that students were not allowed to make written copies of the symbols, and were required to keep them only in the mind. When it came time to pass them on, the teachers had to draw them from memory and since few people have perfect memories, some changes were bound to occur. This process has continued over and over thus allowing more changes to take place. What is surprising is that for most students, the symbols still look fairly close to the original.

So, the question arises about whether there is a perfect or correct way to draw the symbols. From the above example, it can be seen that even those who learned from Mrs. Takata did not draw the symbols in exactly the same way - so there must not be a perfect way to draw them. It has also been found that everyone who has received the attunement for the symbols has symbols that work. So, the power of the symbols does not come from drawing them perfectly. It comes from the link that is made between the symbol the student receives in class and the attunement energies entering the student during the Reiki initiation. The correct way to draw the symbols is the way your Reiki Master drew them for you before you received the attunement. It is the link between the symbol and the Reiki energy that takes place during the attunement that empowers the symbols. (With this principle in mind, some masters have chosen to deliberately make slight changes in some of the lines of the symbols to give distinction to their particular school of Reiki.) The symbols that you received from your Master are the right symbols for you to use even if they are different than what others are using. Also, it is possible to receive additional versions of the symbols from different masters and as long as the attunement is given, be able to use several ways to draw them.



The Reiki symbols are a wonderful, beautiful way to connect to the higher power. Their use does not require that we be able to meditate or have years of spiritual practice. Their power and effectiveness comes to us by grace, which allows us to humbly accept the value we receive as a gift from the Creator. We are grateful for the efforts of Dr. Usui and all the others who have lovingly worked to make this system of healing available to us.

Reiki Hand Positions

REIKI HAND POSITIONS FOR SELF-HEALING AND HEALING OTHERS

With the simple act of placing the hands on oneself or on another person Reiki energy automatically flows.

You would usually start with drawing the Dai Ko Mio, Hon Sha Ze Sho Nen, Sei He Ki and Cho Ku Rei symbols over the client, three times for each symbol.

Then you start channelling Reiki energy through your hands to yourself or to the recipient's head, front of the body, back, knees and feet. This enables the energy to flow right to the source of the problem and not just the manifesting symptom. Reiki energy goes to where ever the recipient needs it most. Remember not to force where the energy is going, just let it flow through you to your client.

During a typical session place your hands on the different locations of the body for 3-5 minutes each, or hold until you feel you should move your hands away (use your intuition). Cup hands slightly, fingers holding together, the lighter the touch the better. You or your client should be lying down comfortably on a treatment table or sitting on a chair if they so wish.

REIKI HAND POSITIONS FOR HEALING OTHERS

CLIENT LAYING ON THEIR BACK

1. HEAD (stand at top of their head)



- Crown (top of the head)
- Eyes
- Ears
- Under the head
- Jaw
- Neck
- Upper chest (V)

2. ARMS (right side then left)

- Shoulders
- Elbows
- Wrist
- Hands
- Fingers

3. TRUNK

- Upper chest
- Brest (get permission first or work a few inches above in the air)
- Ribs (criss cross 2 or 3 times)
- Waist
- Lower abdomen (criss cross 2 or 3 times)
- First V than T to groin
- T to upper chest

4. LEGS

- Knees (right than left)
- Ankles (right than left)
- Arches of feet (right then left)
- Toes (right then left)

CLIENT LAYING ON THEIR STOMACH

Standing on the clients right side help them to flip over onto their stomach.

1. BACK

- Starting at shoulders criss cross your hands down their spine
- V the base of the spine
- T the shoulders



Reiki treatment for common diseases

In the western method of Reiki it has been the norm to recommend a full body treatment for any medical problem. Personally, as mentioned before, I have found that treating specific chakras or points connected to the organ or energy blockage causing the problem gives a much better result.

Hand positions for quick results

Based on a broad knowledge of the eastern way of looking at disease and methods for healing via the meridian system and acupuncture points etc. I have compounded information about which Reiki hand positions yield the best results for a specific problem.

My system is based on the common Reiki hand positions used here in the Western world. I have divided the body and positions into 4 different areas: Head, Body, Legs/Feet and Back.

Hand position photos to help you

If you choose the disease in the drop down menu above you will get a page with the Reiki hand positions that are most effective for that specific problem. You can also click to see a picture and a description of any position given.

~ Reiki Aura Shields ~

The aura - the subtle body

Quantum physics describes the universe as energy, with energy and matter interchangeable. Psychology, Eastern therapy, and complementary medicine all have terms for life as energy. The aura can be viewed as an energy field surrounding the body, interacting through spiritual and psychological levels via structures called chakras. In other words the aura is an energy field that surrounds the physical body and is discernible to those of psychical sight.



The 7 main chakras have their origin in the physical body but they also exist in all the layers of the aura. The speed and vibration level of the energy is increased with each level. One can say that the human consciousness is manifested on 7 levels or in the 7 layers that is the aura.

How Reiki affects the aura

Before a Reiki attunement a persons aura might normally only extend a few decimeters outside the persons body. The attunement strengthens the aura and gives a permanent aura of about 2 -3 meters. At the same time the consciousness, the inner strength and the ability to intuitively see what needs to be changed in order to achieve maximum health is increased. Through the Reiki attunement and the strengthening of the aura you get the tool to take control over your life and development.

During a Reiki treatment not only the organs and the energy flow within the body are affect but also the different bodies of the aura are affected. When using distance healing or the mental/emotional symbol the aura seems to be more affected than the actual organs in the body.

The different layers/bodies in the aura

The Physical body, is the most tangible manifestation of our consciousness. Its function is to be here and now, to be conscious of what we do: walking when walking, eating when eating etc. We all know the fears of the physical body - sickness, aging and death.

The Etheric body, is a thin invisible layer, approx. 2 cm thick, around the physical body. This is where the energy is reflected when it flows through meridians and chakras. The etheric body or double acts as a template for the physical body and appears as an energy matrix. It is described in Chinese medicine as meridians that transmit chi (ki) through the body. Consciousness is expressed in terms of sensations like physical pleasure or pain.

Many of our dreams can be found in the etheric body. With the aid of mantras, symbols, essence etc. one can affect the function of this part of the aura. Connected to the Root chakra.



The third body is the Emotional body. The emotional body is egg shaped and contains the other 2. This body reflects the feelings and emotions we have. Emotions like happiness, hope, love, anger, sorrow, hate are all found here. The emotional body is also connected to our past which can cause problems. The body is laced with wishes and desires from the past and this can cause tensions. It is important to learn how to handle different emotions during a day, the risk is otherwise that they become suppressed and stored in the emotional body and can later be the cause of blockages and disturbances leading to medical problems. Connected to the Navel chakra.

The Mental body's function is to teach us self knowledge. The mental body as it's name implies reflects the conscious mind, logic, intellect and active thinking.

We shape our reality with our minds. Our mind is the constructor, the builder. It reflects our ability through which we develop our learning and personality. Mental health or mental illness is reflected in this level. Connected to the Solar Plexus Chakra.

The Astral body. Unconditional love. Connected to the Heart chakra. The astral aura is the bridge between the physical world and the spiritual realm.

The Etheric Template body (divine will) can be identified with memory and our thought processes. Here all our memories, forgotten, remembered or pushed away, are mirrored. The Etheric Template also stores the present and all the possible futures. Connected to the Throat chakra.

The Celestial body mirrors the subconscious mind that is a part of the inactive part of our brain. By listening to your subconscious, your intuition, you can make your journey through life more simple and rewarding. Consciousness expresses itself as higher feelings like universal love; love that goes beyond human beings and friends into a universal love for all life. Connected to the Third eye chakra.

The Causal body (Ketheric Template) is the last body. The energies in this body spins with a very high frequency. This is where the soul communicates with the



conscious mind via the subconscious mind in the mental body. Consciousness is expressed in higher concepts of knowing or belief systems. This is where the initial creative impulse begins; not just linear knowing, but integrated knowing. Connected to the Crown chakra.

Aura Shield

I am sure you have experienced the feeling of instant dislike when you meet someone or had an uncomfortable feeling when in a crowd. Most of us have also experienced other people shouting and being abusive towards us. I will share a very good method of using Reiki to protect yourself from these types of negative energies.

Meetings of auras - good or bad?

As you know the aura surrounds our body. The aura normally extends a few decimeters from the body but if you are a Reiki practitioner your aura can extend up to a couple of meters. Generally one can say that when interacting with other people, voluntary or involuntary, your aura will mingle with other peoples aura. Most meetings of the auras will pass by and you do not notice the interaction or feel anything. These encounters are not harmful to you or can even be beneficial. In fact the joining of the auras when it comes to people who are in love or have very strong feelings for each other are very beneficial. The problem occurs when you meet people who are not compatible with you, people who are energy leaches, too many people or you are forced into an argument etc.

Why an Aurashield?

Let me give some examples:

- You meet someone that you instantly dislikes: This person could be what I call the leach type i.e. they try to "steal" your energy as soon as your auras touch (this person will usually not be aware of what is happening).
- You are in a crowd or using a public transport system or similar i.e. your aura is affected by many other peoples' auras. Sometimes this feels fine sometimes not.
- You get drawn into an argument and you can feel that the other persons words are hurting and



making you uncomfortable. That person is forcing negative energies towards you, here you will once again have an affect on your aura.

Let us settle for these examples, I am sure you can think of many more. If we realize that there can be a problem and the aura can be affected it is fairly easy to protect oneself.

Use Reiki to make an Aurashield and protect yourself!

What is an Aurashield? The best analogy I can give will be from Star Trek or some similar Science Fiction story, what protection does most spaceships in these stories have? Force fields! Your aura consists of pure energy, the trick is to make your aura into a "force field" that does not let in any negative energies or leak out any of your energy. As in all Reiki practice it is your intention that counts. If you want you aura to stop negative energies it will!

Shields up! - Make your own Aurashield!

Here is how you do it:

When you feel you need to protect yourself just visualize that the outer edge of you aura goes hard like a force field covering you from head to foot. Nothing can get in and nothing can get out. I suggest that you mentally decide on a word or command that instantly will trigger your intention of putting up your shield. "Shields up" is one suggestion. For me it is the name of the Reiki Power symbol, I might even draw it or visualize it. In my Aurashield I have included that any negative energy directed at me should bounce back to the sender as positive energy. This can make many conflicts easier. Experiment and see what works for you.

A few words of warning

I am sure that you understand that this Aurashield will only protect you from negative energies, it will not protect you from physical attacks. I would also suggest that you use this in moderation for two reasons: First if we were supposed to walk around shielded from others, evolution would have given us such a protection. Second some people who are sensitive to other people's auras will actually feel or see your shield and they might get the wrong impression about you as a person.



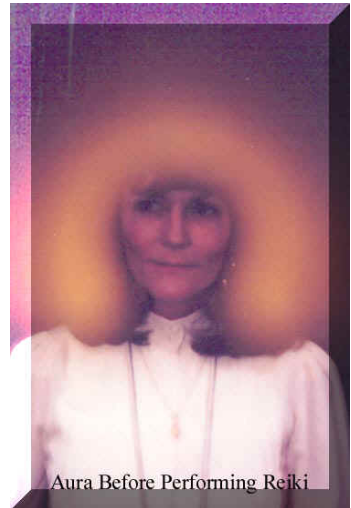
Hope the Aurashield will be of help to you!

These pictures were taken by aura photographer Sally Harper in November, 1999, at a Alternative Healing fair in Saco Maine. Sally was hosting a booth near mine, and offered to take these before and after Reiki pictures of one of my clients and me.

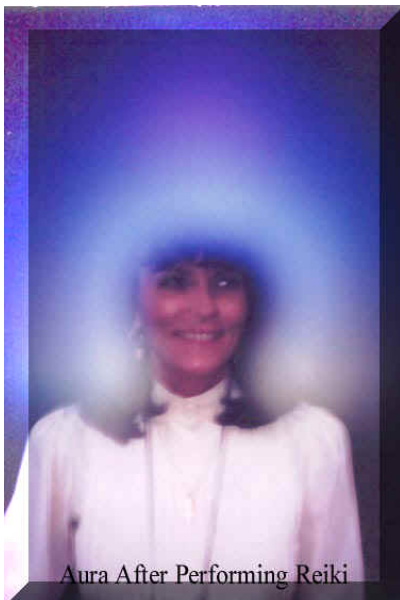
Included is an explanation of the colors in the auras, taken from Sally's pamphlet on Aura Photography. If there's anything 'good' in these pictures, it's a testament to Reiki and what it can do in the life of anyone who chooses to open and work with it. Love for Reiki develops on it's own, as one experiences it's gentle perfection.

GOLD ~ Orange and yellow combined, Gold is abundance and joy, with inner wisdom.

(YELLOW) ~ indicates a sunny, bright person, an individual who likes using their mind, and who brings warmth and variety to themselves and others. Yellow is joyous and radiant and has a delightful, shining energy. A cheerful person.



(ORANGE) ~ Creative and artistic describes this person. Energetic, a strong sense of the artistic self, very alive and perceptive, others see you as upbeat and hard working.



WHITE ~ has the qualities of all the colors, including purity and spiritual experience. White



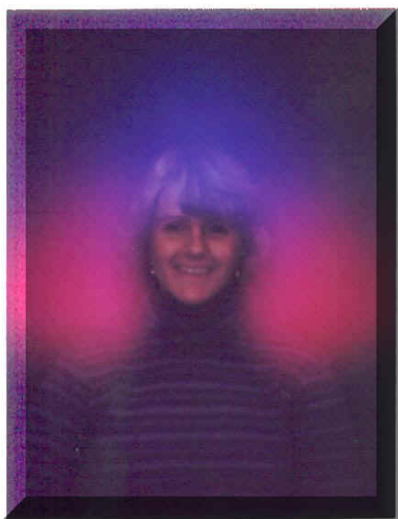
protects. The stronger and clearer the white the more it projects clarity and protection. (The gold ankh, a symbol for the eternity of all life, also seems to be glowing.)

VIOLET ~ is a mystical nature, highly sensitive and spiritually connected. Violet is a mix of blue (unlimited knowledge) and red (activity). Therefore, spiritual activity is in your aura when a clear violet is over the head.

BLUE ~ indicates a feeling of peace, loyalty, truth, dedication, and contentment. Blue is a communication color. You are a good listener and an intuitive one. Blue corresponds to a relaxed sensitivity and empathy for esthetic experiences. You have a calming and pacifying effect on others.

INDIGO ~ often called purple, it is the darkest blue of the night sky. Indigos have healing ability, and intuitive understanding. They can be serious or intense. Often a spiritual leader.

ROYAL BLUE ~ is the color of truth and sound judgement. There's a tendency to be quite serious. Integrity is key to your personality.



Patti, prior to her session...
...and after!



"After my 30-minute Reiki session, my body felt very relaxed and my mind at ease. I didn't have a care in the world. I asked if it was safe to get behind the wheel (of my car) after a session! I felt sedated, it was a great feeling!"
Patti, 12/14/99



Mudras

A Mudra (Sanskrit word meaning sign or seal) is a gesture or position, usually of the hands, that locks and guides energy flow and reflexes to the brain. By curling, crossing, stretching and touching the fingers and hands, we can "talk" to the body and mind as each area of the hand corresponds to a certain part of the mind or body.

From the little finger to the thumb: each finger represents earth, metal, fire, wood, and water, respectively. The entire universe lies within your ten fingers and it is also said that there is an infinite number of Mudras even though we only have 10 fingers. Mudras can be used both for meditation and/or healing.

How to do a Mudra

Mudras are easy to do and when used with Reiki you can usually feel the energy flow strongly. Start each Mudra session by "washing" your hands (rub your hands against each other about 10 times, hold hands before your Navel Chakra) this will help energy to flow in your hands. If you have Reiki II you can draw the Power symbol and the Mental/Emotional symbol over your hands (or any other symbol that you prefer). Sit with your back straight, either with legs crossed or on a straight backed chair. Put your fingers together as described in the Mudras below. In each Mudra, exert enough pressure to feel the flow of energy but not enough to whiten fingertips.



← The Om Mudra

This is probably one of the most well known Mudras and is very easy to do.



How to do it:

Start by "washing" your hands as explained above, add symbols if wanted. Sit with a straight back. Create the sacred OM mudra by connecting the index finger with the thumb on the same hand (both hands). The thumb is the gateway to Divine Will (represented by the Crown Chakra) and the index finger is the Ego (represented by the Navel Chakra). As you do this Mudra you can do an affirmation or just chant OM (pronounced AUM). If doing the affirmation say to yourself when you breathe in: "I am one with the Universe" and as you breathe out "The Universe and I are one". This mudra is very good when your life is in need of peace and tranquility.



The Smiling Buddha Mudra

This is one of my favorites and you might have seen this mudra also in paintings and statues. This is a gesture and exercise of happiness as it opens the flow of energy to the heart.

How to do it:

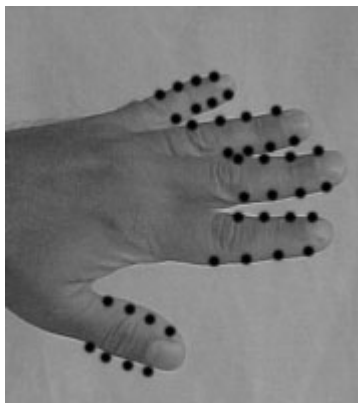
Sit comfortably either with crossed legs or on a straight backed chair. Bend ring and little fingers, pressing them down with the thumbs, keeping index and middle fingers straight (be comfortable do not force the fingers straight), palms forward. Elbows in towards the body (as far as it feels comfortable for you) and keep a 30 degree angle between the upper arms and forearms, keep the forearms parallel to each other.

Concentrate on your Third Eye and mentally chant (at the Third Eye) Sa Ta Na Ma ("Sa" - Infinity, "Ta" - Life, Existence, "Na" - Death, "Ma" - Rebirth, Light). Can be



done without the chant but try to at least concentrate on your Third Eye.

Keep elbows in towards your body and your chest out (straight back). Continue for about 10 minutes, then inhale deeply, exhale, open and close the fists several times, and relax. Enjoy the experience!



Fight worry, depression, impatience, anger, fear and other emotions

I don't know if this can be called a Mudra as it is a Qi Gong exercise that I learnt a long time ago. The effects and technique are certainly similar. This Mudra can be done anywhere as there is no preparation needed and it can be done discreetly.

As mentioned above your fingers corresponds to the five elements but they also correspond to emotions and the major organs. On the outside and inside (not top and bottom!) of your fingers run the meridians and there are several acupuncture points located here. These are represented by the black dots on the first picture.

By pressing or squeezing the sides of the fingers, according to your needs, you can affect both the emotion and the corresponding organ. This is how the fingers work:

- **The thumb** represents the element earth, the stomach and **worry**.



- **The index finger** represents the element metal, the lungs, the large intestine and the emotions **depression, sadness and grief**.
- **The middle finger** is the element fire, the heart, small intestine, circulatory and respiratory systems, the emotions are **impatience and hastiness**.
- **The ring finger** is the element wood and is connected to the liver, gall bladder, nervous system and corresponds to **anger**.
- **The little finger** corresponds to water, the kidneys and **fear**.

So if you are overwhelmed by an emotion, just squeeze the corresponding finger a few times and you will feel better. It works!

Reiki Distance Healing Sessions

What Is Distance Healing?

Your distance healing is the same type of healing you receive from an in-person session. The Practitioner is *at least* a Reiki Level II, trained to connect with and send you healing on the spiritual plane. The Practitioner is the conduit for Spirit, who guides the healing energy to where you are most in need, physically, mentally, emotionally and/or spiritually.

How Is Distance Healing Possible?

The process is very simple and very effective! You can receive distance healing no matter where in the world you are in relation to your Reiki Practitioner. It's only in our physical world that there are such things as time and distance. In Spirit, we simply intend to connect with each other and we are in the same 'space'. When I'm online with a person who asks for a sample of Reiki, they often relate their experience in amazement asking, "How can you do that over the internet?!" I explain that it's not done 'over the internet'. The internet makes us aware of each other as individuals, which also brings us together mentally, emotionally and spiritually. We can *intend to interact* on the Spiritual plane, *the intention activates the possibility*, then you can easily receive Reiki healing, which is a particular frequency of light energy.



(Note) Our thoughts, feelings and prayers are ways that all of us send energy every day! The mind is the builder, and thoughts are things ~ it's wise to be aware of what you're creating and sending out there!

Distance Reiki Healing Sample!

How Can I Receive a Sample of Distance Reiki?

You are welcome to contact me for a sample Reiki session via ICQ #21494269. I'm most often in N/A, but just send your message and I'll connect with you in chat as soon as I can, within minutes if I'm online.

Carolyn, one of my Reiki Master Teacher students, is also available for this service.

You can find her at ICQ #11883947 ~ simply mention that Starr sent you for a sample Distance Reiki session!

How Long Does The Session Take?

All told, the session will take about 20 minutes.

What Do We Do During The Session?

You can tell me a little about yourself if you like, but to send the Reiki all I need is your permission ~ Spirit knows exactly who and where you are!

I'll take two or three minutes to silently prepare myself. I'll

Full Distance Sessions!

How Do I Arrange A Full Session?

Indicate two different days/times when it's convenient for you to have your session. I'll select the one that's best for my schedule and confirm our appointment via return email.

How Long Does The Session Take?

From start to finish, your session will take about 1-1/2 hours. Please take that into consideration when selecting the days/times you're available for your session.

What Do We Do During The Session?

- We meet at the appointed day and time in the manner you designate on your Request Form (ICQ or



then ask you to relax in a receptive mode, with your eyes closed, feet flat on the floor and hands resting comfortably in your lap. We'll be together in the silence for about 10 minutes. When you feel 'done', just start typing any experience, feelings, and questions you have. We'll talk and I'll also relay any intuitive guidance that came through for you.

Is There A Fee For Sample Sessions?

No, sample sessions are delivered with my compliments ~ it's a joy to share them with you!

Yahoo chat or telephone).

- We spend about 15 minutes getting acquainted and talking about particular issue(s) for which you'd like to receive healing.
- I spend 5 minutes in silence, preparing to send Reiki to you.
- I send you the Reiki energy in silence for 30 - 40 minutes.

- We meet again for about 20 minutes to discuss your experience and feelings, and to address any questions you might have. I also share any intuitive guidance that comes through for you.
- If you'd like follow-up session(s) we



can arrange
them at this
time.

I'm looking forward to
sharing Reiki with you!
Namaste

Other Healing Methods

When working with Reiki one often comes in contact with other forms of healing. Personally I have read and done courses in many different forms of healing and one tends to pick up and use the part that appeal and work best. Under "Other Methods" I will add information about different techniques that I have found interesting and that work with Reiki.

So far you can find the following information:

The healing power of water

Your body is screaming for water, give it enough and many problems will be solved. **Drink!**

The healing power of water

The fact that water has a high value in healing seems to be a knowledge that has gone missing in our day and age of sodas and coffee. Correct intake of water can cure many problems so lets take a closer look at water.

Some facts about water

Water is of major importance to all living things; in some organisms, up to 90 percent of their body weight comes from water. Up to 60 percent of the human body is water, the brain is composed of 70 percent water, blood is 82 percent water, and the lungs are nearly 90 percent water.

The unique qualities and properties of water are what make it so important and basic to life. The cells in our bodies are full of water. The excellent ability of water to dissolve so many substances allows our cells to use



valuable nutrients, minerals, and chemicals in biological processes. Water's "stickiness" (from surface tension) plays a part in our body's ability to transport these elements all through ourselves. The carbohydrates and proteins that our bodies use as food are metabolised and transported by water in the bloodstream. No less important is the ability of water to transport waste material out of our bodies.

You definitely need it

Your body consists of a lot of water. Just imagine if you drained away the water in your body, not much left is there? It is easy to see that your body needs water and it needs a lot. Drink water and your body will respond positively, on the other hand if you do not drink enough your body will start to move water from less essential systems to more vital systems. Question is what systems in your body would you would classify as less vital? 75% of your brain tissue consists of water and your brain runs 7 days per week and 24 hours per day. Your brain needs water more than any other organ since your whole system depends on a functioning brain. When starting to drink more water one of the first things you will notice is that your will feel more "clear".

Water an effective medicine

Water is nature's most effective medicine because it is essential for cleaning and removing toxins from the body. When your body does not get enough water it cannot remove toxins and problems start occurring. When you are under stress, growth or any other kind of change including healing, your body will produce chemicals and other waste that need to be removed from your system. If you think about it most types of healing suggests that you drink water after a session, I wonder why?! Water will remove waste through your lungs, skin (sweat), urine and faeces. Enough water will mean that your system will effectively remove toxins and help keeping you healthy.

Drink enough and stay healthy

It is recommended that you drink at least eight glasses of eight ounces water per day (8 glasses of 2,5dl). If you are in warmer climates you might need to drink up to twice that amount. Give your body the water it needs to function properly and you will find that just drinking more water can actually solve many problems. Water is



known to have an effect on diverse diseases like: angina, arthritis, asthma, back problems, depression, diabetes, excess weight, high blood pressure, high cholesterol, migraine, MS (multiple sclerosis) just to mention a few.

Not just any fluid

In most countries tap water is contaminated or not really fit for drinking, in such cases you need to install a water purifier. If possible drink good quality bottled water. Remember just because it is wet does not mean it is water! Coffee, tea, beer, soda, juice etc. all contain dehydrating agents, you might actually lose more fluid than you take in. Stick to water!

It is never too late for water

You can never drink too much water (as with anything else don't overdo it), water will help your system to clear itself of toxins and make you feel better. Remember that starting a new habit of drinking water properly will not overnight create results. Your problems may have taken time to develop, therefore it will also take time to cure them.

Reiki and water

Naturally you can use Reiki to improve the healing powers of the water you drink. Hold your hands around the glass of water you are about to drink and let Reiki flow. If you have Reiki II you can use the symbols to further help the process. Keep your intention on the fact that you want the water to be as pure and healthy as possible for you at this moment.

One last thing: You are not ill - your body is thirsty!

Correct breathing is the base for a healthier life

A large proportion of the adult population in the Western world breathes incorrectly. Includes a Reiki/Qi Gong exercise for abdominal breathing. **Practice!**



Correct Breathing is the Base for a Healthier Life

Life starts and ends by taking a breath and it is obvious that we should fill out lives with good breathing habits. Our bodies needs a lot of oxygen to function properly and to help discard waste products like carbon monoxide. Every cell in our body actually needs lots of oxygen. Today many people are conscious about what they drink and what they eat but very few think about how they breath!

Breathing affects the whole body

It affects the nervous system, the heart, the digestive system, muscles, sleep, energy levels, concentration and memory and much more. Breathing is also our largest system for waste removal. 70% of the waste products produced in our body is supposed to be removed via breathing. 30% is removed via the skin and only 10% remains for the kidneys and the digestive system.

We not only breath in oxygen but also life energy (Qi or Chi in China, Ki in Japan, Mana in India).

A majority uses chest breathing

Breathing is easily affected, become restrained or blocked. Our way of breathing is actually one of the first affected by stress and emotions. According to a resent study in Sweden 83% of the adult population uses chest breathing i.e. they only use the top part of the chest. This is a very uneconomical way of breathing as it uses more muscle power than the deeper and more relaxed abdominal breathing. People that use chest breathing take more breaths per minute and as a consequence receive less oxygen and get rid of less waste products.

Abdominal breathing - effective breathing

Deep and effective breathing reaches all the way down to the abdomen. The abdomen expands forward, to the sides and also towards the spine. The breathing movement can be felt all the way down towards the pelvic area and up towards the top of the lungs. Abdominal breathing has a calming and relaxing effect as we take fewer and but more effective breaths. We absorb more oxygen and release more waste products with each breath. As an added bonus we also add more



life energy, Qi, to our system by using abdominal breathing.

Don't use your chest - use your abdomen

One of my Chi Gong masters used to say that Abdominal Breathing is like a return to childhood. Abdominal breathing not only makes us breath like we did when we where children, it can also rejuvenate bodily functions and organs.

A child still unaffected by the habits and defense mechanisms we learn as adults, breathes naturally. If you ask a young child to lay down flat you can easily observe how he/she breathes in the rhythmic rise and fall of the abdomen as life energy is absorbed. My master referred to abdominal breathing as natural breathing and chest breathing as reversed breathing. Abdominal breathing can be considered as taught by nature, chest breathing is learned by the self.

Abdominal breathing exercise for a healthier life

Here is an easy way to learn again how to breath with your abdomen and receive many health benefits on the way. If you are a Reiki practitioner it is easy to combine with the use of Reiki use your imagination/intuition or follow my suggestions. If you have not yet started your journey on the path of Reiki then you can still benefit from this exercise as it from the beginning is a pure Chi Gong exercise.

How to do it:

- You can either stand or lie down (suggest you stand)
- Stand with your feet fairly close together
- Relax and free your mind from all thoughts (easier said than done but don't worry about it!)
- Be happy!
- Rub your hands together briskly (if you have taken Reiki 2 add the symbols in each hand at this stage). Place one palm (the left for men and the right for women) on your "Qihai" (Hara) point about 2 fingers below your navel. Place the other palm on top of the first one.
- Open your mouth slightly
- Press gently and smoothly inward on your abdomen with your palms. Breath out during a count to six.
- Hold for a count of two



- Release smoothly and breath in under a count to six.
- Hold for a count of two. (This whole process of pressing, holding, releasing, holding is called a breathing unit)
- Repeat this whole process until you have done ten whole breathing units.
- Drop your arms to your sides and close your eyes if not already closed.
- Let go of everything and enjoy the state of "nothingness" for about five minutes or the time that feels right for you.
- When ready rub your hands together and "wash" your face with them. Open your eyes and walk a few steps.

Here are a few tips for you: To do this correctly you breath out on pressing and breath in on releasing. In the beginning try and forget about the breathing it usually takes care of itself. Concentrate on the pressing and releasing. Practice once in the morning and once in the evening for a couple of weeks and see how you feel! As you go along you can add more units to your exercise. If you feel stressed, upset or tired this is a very good and quick exercise to revitalize yourself. There is a second and third stage of this exercise where you visualize bad energy leaving you when pressing and good energy entering when releasing. I will try and write something about this later.

"Practice is the mother of all skills"

Meditation - how to bring the mind home

This is a very forceful and effective Reiki meditation that gives relaxation, mental calmness, clarity, increased ability to visualize, clairvoyance, increased healing power and a wider consciousness. **Try It!**

Protect yourself with an Aurashield

Ever felt uncomfortable around certain people? Read about what might be happening and how to protect yourself. **Read more!**

How to use a Mudra to direct energy in the body

Mudra is the Sanskrit name for folding your fingers in different ways to force energy to go a certain way in your system. **Read more!**



The Organ Clock

Use the Organ Clock as a guide to helping your client. In short, each organ in our body has a specific time during the day when it is most active. Use the clock to find the problem area.

Grief Healing Sessions

Profound healing can occur when you discover through an Intuitive Grief Healing session that you have not been separated from your friend, loved one or pet...they've left their body, but their consciousness is still fully present. Intuitive Grief Healing is the process of connecting with someone you love on 'the other side', in order to help you achieve inner peace about their passing.

What are the benefits of Intuitive Grief Healing?

A state of grieving can put one's life on hold indefinitely. Feeling that things were left unsaid, distress about whether the loved one is still in pain, or simply a need to express love to the one who's passed on are some examples of things that can get a person stuck in grief for years. Traditional counseling can be wonderful, however the intuitive realm is a very direct means to understand and heal the grief of physical death. Another benefit is that your consciousness is made personally aware of the continuity of Life, which in itself can be transformational!

What happens when a person dies?

There are innumerable scenarios, depending upon the degree to which that soul has evolved. I refer you to an excellent book, 'Journey Of Souls' by Michael Newton, PhD. Be assured that when we need it, we are greeted by loved ones and our Guides/Angels, we're comforted and encouraged, we process the life we just left, and we rest and continue to evolve.



How is it possible to speak with someone who's died?

When we get into our car, we don't forget who we are and think we're a car do we? Well, we aren't our bodies either! We are Spiritual beings having an Earth experience in a body ~ we're in school here, so to speak: We had consciousness before we were born into our current body. When we leave this body, our consciousness remains fully intact and continues to live and evolve. Our life on earth is transitory, our life in Spirit is forever. Your friend or loved on the other side still has full consciousness, the same as if they were still in their body. *It's that simple.*

There is a 'veil' between those in bodies and those on the other side, and some people can bypass the veil to see, hear, and/or sense beings in spirit. That is what I do. I desire to help people heal and evolve their consciousness. Identifying with your grief stimulates my compassion, which becomes my bridge to the other side.

Sometimes a person will contact me for this service, and sometimes a spirit initiates contact. I can be standing in line at a store, or be on the phone with a salesperson, or sitting on an airplane, anywhere!, when I'll start to hear and see someone on the other side who wants to communicate with who's next to me. I confirm with Spirit: "If You'd have me deliver these messages, please provide the opportunity." Invariably the person will turn and start talking to me, and wonderful healing is always the result. I can only presume that those on the other side recognize something which tells them I can and will do this for them. I always place the situation in the hands of Spirit and align my intention for the Highest Good of all concerned.

What happens during an Intuitive Grief Healing Session?

We begin by talking about your feelings, during which I connect empathetically with your grief and/or concerns. It's better if you don't tell me much about the person you'd like to contact, other than perhaps what your relationship was (father, sister, best friend, etc.), so what I see or hear isn't



colored by what you've told me. We ask for that spirit to be with us, then, if it's meant to be, we proceed until we feel we're done. We close with a discussion of your new feelings and anything else related to the matter that you'd like to share.

Do I have to believe in spirit contact, in order for it to happen?

It's possible to accomplish this even if one doesn't believe in it, but it's key to have a positive attitude. There's wisdom in discernment, but a contrary attitude or ridicule can block the process. During one skeptical gentleman's session his deceased wife came through with many things to which he could relate. He left shaking his head, saying, "I just don't know how you did that." The important thing is that he was comforted, and his mind was stimulated to learn more about eternal life for himself. In order to know 'Spiritual Mysteries', we must each embark upon our own adventures of discovery. Intuitive grief healing is one such adventure.

Do you offer this service only to those who are experiencing grief?

This service is available to anyone who desires to make contact with someone on the 'other side'. There are innumerable good purposes one might have for this kind of spirit contact.

Where do we do the session?

This type of session can be done anytime, anywhere. You and I need only be aware of each other. This is a spiritual exercise, and in Spirit there's no distance between us. The spirit with whom we're asking to connect simply joins our 'space'.



Health is in the Palms of Your Hands!

We are all born with the ability to be healers. It is through time that our connection to this gift gets weaker. We are constantly told that we must surrender our health to the "professionals" or "experts" only to find out that there is nothing that can be done for our particular "imbalance". This doesn't have to be the case. Now is the time for us to take charge of our health and the health of our families. Natural, Complementary & Alternative Healing are beginning to get the attention they have always deserved.

Now is the time to get involved!

This is Conventional Medicine

It's only been about 100 years since modern, or allopathic medicine, has become the authority in medicine in America.

Before that time we relied almost completely on Mother Nature to provide us with the strength and support we needed to become healthy or to prevent diseases from happening in the first place. It is known that at least 50% of all modern medicine is taken from nature. The problem is in the synthesis of these "natural healers", making them chemical substitutes, which cannot be easily absorbed in our bodies without extreme side effects. Technology and science can have a wonderful role in the healing of the human race. Complementary medicine and Allopathic medicine must work together for us to be holistically healthy. We are in a wonderful time. With all of the communication available to us, we can now combine the knowledge of the East and West and form new healing methods of our own.

Meditation

"The eyesight has another eyesight, the hearing another hearing, and the voice another voice." Walt Whitman,
Leaves of Grass

"None can understand it, I think, except that soul which has experienced it."

St. John of the Cross, *Life and Works, Vol.2*



"...Knock and The Door Will Be Opened...."

Meditation is a powerful tool that offers you endless Spiritual, Mental, Emotional and Physical benefits. Meditation relieves stress and anxiety, encourages deep mental and physical relaxation, and stimulates your creativity. Meditation enhances your ability to communicate directly through your heart and mind with your Guides and Inner Teacher ~ who love you *unconditionally* and who wait patiently for you to know them better and to love them in return. There are as many ways to meditate as there are people who practice ... there is no one 'right' way! So... click on in here, and copy out a technique or two to try for yourself!



REIKI Self Attunement

GrassRoots Reiki Self Attunement Meditation.

GrassRoot publishes the following methodology of self attunement.

There are many forms of self attunement going around now, most of them dependant on the originator of the particular method empowering an email or a web page, or in some way giving permission for another person to use their method.

Since Reiki came to the west we have all been told, and had accepted until fairly recently, that you couldn't receive Reiki in any other manner other than an attunement which had to be carried out by a Reiki Master.

We know better now. We've all heard examples of spontaneous attunements, and of times when a Reiki distant healing, or attunement was forgotten by the sender, and the recipient received it just the same!

Working with these ideas, and on the principle that the connection to Reiki appears to have more to do with the intention of the recipient, rather than anything that the Reiki Master does, we now know that people can attune themselves to Reiki and can do it as easily and as effectively and as permanently as the method of being attuned by someone else. Some even say that the self attunement method is purer as the energy is not stepped down by passing through another person first. I don't know whether this is right or wrong but it's worth thinking about.

Anyway to carry out Reiki self attunement is quite simple. All you need is the ability to meditate, 20/30 minutes or so where you can carry out the process, and the willingness to accept Reiki.

You will be using the 4 Usui symbols, the Cho-ku-rei, the Sei-hei-ki, and Hon-sha-ze-sho-nen, and the Master symbol, the Dai-ko-mio.



Ideally memorising these would be the best method, but it would also be ok if you have them written down on paper and within your reach while carrying out your attunement. You will find all these symbols on our website, on the Plain and Simple Manuals and many other places on the net. It doesn't matter which symbols you decide to use (there are minor variations depending on who has published them) For easiness of use pick one set and use them as your own symbols.

To Start.

First cleanse the room by drawing out all 4 symbols in the air

Then draw the cho-ku-rei and the Dai-ko-mio on to the palms of your hands

Then draw the cho ku rei on all of your chakras

And finally draw one large cho-ku-rei over the front of your body

Then sit comfortably with your back straight and your hands in prayer position.

Use whatever relaxation techniques that you are comfortable with .

State your intention that you are going to carry out a Reiki Self attunement . You can ask for any guides, angels, ascended masters, spirit helpers, or indeed anyone that you are comfortable with, and that you would like to assist you in the process.

If you like you can play music, light candles, burn incense, anything that feels right to you. You may even like to have a bath or shower beforehand as a kind of cleansing ritual. (bear in mind that none of these are strictly necessary for the process to work but it can help to get you into a receptive frame of mind)



You might want to say a prayer or invocation if that feels right to you too.

When you are relaxed and ready:-

Visualise the crown chakra on the top of your head as a lotus flower (or similar) which now begins to open up, petal by petal. When you feel that it is open enough then visualise a golden white light coming down from the heavens a broad shining channel which enters your crown chakra and fills it with golden white light. This light fills your whole head .

The picture the golden white light moving down and filling your brow chakra and flooding it with light.

Then bring it down to your throat chakra flooding it with light

And so on bringing the golden white light down into all your chakras filling them all with golden white light and having the light fill up your entire body, arms, legs and feet, so that you are sitting filled entirely with golden white light.

As you breathe in and out feel the light permeating out of all the pores in your body and spreading out all around you and into infinity.

Now when you are ready it is time to bring down the symbols from the heavens above through the golden white channel of light and into your crown chakra.

First see the cho-ku-rei coming down from above and entering your crown (say cho-ku-rei three times as it enters your crown) - then visualise the CKR moving down the inside of your head, down through all the chakras until you reach the root chakra. Visualise this as a red ball of fire with the cho-ku-rei swirling around inside it.



Next do the same thing with the Sei-he-ki saying the name three times as it enters your crown, bring it down all through your chakras and have it lodge itself in your root chakra with the CKR.

Then the same thing with the Hon-sha-ze-sho-nen

And finally the Master Symbol Dai-ko-mio.

When all four symbols are lodged in your root chakra then open your hands and place them like an opened book in front of you.

Now visualise the symbols one at a time again.

First visualise the cho-ku-rei over your palms (say the name three times) and see it disappear inside your palms.

Then do the same thing with the sei-hei-ki, seeing it disappear into your palms

Then the hon-sha-ze-sho-nen

And finally the Dai-ko-mio.

When this is completed then bring your attention to the back of your neck, just at the base of your skull

Visualise a small door there which you are going to seal permanently as a symbol of the permanency of the attunement.

This door is golden in colour and you should visualise it being sealed for ever in a manner that makes sense to you. It can be a golden key locking the door and then melting to become an integral part of the door which can never be removed, or a small golden padlock being closed and disappearing into the door so that it cannot be seen., or any other sealing method that you like.

Finally visualise the cho-ku-rei drawn over the door and affirm



I now seal this Reiki attunement with divine intent for now and all time

The attunement is now finished and you have successfully attuned yourself to Reiki!

You can use this method to attune yourself to any kind of Reiki you can use any symbols i.e. Karuna or Seichem or any others that you may like - you can use any other affirmations, invocations, or prayers that you may wish to.

In effect this means that if you want to attune yourself to Karuna-ki, or Seichem, or any other types of Reiki that you have a copy of the symbols for (you'll find many symbols by ussing www.google.com search engine and typing 'reiki+symbols" into the topic search box) all you need to do is to use the meditation - but instead of using the Usui symbols, you can substitute Tibetan, Seichem, Karuna, or any other symbols that you would like to be attuned to.

The method given is the FULL singular attunement. If you wish to self attune to Reiki level 1 place only the cho-ku-rei in your palms. For Reiki level 2 place the cho-ku-rei, the sei-hei-ki, and the hon-sha-ze-sho-nen into your palms, and for the master level follow the instructions as give with all 4 symbols being placed in the palms.

These instructions can also be put on tape to make it easier to follow the directions in meditation.

Read it over a few times first so that you get the gist of whats happening during the process dont worry if you start and then forget what youre doing halfway through! Just stop and start again no problem! You can use this self attunement meditation as often as you like.

Start doing your self healing as soon as you can after your attunement some people feel the reiki flow immediately others take a wee bit longer. The way to get it flowing strongly and recognisably is to use it and often!



Feel free to share this with anyone who is interested.

GrassRoots Reiki retains copyright of the original script on Self-Attunement, but we don't mind you passing it on, printing it out, or otherwise sharing it with people, it can be put onto websites if anyone wants to do that (give GrassRoot and me a credit please)

PLEASE! If you significantly alter the content to self attune to anything other than Reiki, or add in anything huge from other faiths, beliefs, or religions, consider that this be your own work and not ours!



Special Thanks to the Readers of this Book. Wish REIKI
bring peace to the universe. Amen.

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