

**REIKI  
FIRST DEGREE  
MANUAL**

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# CHAPTER ONE

## Defining Reiki

### The Meaning of Reiki

**Reiki** (pronounced *ray-key*), is a healing technique that is both spiritual and energetic. The word Reiki is Japanese, and is commonly written in two characters, called *kanji*, as it is portrayed on the cover of this manual.



The first *kanji* is *rei*—meaning spiritual, or sacred—it has also been interpreted as “life force” or “living energy”. The second *kanji* is *ki*—meaning energy. The word *ki* is similar to the term *chi* in Chinese, or *prana*, as the Hindus call it—both denote energy or life force. Commonly, **Reiki** is translated or understood as “universal healing energy”.

If you look at the first *kanji*—*rei*—it can be almost viewed as an artistic representation of the heavens. The first stroke represents heaven, and the space in between the first and second stroke

represents the veil between the heaven and the earth. This is followed by strokes representing the clouds and rain drops, and also prayer.

The second *kanji*—*ki*—incorporates strokes that represent the steam produced by the rays of the sun—culminating in a cooking pot with grains of rice expanding.

For those who learn in a more visual or symbolic way, this explanation of the strokes may be more appealing.

**Reiki** is used to as a form of stress reduction or relaxation as well as a technique to promote physical, spiritual, mental, and emotional healing.

The founder of **Reiki** is Mikao Usui, a Buddhist monk who lived at the beginning of the twentieth century. The story of Reiki’s beginnings will be discussed shortly in a subsequent chapter.

### How Reiki is Learned

**Reiki** is a simple technique to learn and use—and unlike others, can be used on oneself. In fact, the newly minted Reiki practitioner is encouraged to start using Reiki on him/herself from the first attunement. Reiki is not learned out of a book—but is passed on from teacher to student through what is called an attunement—it is a sacred transfer of the

energy, from master to student. We all have the capability to channel and pass on the Reiki energy. The Reiki Master Teacher merely awakens this ability in the student. While there are many forms of energy practiced out there today, Reiki represents a specific frequency so to speak. When one is attuned to the Reiki healing energy, one is able to access the Reiki frequencies. This is similar to the act of dialing the knob on a non-digital radio—which enabled one to “tune” into a particular station.

Once a student has been attuned to the Reiki energy, he or she has that energy available for life—even if it were not to be used for years. Turning the Reiki back on would be similar to running the water in a faucet after coming back from a vacation. Once the water ran for a while, it would run clear and more forcefully. Every one who is attuned receives the Reiki energy, whether or not it is actually felt or not. There is no instance ever recorded of a person not receiving the energy or not being attuned to it. However, the more one practices using the energy, the more one becomes familiar with how it feels to run the energy. With regular practice, one may feel that their energy becomes stronger, more noticeable, and in many cases, one will become aware of the energy being activated without one’s intention. The Reiki healing energy will go wherever it needs to go—whether or not you call upon it. I have had experiences of brushing by people, or lightly touching someone who has instantly felt the energy—or felt something unusual—whether or not the person was actually familiar with Reiki.

To activate the energy, all one has to do is lay hands on another—be it a person,

animal, or even a plant! I have been known to bring African violets from the brink of death merely by giving the plant some Reiki healing energy. Others believe that you can keep a car or computer running smoothly by giving it Reiki regularly. While I cannot verify whether or not that may actually be beneficial, I have been known to give Reiki to inanimate objects as well.

Nothing else has to be done for the Reiki energy to flow. Intent is everything. The minute you lay your hands on someone, or intend for Reiki energy to be sent via distance techniques (which are taught in Reiki 2), the energy goes out wherever it is meant to go. Some of my most powerful experiences with Reiki have come as a result of doing distance Reiki.

### **Reiki is not a Religion**

Reiki is not a religion. It is important to make that clarification right from the outset, because there are many who shy away from Reiki, thinking that it will somehow be in conflict with their religious beliefs. It is important to note that most religious traditions—including Christianity, have a tradition of healing. One can present Reiki as healing energy which has God as its source. Or it can be explained as a stress reduction technique, or even a form of “laying on of hands” and praying for the individual. Reiki, as we have seen, is often defined as universal healing energy. As such, it is also a loving energy. The practitioner and client often report feeling warmth, acceptance, and a feeling of being embraced in a Reiki session. One of the most wonderful things about Reiki, is

the practitioner also receives the healing energy. Indeed, the Reiki practitioner is a vehicle for the flow of this energy which comes from its universal source, and is freely given to the client.

Reiki can be explained to the religious skeptic as:

- *An Eastern or Japanese stress-reduction technique*
- *A relaxation technique*
- *A complementary or alternative, or therapeutic technique*
- *Asa form of prayer—involving laying on of hands*

Bear in mind that you may not be able to sell Reiki to a skeptic. Some folks are simply close-minded to anything they have not already experienced, or they may have objections which are the result of religious upbringing or indoctrination, or perhaps even other reasons. Some people are simply afraid or wary of anything new—or anything that has a foreign origin. On the other hand—some may be initially concerned about Reiki, even skeptical—but may have an open mind towards this healing energy. Others may be openly curious. I find that how you present Reiki, and the language you use, could determine whether a person is in the end, open to a Reiki session or not. How you describe Reiki—whether or not you use terms or language that is familiar to your audience, is very important in your audience's ultimate reaction or acceptance of Reiki.

Reiki is a very powerful system of healing that can unblock energy stuck in the body. It is capable of balancing and restoring the person who is receiving the healing energy. As mentioned previously, Reiki is equally beneficial

for persons, as it is for animal companions and friends. Many of them respond very favorably to Reiki. There are of course, some exceptions. Many cats do not initially like Reiki, but there are others that do. If a pet is ailing, they are usually quite responsive to Reiki. Of course, you would not have to perform Reiki on a pet for as long as you normally would do so on a person. Nor would you have to use traditional hand positions. All you need to do is to hold the pet, or lay hands on it for the animal to receive the Reiki energy. As in all cases, use your best judgment. Don't ever force Reiki on either a person or a pet.

### **Reiki Never Harms**

You can never harm someone with Reiki. A person does not have to believe in Reiki for it to work. That is not necessary. Certainly if one is receptive, I do find that contributes positively to the healing experience. If you encounter a situation where a person is not receptive, simply do not give them Reiki. It is never appropriate to force Reiki on someone. However, you cannot hurt anyone with the Reiki healing energy. If the person does not want to receive the Reiki healing energy, it is not lost. It will go wherever it is needed the most.

### **What Reiki Is, and Is Not**

Reiki is both spiritual and energetic. It connects us to a Universal Source, whether one chooses to see that as God, or whatever may seem appropriate. This energy may physically relieve symptoms, lessen pain or emotional conditions, and in some circumstances,

result in a physical cure. We must remember that healing occurs on many levels. Sometimes Reiki may not physically heal a person—but it may help them transition, and prepare for death, by bringing them relief in pain and perhaps a greater sense of peace. I have had many of these experiences myself. One must trust the Reiki energy—it has its own intelligence—which for me, is of Divine origin. If one chooses to see Reiki as coming from God, then one must trust that God knows what an individual receiving Reiki may need. Some times a person comes to a Reiki session for a particular reason—and finds that something else is addressed. Perhaps a different condition is healed on a physical, mental, or emotional level. One never knows what the outcome of a Reiki session may be. This is all the more reason for a practitioner to remain open to the experience, but also detached in terms of the outcome of the session. By trusting that Reiki comes from an unconditional Source of Love and Intelligence, the practitioner is free to pursue his or her work, without concern for the end result. The client will receive what is most needed.

Reiki works on many levels—some of these levels may be physical—others may be mental, emotional, or spiritual. Reiki can result in lessening pain, or it can result in a condition improving or reversing. The effects of a Reiki session can also be as simple as bringing a greater sense of calm into someone's life. All of these outcomes can be equally miraculous. There is no one that Reiki cannot help. Reiki can affect the physical body—and it can work on subtle and energetic levels of the body as well. For example, Reiki can work on

the chakra system—the body's major energy centers. Reiki can work on the meridians—purifying energy channels, and moving energy all throughout one's body—bringing a greater sense of balance and vitality to one's life.

The work that Reiki does sometimes leads to detoxification. One may actually feel the physical effects of either an attunement or a session. Most of these effects subside quickly, and may be seen as a verification of the Reiki energy at work. Newly attuned students are often reminded that there is a 21 day purification process following a Reiki initiation. During this time, the Reiki students should repeat the Reiki ideals, and engage in daily Reiki self treatment.

Receiving Reiki can feel like jump starting a low battery. Reiki can give an individual who has been feeling down or lethargic, a great energy boost.

Reiki can increase one's connection to God or a Universal Source. It can deepen one's spiritual practice. One can meditate and do Reiki at the same time. I find such experiences very fruitful and wonderful. I simply place my hands on my thighs or on my solar plexus as I meditate and intend for the Reiki energy to flow.

Reiki opens the mind—it enables us to more deeply understand who and what we are—in addition to helping us deepen our relationship to God or our Creator. Reiki allows us to feel a stronger connection to others as well. In the long run, Reiki can help us more fully understand that we are multidimensional beings—in other words—that there are many levels to who and what we are—

and Reiki can touch all of those levels in us.

Reiki can help us clarify our true purpose in life. Reiki can also radically change a life's direction—it may enable you to make necessary changes in your life—such as changing jobs, vocations, and even relationships. I believe that being attuned to the Reiki energy was the first step which enabled me to make radical changes in my life. Reiki gave me what I needed to take the path less traveled, and because of the choices I subsequently made, I met like-minded people that were walking very similar paths to mine. For the first time in my life, I had the very real sense of belonging that had previously been missing. I now have the support system in place that I had envisioned, but which had previously eluded me. Reiki gave me the ability to become an active co-creator in my life's purpose and direction. It helped me attract the people, situations, and experiences I needed to do the work I was meant to do, and live the life I was meant to live.

### **Curing vs. Healing**

It is very important to realize that there is a difference between curing and healing. Many clients will come to you in search of healing in the form of a cure—they may want a particular condition to go away. As we have noted, healing occurs on many levels. We ourselves are multidimensional beings—we exist on a physical level—but we also have an emotional body, a spiritual body, and a mental body. These levels of existence are commonly recognized in healing work. Healing may take place in any—or all of these levels. When we do Reiki, we cannot possibly know what is

in the best interest of the client. The client may have a vested interest in having a particular aspect in their lives heal, but instead, something else may result from a Reiki session. Some times a healing is immediately noticeable and other times it happens over a period of time. While cures do occur, they may not be as common, as healing on one of the other levels we've just considered. And even when cures do occur, it may be difficult to specifically attribute them to Reiki. Often a person who comes to you is also engaging in other alternative therapies as well, and it may be that any or all of the therapies contributed to the healing.

Remember that healing occurs on many levels, and that Reiki has its own intelligence. The Reiki energy will go wherever it needs to go, and will be used by the person for their highest good. As a practitioner, simply trust in the process, and leave everything else up to God—the universe—or whatever you feel comfortable with.

### **Reiki and Research**

Reiki is a healing system that is becoming more main stream. It has been studied in a number of academic institutions, and a series of scholarly studies have focused on this technique and its effectiveness. Stanford has done extensive studies, using very sensitive instruments which are capable of measuring the flow of energy entering the body. Through research conducted there, they have been able to verify what the ancients had always known—that energy enters the healer or practitioner through the top of the head, and exits out of the hands. **Kirlian** photography has

further verified this energy in pictures taken of various healers' hands during the process of a healing session. Reiki practitioners are commonly taught that the healing energy comes in through the crown of the head, and channeled through the hands. This energy comes from a Universal Source, and because the practitioner is merely a vehicle, not the source—he or she receives the healing benefits of the Reiki energy just as much as the client does. Studies that have been conducted also indicate an ebb and flow of the energy—it definitely peaks and subsides. A sensitive Reiki practitioner will also verify that experience. He or she may feel this ebb and flow, and will change positions as the energy dissipates. There are also descriptions of Reiki energy coming in or exiting through the feet. Your feet are able to channel the Reiki energy as well.

Reiki is routinely taught or used in a number of hospitals, particularly in Connecticut. The Yale University Hospitals regularly employ Reiki practitioners. A social work program at the University of Maryland is now teaching many of its students to use Reiki in their practice. The Magazine **Alternative Therapies**, routinely publishes articles and abstracts on Reiki research. The **Office of Complementary Therapies** at the **National Institutes of Health** has been researching Reiki, in addition to other therapies. Many medical schools and universities now include the study of complementary therapies such as Reiki in their programs.

### **The Benefits of a Reiki Treatment**

We have already noted some of the effects of a Reiki treatment. Let us

review what they are and add a few others to our list:

### **Reiki can do all of the following:**

- *Heal on a physical, mental, emotional, and spiritual level.*
- *Contribute to pain management or reduction*
- *Release stress*
- *Work on all the energetic levels within the body: the chakra system, energy meridians, in addition to working on the causal, physical, mental, emotional and astral levels*
- *Can help in transitioning at the end of life*
- *Will bring a greater sense of peace in life*
- *Will amplify energy and increase vitality*
- *Increase creativity and heighten awareness*
- *May contribute to the development of psychic or intuitive abilities*
- *May increase the immune system*
- *It is always freely accessible and available*

### **How Does Reiki Relate to Other Systems?**

Reiki can be viewed as a healing modality that is related to other therapies as well. It is generally classified as a form of energy work or a type of Body/Mind Therapy, or bodywork—along with other disciplines such as **Healing Touch**, acupressure, **Reconnective Healing™**, massage, **CranioSacral Therapy**, **Rolfing**, **Trager**, acupuncture, **Touch for Health**, kinesiology, and so on. All of

these have unique characteristics which set them apart from other systems. Of all of these, Reiki is one of the simplest to learn and use—in addition to being one of the least expensive as well.

Reiki can be used to complement other healing systems. For example, Reiki and massage go very well together. I can immediately sense whether someone has been attuned to the Reiki energy when I am receiving a massage. I can feel the energy flowing immediately. Reiki can also be used as a complementary therapy with clients undergoing chemotherapy or other treatment procedures. Reiki is non-invasive, and will complement treatment.

### **How Does Reiki Feel?**

Reiki is experienced in different ways. Some will feel an immediate sense of warmth—others will feel a sense of tingling—and still others, nothing at all. Others may sense a kind of pulsation coming from their palms. Some may feel cold—and may feel that during a session they move between sensations of cold and hot. Some will feel the energy flow rapidly, or slowly, or they may be able to detect a distinctive ebb and flow to the energy. Others may not have these sensations or impressions. Those who do have a sense of the ebb and flow of energy, may change their hand positions based on this information. Some students of Reiki will need to time their hand positions by a clock to determine when to move on—while others may simply do it intuitively, without the benefit of sensations. There are still others who have a distinct impression of others from the spirit realm coming to assist in a healing session.

I have never been able to physically see the presence of others in the room, but I have been told by countless Reiki recipients that they have seen or sensed the presence of others. I now acknowledge the presence of others—whether they be spirit guides, loved ones that have passed, or guardian angels—before I even begin a healing session. I call upon them to assist me in the work that must be done. While I used to take a few moments to compose an original prayer before each session, I now simply place myself in a meditative state and say:

*“My guides to your guides—for your greatest good.”*

It has become my personal mantra—or prayer—it is simple—easy to remember, and powerful. When I intend for angels and guides to show up from the spirit realm—they do! They are out there, waiting to do their part—they just have to be invited in! If you are comfortable with this notion, by all means invite the angel helpers in. If this does not make you comfortable, then simply disregard this in your practice.

You do not need to feel something for the Reiki energy to flow. Often, with regular practice, you will feel your sensations heighten. These sensations may be felt by both the practitioner and the client. Or, one may feel warmth, and the other not at all. You may find yourself feeling more sensations in one part of the body, and less in another. This may be an indication that certain areas were more in need of Reiki than others. Where one feels the sensation often corresponds to something that is going on in the body—perhaps a pain that is felt. However, what you are

feeling may also be indicative of something the client is unaware of. Often a practitioner becomes more intuitive the longer he or she engages in practice. Some practitioners of Reiki may even be able to physically see into a body and know the source of the disturbance. *It is important to realize, that unless you are a medical doctor—you are not licensed to diagnose any condition. It would be in appropriate for you to do so ethically.* You may however, communicate to your client you are getting a strong impression something may be going on in their body—and you should encourage your client to go get a medical check-up.

Whether you see intuitively, or get sensations of warmth or surging energy during your practice does not mean that the Reiki energy is not doing its work. In the beginning, I had more feeling than I presently do. I suppose, in the beginning, it was important for me to be able to physically feel heat and warmth as a form of assurance that things were working. Now—it is not so relevant to me. I trust the Reiki energy to do its work, and I am generally detached from the outcome of the session. It is not unusual for me to work on someone who is actually feeling the energy flow—feeling heat, or tingling, or something else, while I do not.

Since I have trained in a number of healing modalities—I am able to distinguish among different healing energies, and thus intuitively know whether I am receiving **Reiki**, or **Reconnective Healing™**, or some other healing energy, when another practitioner lays hands on me. I am able to discern the distinctive qualities or characteristics of the individual healing

frequencies. Even when I lay hands on a client, I instinctively know which frequency is primarily being activated or passed on. I say this, because I believe that whatever the client needs will be received from the practitioner, regardless of which healing modality the session focused on. I can't really say that a client will only receive Reiki in a given session. If all healing modalities come from the same Ultimate Source—even though others may not agree with this—and this Source has its own intelligence, then I trust the Source knows better than I do what the client needs.

### **Who Can Receive Reiki and Where Can it be Used?**

We have already discussed that Reiki energy can be given to people, animals, and even inanimate objects. Here are some possible suggestions for Reiki:

- *Any person who is open to Reiki*
- *Anyone in the process of dying, or someone who is grieving*
- *Your pets or wounded or hurt animals*
- *Babies—they are particularly responsive.*
- *Young children*
- *Unborn Babies—sending Reiki to your unborn child can be a powerful experience and often results in calm and agreeable children*
- *Pregnant women*
- *Your work environment*
- *Your home*
- *Your car—either to insure it will stay in good working order, or before you take a trip*
- *Your bath water*
- *Your food—this is particularly important. Those who Reiki their*

*food regularly report less food poisoning or illness and are more energized and nourished.*

- *Your computer*
- *Your plants—inside and outside—Reiki can stimulate growth—and restore ailing plants to health*
- *Use your creativity! You are only limited by your imagination!*

### **Reiki Ideals**

This set of sayings, is often referred to as the Reiki Ideals. It is suggested that upon your attunement to Reiki, you say these ideals on a daily basis—at least for 21 days following your Reiki attunements. Many say these ideals first thing in the morning—incorporating them into a prayer or meditation ritual already in place. If you don't have one—just saying the ideas by itself can be very useful:

*Just for today, I will not worry*

*Just for today, I will not be angry*

*Just for today, I will give thanks for my many blessings*

*Just for today, I will do my work honestly*

*Just for today, I will be kind to every living thing.*

This is a beautiful saying—very positive and uplifting in its intention. How could one not have a better day just by setting this intention at the beginning of every day?

### **21 Days of Purification**

It is commonly taught, that the newly attuned Reiki student can undergo 21 days of purification. This is a time of detoxification where the body adjusts to the new healing energy. Some may feel flu like symptoms—or a depletion of energy, or even bouts with diarrhea may take place. Some might not experience anything at all. The body needs to be purged of toxins and impurities and it needs to adjust to the new healing energy. One will find oneself vibrating at a higher level of energy eventually. You may notice different sensations. For example, you may find that you are more sensitive, or intuitive, or even more compassionate. You may find yourself flying off the handle less than you might normally do. You might even notice changes in your personality. Perhaps you may experience less fear, or more confidence in a given situation, may manifest for you. For some, the changes may be more sweeping and transformational—these changes may occur on a grander scale. There are Reiki practitioners who have been able to walk away from jobs, or toxic relationships they had not been able to leave before. Many are able to turn over a new leaf, and make whatever necessary changes are warranted in their lives. You may suddenly find the energy to do what you knew needed to be done—but somehow could not bring yourself to do, because you lived in fear, or did not trust your deepest intuitions.

Reiki can facilitate a process of putting you deeply in touch with the core of your being. As a result, you may find an inner strength you did not know you had. You may find yourself stepping into a world or a universe that you thought existed only as a figment of your imagination. Reiki can awaken a whole world of possibilities that even surpass your wildest dreams! I am constantly in awe of the many letters I receive from former students of the radical changes that took place in their lives, and the lives of their families—as the result of taking a Reiki class. I am also amazed to consider how far-reaching the impact of Reiki can be—when one considers the exponential effects of the Reiki healing energy. One never really knows how many lives can be touched by just one Reiki practitioner!

The experiences of de-toxing may be merely physical—but often they can be emotional or spiritual as well. There could be mood swings, or bouts with what may initially seem like depression. I am listing these possibilities, not to alarm—but to indicate that anything may happen. Then again, perhaps nothing may happen. I personally, don't undergo most of these kinds of things myself when I experience an attunement. Perhaps one of the most common effects reported following an attunement, is changes in sleep patterns. Some may sleep more deeply, while others may find their sleep temporarily disrupted as their body surges with increased energy. Whatever happens, know that this is temporary, and it will subside pretty quickly. The body just needs to adapt to vibrating at a higher frequency of energy.

It is important to note—that some practitioners may actually begin to feel symptoms *before* taking a Reiki class and receiving an attunement. It is almost as if the body already knows you have committed yourself to the process and the changes begin. (This will especially make sense during Reiki II training, when you are introduced to the concept of distance healing, because you will learn about sending Reiki both into the past, to heal trauma, or into the future, to prepare for surgery, for example). The experiences you may have before taking a Reiki class can range from feeling apprehension, feeling more emotional or fragile, or there may be actual physical sensations, such as experiencing an upset stomach. This frequently subsides as soon as the class begins, or an attunement is received. On the other hand, you might not experience anything before the class, but instead experience things during or after the class. This is perhaps more common.

There are persons for whom their Reiki attunement is a very moving experience—very akin to a mystical experience. Some may also experience vivid or significant dreams. Many will find themselves shedding tears unexpectedly, but without a sense of sorrow or loss. These can be merely an emotional or spiritual release, or may be the result of joy or a deep spiritual experience.

The good thing is—you will feel much better at the end of the process. Going through a period of detoxification is a very important thing for you to undergo. It is akin to spiritual, emotional, and physical housecleaning. This work will enable you to be a clearer channel for the Reiki energy to flow. You may also

experience your own healing on some appropriate or needed level.

During this time, it is important to begin your day by saying the Reiki ideals, and giving yourself Reiki each day. If you can't find a time to do it—try doing a few hand positions while you settle into bed. You will probably drift off into sleep, and sleep quite well. Even if you wake up unexpectedly, give yourself some Reiki. Most people fall back asleep pretty quickly after a few hand positions.

Just keep in mind that everyone's Reiki experience is unique.

There are a number of things you can do to help this process along:

- *Drink lots of water*
- *Avoid toxic substances—such as alcohol and tobacco*
- *Eat in a manner that is healthy for you—for some that may mean curtailing meat or empty carbohydrates in the form of junk foods*
- *Give yourself Reiki*
- *Say the Reiki ideals*

## **Using Reiki**

Once you are attuned to Reiki, all you need to do—is intend for it flow. Mrs. Hawayo Takata, the person responsible for the introduction of Reiki in the West, used to teach a technique for turning Reiki on—by simply saying—“Reiki on” and “Reiki off.” The moment you lay hands on a person, the Reiki energy will flow.

Reiki sessions, are usually conducted for about an hour. If a person is a paying client, the usual expectation is for you to provide an hour-long session. Some Reiki sessions may actually go on for longer or shorter than that.

Traditionally, there are twelve hand positions that are taught. These are particularly useful for beginning practitioners, as they get used to the rhythm of a session. A practitioner could do each position for five minutes, thus yielding an hour long session. Most practitioners prefer to work more intuitively, feeling the ebb and flow of the energy before moving on to another position—often returning to a place of interest. There is no right or wrong way to conduct a session. You are guided by your own intuitions and what you feel comfortable with.

Reiki will flow whether you are in a meditative state, or whether you are talking to your client. Some people prefer to speak or ask questions. Others prefer to have their session conducted in silence. I find the silent sessions particularly enjoyable, because I have a sense of being more in the flow of the energy, and will find that time to be beneficial for me as well—even if this is not the purpose of the session.

It is important to be in an open and compassionate state when you are doing Reiki. If you find the person disagreeable, you should refer the client to another practitioner. If you are sick, it is better to postpone a session, since you will not be at your best. The Reiki energy would still flow, but you may not be totally present for your client.

You can do repeat Reiki sessions on a client, family member, or friend. You may have someone seeing you regularly for a certain condition. There are no limitations on how many sessions you can or should do. There are other therapies that recommend or suggest a minimum number of sessions. If someone wants to have a series—you can suggest a series of three, and perhaps offer a special discounted price for all three. Many people you will only see for one session. Again, as with everything, follow your intuition.

### **Reiki Exchanges**

If you have trained with someone you know, or you know another Reiki practitioner, it is good to do Reiki exchanges. These give you the opportunity to receive and give Reiki, and also practice. Most people learn Reiki to use on family members and loved ones. They may not have paying clients, so arranging for a Reiki exchange is a wonderful way to continue your practice. It is always a good idea to expand your practice of Reiki. If you

normally just work on one person, you will learn a lot by working on others as well. Some Reiki teachers will host Reiki Shares as part of their training. This is a wonderful opportunity to share the Reiki energy with others, and meet other Reiki practitioners. It also gives you the opportunity to have the experience of multiple hands. When you are doing a session which involves multiple hands, you do not have to go for an hour. A session of fifteen or twenty minutes is more than adequate, because the Reiki energy is multiplied.

If your Reiki teacher does not host Reiki share nights, seriously consider finding a group somewhere that you can be a part of. Not only will you meet like-minded people, but you will also benefit from receiving as well as giving Reiki. You might also be able to work out a trade with someone on a regular basis. If your group consists of students trained by different teachers, you will also have the added benefit of sharing and learning techniques from others.

## CHAPTER TWO

### The Story of Reiki

#### The Origins of Reiki

The story of Reiki is basically one shrouded in mythology and to some degree mystery. Those who learned Reiki up until the last ten years or so learned a very different story about the origins of Reiki as a method of healing energy. There are a number of books authored by reputable Reiki authors who have taken the time to carefully research the story of Reiki. These books are listed in the bibliography. It is beyond the scope of this manual to present all the variations and contested aspects of this story. Instead, a basic summary will be presented here for the sake of continuity. Those wishing a more complete version are urged to read books by William Rand, Frank Arjava Petter, and Walter Lubeck, who have taken the time to authenticate the basic elements of the Reiki story.

Reiki was brought from Japan to the West by Mrs. Hawayo Takata. She resided in Hawaii, though she was of Japanese extraction. Until fairly recently, the version she told about the origins of Reiki was the only one known and accepted. Takata presented herself as the only Reiki Master Teacher, and so her students didn't question the authenticity of the version she presented. In recent years, the research of Rand, Arjava Petter and Lubeck, have shown that Takata took liberties with the story. We now know that there were Reiki Masters trained by Usui in Japan that remained

true to Usui's teachings and passed them on. Descendants of these Masters still exist today. Frank Arjava Petter even had the opportunity to train with Chiyoko Yamaguchi, one of the last remaining students of Chujiro Hayashi, who in turn trained Takata, before she died in the fall of 2003.

#### Mikao Usui

A monument or memorial exists to Dr. Mikao Usui, who is recognized as the person who introduced Reiki in Japan. This memorial was erected in 1927, and basically provides an overview of Usui's life and accomplishments. Dr. Usui, or Usui Sensei, as he was called by his students, was born in 1865. It is believed that he entered a Buddhist school near Mt. Kurama, which is in Kyoto, Japan. As a student, Usui studied a number of subjects, in addition to health and healing. The healing disciplines he studied required a practitioner to build up energy, which then dissipated after a healing treatment. He was curious as to whether this depletion could be avoided. Reiki of course, does not deplete the practitioner of energy. If anything, it is the one healing modality I can think of that gently touches the practitioner with healing energy as well as the client.

At some point during his life in the early 1900's, Usui went on a retreat of 21 days, in Mt. Kurama, which was considered by many to be a power spot. During the course of those 21 days, Usui

fasted and meditated, and it was then that he received the Reiki energy. One version of the story says that he actually saw the Reiki symbols that are learned in later degrees. Another tells of a waterfall touching Usui's crown chakra and filling him with the Reiki healing energy. While we do not know exactly what happened during that period of time, we do know it was then that Usui received the Reiki energy, and that he left Mt. Kurama a transformed man.

Usui used the healing abilities he had received at Mt. Kurama during the following years. He opened a clinic where he taught others to use Reiki, and also gave treatments to those who needed it. His system had a number of levels. The lowest degree was called **Shoden**, the next degree was called **Okuden**, and the last, or the most advanced, was called **Shinpiden**. The first degree included four levels, while the last two degrees contained two levels.

A student normally apprenticed with Usui, and when the student became proficient at a technique such as scanning, the student could then move on to the next level of training. Going through all the degrees took years, and was not done over a weekend as training is done today in the West.

It is apparent that at first, Usui had no formal structure for attuning and educating his students, but that these evolved as the Reiki students became more numerous and as the Reiki system of healing energy began to spread.

Usui died in 1926, and while he trained many students, he did not leave behind a Grand Master as a successor. One of his

students, was a man by the name of Chujiro Hayashi, who was also a member of the Navy. He founded his own school of Reiki, and developed his own set of techniques and manual for Reiki treatments, which differed a bit from what he had learned from Usui. He also founded his own clinic for treating patients.

Hayashi treated Takata in his clinic in 1935. Over the course of time, Hayashi trained Takata in the Reiki system, even though he was reluctant to do so at first, because she was a woman and a Westerner. She was the first person from the Western world trained in Reiki, and she brought this gift back to Hawaii with her.

### **Hawayo Takata**

Hawayo Takata was born in Hawaii in 1900. She eventually married and had two children. In 1930 she was widowed, and shortly after that she was diagnosed with a series of physical conditions, including a tumor, and surgery was advised. However, Takata learned about Hayashi's work during a trip to Japan, and opted instead to receive treatments in his clinic. Over time she improved and then was completely healed.

In 1936, Takata received her first level of Reiki training from Hayashi. After a year of working with him, she received the second level of training, and then in 1938, Takata received the last level of Reiki training when she was initiated as a Reiki Master.

Takata established her practice of Reiki in Hawaii, where she not only treated others, but she also trained students in Reiki as well. Eventually she traveled to

the mainland to teach Reiki and treat others there as well. The students that Takata initiated were either Reiki First or Second Degree students for the most part.

In 1970, Takata began initiating Reiki Masters. Until her death in 1980, she initiated twenty-two Reiki Masters. She presented herself as the Grand Master of Reiki. She also charged her students a fee of \$10,000, which was no small sum of money in the 1970's. She believed that charging that amount insured that her students would be serious, committed students of Reiki.

Luckily, her cousin, Iris Ishikura, herself one of the twenty-two Reiki Masters that Takata initiated, had the foresight to realize that Reiki would not be able to be passed on to many in need, if the price for training remained so high. She asked Dr. Arthur Robertson, who was one of the Reiki Masters that she in turn initiated, to charge his students less. And because of this, Reiki eventually began to spread and become more accessible to those wanting to train in this modality.

After the death of Takata, the Reiki Masters that she had initiated decided to meet and discuss what they had learned from Takata, and they soon realized there were some variation in the methods and symbols they had been taught. Takata did not allow her students to take notes, or copy the Reiki symbols that are learned in the Second Degree. Thus, those relying solely on memory made some inadvertent changes. However, it was noted, that the changes made in the symbols, or even in the initiation techniques did not seem to matter. The Reiki energy worked in all instances. Of course we realize now, that intent is of

primary importance in working with the Reiki healing energy.

Reiki Masters began to make some changes as they taught their classes as well. Some added more symbols, and there were those who believe that the more symbols one learned, the more "powerful" the Reiki energy became. Many variations of Reiki evolved.

Initially, I studied a few of these other systems, though I soon realized, that Usui Reiki was a strong and powerful energy that did not need to be enhanced by other techniques or symbols. I still feel that, even after having trained in other healing modalities as well. The beauty and power of Reiki lies in its simplicity and accessibility. Anyone can learn and use Reiki! You do not need to study other modalities or styles of Reiki. Once you are attuned to the Reiki healing energy, you have a powerful resource at your disposal for the rest of your life. It is a healing energy that you and your loved ones can always enjoy and benefit from!

### **Reiki Today**

Reiki is becoming more of a mainstream healing technique as it is practiced in hospitals and clinics around the country and the world. Every country seems to have a thriving Reiki community.

While the origins of Reiki were not totally known and understood until fairly recently, it is important to know that the healing energy is real, and has touched the lives of millions. Takata faced a daunting task in presenting Reiki to a Western culture in the 1940's. She may have taken liberties with the story and origins of Reiki, but she is not to be

blamed. Had she not trained in Reiki and brought it back to Hawaii with her, none of us would perhaps have come to know and experience this healing energy. It is important to realize that whatever she chose to do, it does not in any way diminish the Reiki healing energy. She did “Christianize” Dr. Usui to perhaps make him more acceptable to Western sensibilities. One must consider the times and the world Takata knew. One should also consider the fact that Takata was a product of a different culture, where embellishing stories for a reason would not be regarded in quite the same way that we do.

I dwell so little on the story of Reiki because in many ways, I feel it is not all that important, and that it may even take away from the Reiki healing energy. In my own understanding, I see Reiki as coming from a Universal Source which is Divine energy. How it got here—is really irrelevant. The Reiki healing energy is real—it has the power to transform and change—it has the power to heal, and at times even cure. It is a Divine gift which should be freely shared and offered to all we encounter as Reiki practitioners.

## CHAPTER THREE

### Reiki Treatments

#### General Instructions

##### Introduction

In the beginning, it is helpful to follow a set course of hand treatment positions during a Reiki session. As you become more comfortable in your practice, you can add or delete certain positions—or you can start to work more intuitively. You might even evolve variations of hand positions based on your own level of comfort. For example, if you have short arms, extending your arms across someone's torso can be fatiguing after a while. There are times I choose to work on one side of a client's body and then work on the opposite side. Remember that there are no correct or wrong places to work on.

It is often helpful to ask your clients what part of the body they want to be worked on. You have a choice of doing traditional positions or going directly to the site your clients identify. In time, you may also be guided to address certain areas of a client's body whether or not she or he realizes that there may be an issue going on in that area. Eventually, you could find yourself doing a Reiki session where you do not even work on every major area of the body—not even using any of the hand positions you initially learned. This will

signal that you have evolved as a Reiki practitioner, and that you have come to trust in the wisdom and intelligence of the Reiki healing energy.

In many **Reiki Second Degree** classes, a protocol for a Reiki session is suggested. As your practice progresses, your individual sessions may take on a flavor and characteristic that is uniquely your own. Generally, you may want to keep it all simple. After all, the Reiki healing energy is a simple energy! In the beginning of your practice, it is best to become comfortable with doing a Reiki session. It takes some time to just get used to working on someone, learning and remembering the various hand positions, and even learning to stay at one place long enough. Often, beginning practitioners want to keep moving around. While that may be fine, if you learn to stay at a set hand position—you will become more familiar with sensing the ebb and flow of the energy, or its characteristics—such as determining whether you feel more heat, or cold, or a tingling sensation at a particular site. Experiencing these sensations will enable you to fine-tune your healing skills.

As you work more regularly on family, friends, and clients, you will also learn to make whatever adjustments are necessary to secure the comfort level of the person on your table, as well as your own. Because I am a short person with short arms, I avoid standing for long periods of time with arms outstretched, since I find doing so very tiring. If you are comfortable, the session will be more pleasant, and your energy will flow more readily. Often, when I have made a slight adjustment to make a position more comfortable, the person I have on the table reports an immediate shift in the energy!

### **Length of a Reiki Session**

In the beginning, until you start to develop an intuitive sense for how long you should work on a particular area, you should stay at each hand position approximately three to five minutes. If you stay at a position for five minutes and you do twelve positions, this will make the treatment about an hour long in length. If you have a paying client coming to you, he or she will generally expect the session to last about an hour. You might want to pro-rate a session that goes for thirty minutes, instead of an hour. On the other hand, a session can also go longer—particularly if you are working more intuitively. If you are working on a friend or a family member, timing is not as important. Whether you have an hour, thirty minutes—or only ten minutes for a Reiki session—doesn't really matter in the long run. Healing happens in an instant. However, we reside in a time-space continuum, and many of your clients believe that they need an hour session for the healing work to occur.

If you are working on a client who has come to you for an hour long session, stay at each position for about five minutes and proceed, unless you are adding more positions than the twelve you may have initially learned. If there is an area of the body that is in particular need of attention, you can always come back to that spot near the end of the session and spend a little extra time there.

### **Making the Reiki Client Comfortable**

Always ask your clients if they are comfortable before you start your session. Invite clients to use the rest room *before* they lay on the table. This will save them the embarrassment of having to interrupt a session to go to the bathroom. Make sure that the temperature in the room does not fluctuate to extremes. I always ask my clients if they want some covering like a light blanket over them. There are persons who will want covering even in the middle of the summer. Use a space heater in the winter if necessary and a quiet ceiling fan in the summer.

A blanket roll or pillow under the knees is suggested if the person is on their back. This relieves pressure on the back and is especially beneficial if a client has lower back problems or pain. If the client is lying on the stomach, a roll under the ankles can make this position more comfortable. I keep a folded, Mexican cotton blanket roll on the table at all times for this purpose.

Keep your table covered with a sheet. This will protect your table from wear and tear. I prefer to use jersey sheets, which are comfortable and made out of cotton. They are also warm. Some

practitioners like to change sheets after every client. I personally do not feel that is necessary. Some practitioners believe that the sheets are impregnated with the client's energy, and therefore change them regularly. If you resonate with this, you may choose to change yours after each client as well. Whether or not you change the sheets after each client, do make sure you wash them regularly.

### **Making Adjustments before the Session Starts**

Generally, you begin a Reiki session with clients lying on their back. Consider that some people are not comfortable lying on their backs. In addition, there may be times you may have to give someone Reiki that is in a wheel chair, or in a seated position. I have gone to hospitals to give people Reiki who are hooked up to various tubes. Learn to improvise, and again, let your intuition guide you in your work.

If the person you are treating is able-bodied, have the person initially lie on his or her back. On the other hand, if a person is coming to you with some back pain, you might have them on their stomach first, while you concentrate on working on their back. Conversely, you may have clients for whom lying on their stomach is extremely uncomfortable.

If the client has difficulty lying on his her back—or is unable to do—as in the case of a very pregnant woman—you can arrange to have the person to lay on one side. Another thing to consider is that turning a client over may not be practical if the person has fallen asleep; this is common when individuals enter into greater states of relaxation. I no

longer turn automatically turn a client over in a Reiki session, and have instead added extra hand positions at the thighs, knees, shins, and the upper and lower parts of the feet. Remember—the Reiki energy has its own intelligence and will go wherever it is needed.

Also keep in mind that working with clients of different sizes impacts on the Reiki session. For example, I generally like to rest my elbows on the table for the Reiki head positions, so I often have the client slide down a little. If your client is very tall, this might not work as well. My arms are short, so I also like clients positioned closer to the side of the table I primarily work from. Keep in mind, that if you are working on a client who is tall or has a long torso, you may have to add an extra hand position or two, when you are working on the abdomen or back.

### **Conducting the Session**

It is important to always remember that the Reiki healing energy will go wherever it needs to go. As we have noted again and again—it has its own intelligence. Even so, it is often more comforting to the person to be touched in the specific area which is the source of pain or discomfort, but the actual reality is that the healing energy will go wherever it needs to go. As a Reiki Practitioner, you are the vehicle by which this healing energy is transmitted to your client. There is also the added benefit that this healing energy will relax and be healing to you, the practitioner as well. Do also consider that the source of the client's pain may not be physically accessible to you. If the client is in a hospital bed and connected to all sorts of tubes, you may not be able to lay hands

where you think you need to do so. It does not matter. The Reiki energy will go wherever it needs to go.

The Reiki energy will often indicate to you when it is time to move on to another position. As you practice more and more and trust yourself and your own intuition and inner guidance, you will be lead in specific directions as you do your treatments. The point is to find your own way and comfort level. Some people will be able to visualize places that need to be worked on, others will not. This does not mean that one practitioner is better than another because one has supernatural gifts or insights and the other does not.

### **The Role of Intent**

Any time you do Reiki, you are able to do so, because of your “intent”. Intent is what enables us to do healing work. We desire to be of assistance to others in their healing journey. Long ago, Norman Vincent Peale wrote a book entitled, *The Power of Positive Thinking*. Since that time in the mid-twentieth century, many books have been written which document the impact of our thoughts and thinking on specific outcomes. Such books include, *The Power of Intention*, by Dr. Wayne Dyer, and *The Power of Now*, by Eckhart Tolle.

Even though a **Reiki First Degree** student has not learned the **Reiki Distance Healing Symbol**, and has not learned techniques for distance healing, I like to tell my students that they are still able to send energy to loved ones or those in need, through the direct use of intent.

One of the most fascinating studies on the effects of intent and the power of our thoughts is contained in the book, *Messages from Water*, by Dr. Masaru Emoto, who studied the patterns of crystallization in water. Dr. Emoto found that water crystallized from pristine or spiritual sources, such Lourdes, France, yielded beautifully, complex patterns. On the other hand, water from polluted sources failed to crystallize.

As Dr. Emoto continued his research, he discovered that water exposed to beautiful music or positive words such as love, produced beautiful crystals. On the other hand, water exposed to harmful words or violent music yielded distorted formations.

Perhaps the most fascinating experiment conducted by Dr. Emoto involved hundreds of people sending good thoughts and intentions to a polluted lake, which over a designated amount of time became more pristine!

There are many stories in Dr. Emoto’s several books and recorded media that further support the work he has done. If anyone is still doubtful about the power of intent and the role in plays in healing work like Reiki, read *Messages from Water*. You will become more mindful of what you say and think and its effects on yourself and others!

### **A Suggested Protocol for a Reiki Session**

In Chapter One, we discussed the usefulness of establishing a protocol for conducting your Reiki session. The following suggestion is simple. In Reiki

II, other techniques will be introduced which can be added to the protocol.

Write these steps on a laminated card and have them handy to make sure you remember them. Have a chart or outline with suggested hand positions available as well. In time, you will not need to refer to them.

1. ***Prepare yourself for a Reiki session.***
2. ***Say a prayer for the highest good of the client.*** Formulate something you feel comfortable with or say:  
  
***“My guides, to your guides, for your highest good.”***
3. ***Do hand positions.*** (Ask your guides, or God—to lead you to wherever you should go).
4. ***Place your hands at the feet of the client to ground them at the end of the session.***
5. ***Place your hands on the client’s shoulders.*** Send Reiki energy and wait until the energy stops flowing. Then disconnect your hands.
6. ***Thank your guides.***

### **Specific Reiki Treatments**

Here are some simple suggestions for hand positions for some very basic or common conditions. You might want to

begin with a complete basic treatment, working at each position until you feel you’ve received an indication to move on. Or, you can work on an area of concern, remaining at each position as long as you need or have time for. As always, use your intuition.

You may use the following suggestions if they speak to you. ***Only follow the suggestions given if you feel comfortable with them.*** You might not feel comfortable treating people with certain diseases and conditions in the beginning. In such cases, refer the client to another, more experienced Reiki practitioner.

These suggestions for treatments come from several different sources and have been edited somewhat. I offer them here as a suggested guide for those who may be interested.

If you are familiar with the Chakra system, or the meridian system, you could also coordinate hand positions with these energy points. For lower chakras, hold your hand above the area so you are not invasive.

**Appendicitis:** Head and torso positions

**Arthritis:** Follow the basic back treatment positions—especially working over the kidneys, and adrenals—then go to affected part.

**Babies:** Treat the bottom of the feet for whining. A sharp cry may indicate stomach pain. Treat baby for 20 to 40 minutes or as long as the child allows, placing your hands wherever it feels natural.

**Backaches:** Follow the basic treatment for the back then focus on the spine.

**Bladder:** Torso and lower belly positions

**Canker Sores, Coated Tongue:** Treat the bottom of the feet.

**Childbirth:** Frequent treatments all during pregnancy 3 times a week helps for a painless childbirth. Treat the abdominal area for mounting delivery pains. You can feel the pelvis open when the baby is ready by placing hands under the tailbone.

**Cold:** See treatment for Headache.

**Diabetes:** Treat the heart and pancreas. Do all torso positions. Place fingers in a V position along the spine. Do upward nerve stroke from sacrum up towards top of spine.

**Earache, Draining, Hearing:** Follow the basic treatment for the head—placing your hands at the ears, neck glands, and thymus.

**Epilepsy:** This condition is basically an electrical storm in the brain. Give client a complete treatment—the head, front, and back body—daily for 1 month. With improvement, taper the treatments off gradually, to 1 per week until well. It is suggested that one work on the client 6 months to a year.

**Eyes:** Treatment of head and temples.

**Fever:** Treatment of the head

**Gall Bladder, Nausea, Imbalance:** Treat above the ears. Gallstones may be dissolved by regular treatment over

several weeks. If the condition improves, you decrease the number of treatments given.

**Goiter:** Give client a complete treatment, and include extra time over the throat, and the ovaries/prostate. Palpitations may be a symptom of endocrine imbalance. Eyes may be prominent when thyroid is overactive.

**High Blood Pressure:** Follow basic treatment for the head and treat the glands on the side of the neck. Include hands over heart.

**Headache:** Follow the basic treatment for head, including throat and bronchi.

**Heart:** Follow head positions, and treat above the diaphragm. Focus on the heart area.

**Hemorrhoids:** Focus on the lower back, prostate, rectum—holding hands above the last two areas.

**Kidney:** Torso and back positions

**Liver and gall bladder:** Torso positions and the right side of the back

**Mental stress, sympathetic area:** Torso positions, and the left side of the back.

**Migraine:** Follow treatment of the head, and thyroid, in addition to suggested positions for the front of the body—especially area over the ovaries and uterus/prostate.

**Nose:** Head positions in addition to sides of the nose and between eyebrows.

**Obesity:** Torso positions, concentrating on the heart

**Pneumonia:** Treat front of the body and entire lung area, putting your hands under back until crisis is over, or temperature breaks, or the client sweats. Give as much warm lemonade or ascorbic acid as possible. Gently use a towel towards heart to remove sweat.

**Sinuses, Post-nasal drip:** Use all of the hand positions indicated for the treatment for the head.

**Stomach:** Torso positions

**Stomach cancer:** head positions and torso positions—concentrating on the heart and lower belly

**Tonsils:** Follow the basic treatment for the head, and include the throat as well.

**Toothache:** Treat the cheek and jaw. Include head treatment as well.

**Ulcers and gastritis:** Head positions, and torso positions—particularly lower belly

**Uterus:** Torso and lower belly positions

**Voice:** Follow basic treatment of the head and treat the hollow of the throat and larynx.

## CHAPTER FOUR

### Reiki Hand Positions

#### Reiki Self Treatments

It is especially recommended that you give yourself Reiki on a regular or daily basis. This will increase your Reiki energy, and you will become more and more comfortable with it. But remember, that once you are attuned to this energy, you have it for life!

Moreover, giving yourself Reiki self treatments will ultimately make you a better practitioner. You will be able to develop and hone your intuitive skills, and your clients will notice a difference in their own sessions. A practitioner that regularly uses Reiki energy is generally one that is more effective.

#### Reiki Self Treatment Positions

There are many variations in positions for Reiki self treatment. The following are suggested for you initially, and will enable you to give yourself a well rounded treatment. You may eventually prefer to use some of these, or add others—it does not matter. Some of the hand positions aren't quite as comfortable, and if so—you may choose to not use them. On the other hand, if you are feeling pain or discomfort in a particular area, you may want to treat that spot. Just remember that in the end, the Reiki energy has its own intelligence and will go wherever it is needed.

You should get in the habit of giving yourself Reiki on a regular basis after you have been attuned to this universal healing energy. At the very least, do Reiki on yourself for the first 21 days after your initial attunement. You can give yourself Reiki just about any time—before you go to sleep, when you first get up, during a break at work, when you meditate, when you are commuting, or any other time you deem appropriate.

I like to give myself Reiki when I am waiting in a doctor's office. This is usually down time anyway. I just place my hands on my lap or thighs, and let the Reiki energy flow.

I was initially attuned to Reiki right before Lasik eye surgery. I now believe that giving myself Reiki every night after that aided in a speedy recovery and in the positive outcome of the experience. I even gave myself Reiki during the actual procedure!

I have also given myself Reiki after an upsetting situation, or after a high blood pressure reading. Giving myself Reiki particularly after taking a BP reading has often resulted in as much as a 20 point drop in the readings across the board.

These are the suggested self treatment positions I use and teach. Often, I just do

positions 1-6, since the last couple of positions are not particularly comfortable, particularly if I am doing them in bed before I go to sleep. I find that when I take the time to give myself Reiki before I go to sleep, I tend to sleep much more deeply, and usually emerge from my sleep feeling more rested and refreshed.

When giving Reiki to yourself or to a client, make sure that your fingers are touching each other—and that there are no gaps between the fingers. This enables the Reiki energy to be more concentrated. While this is commonly taught, I do know Reiki Masters who disagree.

You may stay at each position as long as you like, moving on when you feel you should. Or, you may leave your hands at each position for three to five minutes until you start working more intuitively.

1. *Eyes*
2. *Ears*
3. *Back of the head*
4. *Throat*
5. *Heart/Thump thymus*
6. *Belly*
7. *Adrenals*
8. *Sacrum*

## **12 Basic Reiki Hand Positions for the Treatment of Others**

As noted previously, there are many variations in the following hand positions according to what a particular teacher instructs. Generally, somewhere between twelve and fifteen hand

positions are taught. Know that following hand positions are just suggestions. You may add or change positions according to your intuitions and individual tastes. It is also important to remember as we have noted before, that the Reiki healing energy goes wherever it needs to go. It has its own intelligence and will go where it is needed regardless of which position you are working on. It is not uncommon to be treating someone at one end of the body, but have them experience energy at another, more needed site. Sometimes a client will feel hands at multiple sites.

You might want to look at the hand positions listed or suggested in other Reiki texts. Both Mikao Usui and Chujiro Hayashi wrote their own manuals with suggested hand positions for specific treatments and conditions.

### ***Head Positions***

1. *Eyes*
2. *Ears*
3. *Back of the head*
4. *Throat*

### ***Chest Positions***

1. *Upper chest (below breast, double-handed, on the far side)*
2. *Upper chest (double-handed, on the near side)*
3. *Navel/belly*
4. *Lower belly*

### ***Back Positions***

1. *Upper shoulders (double-handed on the far side)*
2. *Upper shoulders (double-handed on the near side)*
3. *Middle back*
4. *Lower back*

Positions that are described as “double-handed,” allow you to cover more territory. Place both hands along side each other, with the fingers and thumb held closely in. This allows you to place your hands over a larger area.

Generally, all the organs under your hands are covered while you are giving a Reiki treatment. At more advanced levels, you will learn specific hand positions and sequences for particular conditions. These are especially useful if a client comes to you because of diabetes, or endometriosis, or cancer. While you can still conduct a regular Reiki session following suggested hand positions, or you may work intuitively, you might also find using suggested hand positions for various conditions may enhance the Reiki session.



## **APPENDIX B**

### **PREPARATIONS FOR A REIKI ATTUNEMENT**

The following are suggested practices to prepare for your Reiki attunement. Only follow suggestions that speak to you. Some may resonate with you more than others. Only you know whether these practices would be beneficial to you. Not all dietary practices have the same impact on every person. Try to implement some of these in the weeks or days preceding your attunement. Reiki attunements can change your life in subtle or dramatic ways. We can prepare ourselves more fully for this important experience by observing some of the following practices.

**1. Reduce, or eliminate your intake of:**

*Alcohol*  
*Tobacco*  
*Caffeine*  
*Chocolate*  
*Red meat*  
*Junk foods*  
*Refined sugar*

- 2. Eat natural and wholesome foods and/or consider a liquid fast.**
- 3. Take time to meditate and reflect.**
- 4. Go for a daily walk.**
- 5. Get regular exercise.**
- 6. Avoid altercations and upsetting situations in your daily life.**
- 7. Avoid violence as it is presented in the media. Consider decreasing your viewing of TV programming.**
- 8. Get plenty of sleep and rest.**
- 9. Take time out for journaling.**
- 10. Let go of strong or negative emotions and feelings.**
- 11. Create a sacred space in your home, and within.**

## APPENDIX C

### THE REIKI IDEALS

*These are the Reiki Ideals that are traditionally said by Reiki Practitioners. It is a beautiful way to begin the day. You may say them upon waking, or as part of your daily meditation or reflection. If you do not have a meditation or prayer practice, consider taking the time to say them on a daily basis, especially in the 21 days following a Reiki attunement.*

Just for today, I will not worry

Just for today, I will not be angry

Just for today, I will give thanks for my many blessings

Just for today, I will do my work honestly

Just for today, I will be kind to every living thing.

# **APPENDIX D**

## **YOUR REIKI LINEAGE**

### **Reiki Master Lineage (Non-Traditional)**

*Mikao Usui  
Dr. Hayashi  
Mrs. Takata  
Iris Ishikuro  
Dr. Robertson  
Karen Cameron  
Karen Fox  
Eka Kaptiotis  
Ruth Van Landingham  
Dr. Olga R. Rasmussen*

### **Reiki 1 and 2 Lineage (Traditional)**

*Mikao Usui  
Dr. Hayashi  
Mrs. Takata  
Fran Brown  
Beth Warner  
Dr. Olga R. Rasmussen*

# **APPENDIX E**

## **REIKI WEBSITES**

**International Center for Reiki Training (William Rand)**  
[www.Reiki.org](http://www.Reiki.org)

**Peaceful Light of Reiki Centre**  
[www.reiki.com](http://www.reiki.com)

**Reiki Ryoho Pages**  
[www.angelfire.com/az/SpiritMatters/contents.html](http://www.angelfire.com/az/SpiritMatters/contents.html)

**International Association of Reiki Practitioners**  
[www.iarp.com](http://www.iarp.com)

**Crystal Buying Site for Reiki and Energy Practitioners**  
[www.healingcrystals.com](http://www.healingcrystals.com)

**All Energy Therapies Reiki Web**  
<http://www.geocities.com/fascin8or/usui.html>

**The International House of Reiki**  
<http://www.reiki.net.au/>

**The Reiki Center of Greater Washington**  
<http://www.reikicenter.info/pages/662453/index.htm>

**The Reiki Legal Index**  
<http://www.sacredpath.org/html/reiki/legal/index.html>

## **APPENDIX F**

### **REIKI MUSIC**

1. *Liquid Mind*, Serenity, Chuck Wild (meditation)
2. *Archturnus*, David Andor, Sarenda (attunement)
3. *Spiritual Massage*, Soulfood Music
4. *Celestial Reiki*, Jonathan Goldman & Laraaji
5. *Reiki Offering*, Shastro & Nadama, Malimba Records
6. *Reiki Whale Song*, Kamal, New Earth Music
7. *Reiki*, Spiritual Vitamins, Balance and Harmony Records
8. *Cho Ku Rei: Reiki Healing*, Weave, Etherean Music
9. *The Spirit or Reiki*, Guna Sangah, Oreade Music
10. *Reiki Healing Hands*, Anuvida & Nik Tyndall, New Earth
11. *Reiki Part Two: A Touch of Health*, Healing Sounds
12. *Sei He Ki: Reiki Healing*, Weave, Etherean Music
13. *Hon Sha Ze Sho Nen*, Etherean Music
14. *The Reiki Effect*, Aeoliah & Mike Rowland, Oreade Music
15. *Reiki Hands*, Sayama, Aim Aquarius Music
16. *Reiki Touch of Love*, Anuvida & Nik Tyndall, New Earth
17. *Song for Reiki*, Micon, Aquamarin
18. *Reiki Meditation*, Athena Music
19. *Reiki: The Mind, Body & Soul Series*, New World Music
20. *Reiki Hands of Light*, Deuter, New Earth
21. *Light Reiki Touch*, Merlin's Magic, Inner Worlds Music
22. *Reiki*, Merlin's Magic, Inner Worlds Music
23. *The Heart of Reiki*, Merlin's Magic, Inner Worlds Music
24. *Healing Harmony*, Merlin's Magic, Inner Worlds Music
25. *Reiki: Space of Peace and Love*, Merlin's Magic, CD
26. *Healing Music for Reiki 1: Mandala of Purity*, Aeoliah, CD
27. *Healing Music for Reiki 2: Mandala of Integration*, Aeoliah, CD
28. *Healing Music for Reiki 3: Mandala of Unity*, Aeoliah, CD
29. *Healing Music for Reiki 4: Mandala of Transformation*, Aeoliah, CD

# **APPENDIX G**

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## ABOUT THE AUTHOR

Dr. Olga Rodriguez Rasmussen, received her doctorate in spirituality and education from **United Theological Seminary**, and for over twenty-three years worked and taught in a number of institutions—including **St. Louis University, Washington University**, and most recently—as **Chair of the Theology Department** at **Georgetown Visitation Preparatory School**, in Washington, D.C.

Presently, Olga divides her time between a private practice in various healing modalities and teaching yoga. She is a **Reiki Master Teacher**, and is certified in **Reconnective Healing™** and **The Reconnection™**. She is also the co-founder of a new, emerging modality, **neo-energetiks™**. She teaches **Reiki** in a variety of places.

Olga is a **Certified Anusara Yoga® Teacher** and a **Registered Yoga Teacher** with the **Yoga Alliance (E-RYT 200)**. She has been teaching yoga since 1997, primarily at **The Health Advantage Yoga Center**, in Herndon, VA. She introduced and taught yoga at **Georgetown Visitation** to faculty and students, during her last five years there.