

# REIKI

## TRAINING MANUAL

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*“Unity of self through harmony and balance”*



*For today only, do not anger, do not worry.  
Do your work (meditation) with appreciation.  
Be kind to all people.*

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# Preface

Congratulations, you are on your way to Reiki Mastery! Life has many twists and turns, many of which are quite unexpected. Remember that often the unexpected gift can be the most beautiful gift of a lifetime.

This manual has been designed to allow any individual from any country with no previous or little Reiki experience to completely Master Reiki and attune others into the healing art of Reiki - up to Master level and beyond and using the original REIKI method. Usui Traditional Reiki, also called Usui Reiki Ryoho, is probably the closest to what Hawayo Takata originally brought back from Japan. It teaches Reiki in three degrees. This document will help you equip yourself and others with these marvelous Reiki healing energies.

Remember to stop and enjoy not only this journey into Reiki, but life in general and to appreciate all people and things.

Love,  
Sherry Andrea

# About Usui Reiki

Reiki (Pronounced Ray-Key) is often used to describe many various types of healing and spiritual work and is not exclusive to the system of healing based on Dr. Miako Usui's method. The Reiki (this Reiki) that is taught in the west is **NOT** the traditional Reiki taught by Dr. Usui.

Reiki is an English word that comes from the Chinese loanword "reiki" meaning mysterious atmosphere. Commonly some English authors translate this word to mean "universal life energy." Many have the understanding that "Reiki" means "energy" which isn't exactly correct.

Reiki contains the words "rei" meaning spirit, miraculous, divine and "ki" meaning gas, vital energy, breath of life, consciousness.

In Chinese "ki" is better known as "qi or chi" and means spiritual energy, vital energy, life force, energy of life.

Dr. Usui's method is called the Usui System of Natural Healing or Usui Reiki Ryoho.

The secret "keys"/symbols which are used to initiate a student at each Reiki initiation, are a series of certain patterns that one performs around oneself or somebody else to permanently "open the door" to the energies. Reiki is a simple, natural, and safe method of spiritually guided healing that can be of use and benefit to everyone. The secret keys are meant for the whole of humanity not just a select few.

Reiki is religiously neutral and this is validated by Dr. Usui's 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).

Dr. Usui, a Japanese Tendai Buddhist, had a very broad background in many religions including Buddhism and Christianity. Dengyō Daishi (Saichō), the founder of Japanese Tendai Buddhism, believed in the teaching of *Ekayana* (One Vehicle); everyone is equal and anyone can attain spiritual awakening. He was authorized (officially by the Japanese Imperial court on January 26th, 806 C.E.) to educate and train monks to spread this teaching based on One Vehicle. Dr. Usui also studied martial arts beginning at the age of 12 and receive his Menkyo Kaiden teachers license at age 20.

The system of Reiki was developed in 1922 by Mikao Usui while performing Isyu Guo, a twenty-one day Buddhist training course held on Mount Kurama. It is believed the training course consisted of meditation, fasting, chanting and prayer. During that time it is said that he received the spiritual power and knowledge to apply and attune others to Reiki through his crown chakra. Although it has not and possibly cannot be confirmed, it is thought that he channeled the knowledge of Reiki as many others have received knowledge of healing systems via channeling since. Shortly afterwards he moved to Tokyo and **founded Usui Reiki Ryōhō Gakkai** (the original traditional form of Reiki) which means "Usui's Spiritual Energy Therapy Method Society."

Mikao Usui died in March of 1926 from a stroke. Toshihiro Eguchi, Jusaburo Guida, Ilichu Taketomi, Toyoichi Wanami, Yoshihiru Watanabe, Keizo Ogawa, J. Ushida, and Chujiro Hayashi were the sixteen masters initiated by Usui.

You must understand that Reiki today is not exactly what was taught and used by Usui. Chujiro Hayashi brought the idea of creating a simpler method of Reiki to Usui before his death and Usui agreed. After Usui's death Chujiro set out to establish his own clinic where he taught this more simplified method and attuned (initiated) others.

### **What about the money?**

This is very important to understand. Understand please the truth of this as many have been giving a version of this truth to try to convince others that they must charge for their Reiki service and reasons why clients must pay.

The truth is that Hawayo Takata was directed to go to Chujiro Hayashi's clinic in the 1930's where she received treatment via Reiki from one of Hayashi's trainees for various illness including but possibly not limited to abdominal pain and asthma. Hayashi later initiated and trained Takata to use Reiki. Takata became a Reiki Master February of 1938 and went on to establish many Reiki clinics within Hawaii. She also travel the Unites States practicing and training other in the first two levels of Reiki. Takata was the one who **introduced the term Reiki Master** after she first began initiating others as Reiki Masters in 1970. **She came up with the concept of charging money** for treatments and training and at that time fixed a price of \$10,000 for Master Training.

**Please understand that it was not Mikao Usui who came up with the concept of charging and charging a certain amount for Reiki treatment and training** but in fact was an initiate of Hayashi's that came up with the idea of charging in such a way. That information, as far as I have been able to tell from my research, was not a part of what Usui received from the divine in 1922 on Mount Kurama.

### **Usui Reiki in the West**

Many of the Reiki Manuals in circulation state "The Usui System of Natural Healing has evolved over time after coming to the west. It is more organized and structured than the simple, flexible and intuitive method practiced by Dr. Usui." I feel this does not give way to the truth. The truth is that the difference between Traditional Japanese Reiki and what is taught by Westerners is that the traditional Japanese Reiki relied on intuition in the practice where as the Westerners are using a system adjusted by Hayashi which is more simplified although definitely not better. Also the hand placement methods taught by Usui and contained in his Usui Treatment Handbook (*Usui Reiki Ryōhō Hikkei*) are way more extensive than the ones taught in Western Reiki today.

Western Reiki can be accredited to Hawayo Takata and Traditional Japanese Reiki to Mikao Usui.

The knowledge of traditional Reiki still exists however it is still hermetic in nature. It is the form of Reiki that Usui taught that DID NOT leave Japan. In the 1990's some Western teachers did travel to Japan in search of the original traditional Reiki however found nothing. At that point they started to establish Western Reiki school teaching level 1 and 2 and shortly after that the Japanese began teaching their traditional Japanese Reiki. Several forms of traditional Reiki have been established.

- **Usui Reiki Ryōhō Gakkai** which is the society of Reiki masters founded by Mikao Usui. Many of their teachings still remain secret, little by little the knowledge is getting out but this society still is a hermetic society, nearly impossible to gain access to. Links to more information about this society:  
○ [http://www.aetw.org/reiki\\_gakkai.html](http://www.aetw.org/reiki_gakkai.html)
- **Reidō Reiki Gakkai** which is a system that comes from the master of Ryōhō Gakkai and the name means “Spiritual Occurrence or Spiritual Energy Society.” This system has the Koriki symbol which means “the force of happiness.”
- **Kōmyō Reiki Kai** is a system that was established by Hyakuten Inamoto who had a Western background. It means “Enlightened Spiritual Energy Meeting.” This system did not originate from Gakkai but instead from the Hayashi line through Chiyoko Yamaguchi which Reiki Usui also originates from.
- **Jikiden Reiki** founded by Mrs. Yamaguchi and her son, Tadao Yamaguchi and taught by Dr. Hayashi means “the direct teaching of spiritual energy.”

During the 1990s, Western teachers travelled to Japan in order to find this particular tradition of Reiki, though found nothing. They therefore started to establish Reiki schools, and started to teach Reiki levels 1 and 2 to the Japanese. Around 1993, a German Reiki Master, Frank Arjava Petter, also started to teach to the Master/Teacher level, and as a result, the Japanese started teaching their knowledge of Traditional Reiki. Since then, several traditions of Traditional Japanese Reiki have been established, the main traditions of which are listed below.

## **My Story**

Since 2007 I have been a Reiki Master and I will be honest and tell you that I literally tripped over Reiki searching the internet for ways to raise my vibrations. It is true that my reason for becoming attuned to Reiki was because I saw it as a way to raise my vibrations however over the years I have come to realize that I was being guided to a true calling I had and I feel many are having that same experience.

## **Why did I have the need to raise my vibrations?**

At a time in my life when I found myself suddenly overnight suffering from depression, unable to stop crying and not knowing why I was crying, I told a lady I was buying herbs from on the internet everything I had been going through. I couldn't even understand why I was telling this stranger everything that had been going on with me. She didn't respond in a way where she thought it was strange and recommended a book to me called “Excuse Me Your Life is Waiting.” After reaching the end of chapter one my life was forever changed.

The book turned out to be a law of attraction book similar to “The Secret.” There was no



looking back for me and never again did I suffer from depression. Pills didn't cure me but gaining knowledge and understanding did.

### **What were my initial techniques to raise my vibrations?**

I understood at that point the basics and the need to be able to raise my vibrations while practicing things such as intentions. I would stand bare feet on the floor with my eyes closed and think of the time when my son was born as a way to raise my vibrations by using something that elicits a strong emotional feeling. As I did this I would breath deeply and imagine the energy flowing from me. I immediately noticed that when I did this I would feel under my feet a mini earthquake. It would feel like the ground was moving. That is when I first noticed I seemed to be a natural at flowing energy. I was so determined to make the law of attraction work for me and desperate to finally create my own reality in life that I began searching for ways to raise my vibration in an even more powerful way, which as I stated lead me to discovering Reiki.

### **When did healing come into the picture?**

Even though I became attuned to Reiki in the Spring of 2007 I did not initially begin using to heal and attune others. In life there are always these little diversions and side roads we occasionally turn down. Still focused on the need to raise my vibrations and having good results from using the law of attraction I began practicing meditation and chakra work. Being aware most of my life that I may be an empath it was at that time in my life where my empathy began to manifest itself more and so much so that I was determined to find out once and for all if I was in fact an empath. I had been learning about the chakra system and beginning to understand that it was key to the psychic abilities as well as empathy. I purposely set out to open my chakras to determine if I was in fact an empath. Thirty days later I had my answer and it was a big yes. At that time my clairsentient ability (the ability to feel energy) also came to the surface.

With clairsentience I could feel others pain and I soon realized that if I directed healing to the pain I felt that I also would heal the person pain. You could say that was truly my first real experience with healing and what eventually led me to deciding to actually use Reiki to help heal others and not just as a tool to raise my vibrations.

# Reiki's Energy

Reiki is about working with the powerful energies that have always been prevalent and is as old as the Universe itself.

By being attuned you agree to become a channel for Pure Universal Energy. Reiki will indeed have an extraordinary effect on your life for the *better*.

More importantly **you** can now also attune others (even animals) through the different Reiki initiations (right up through Master level and beyond and including the Egyptian healing art of Seichim). It is entirely up to you whether you charge clients a small fee for each Reiki initiation.

## Reiki vs. Other Energy Healing Methods

Given that all energy healing methods work with Universal healing energies I shall clarify by using a simple scenario.

An Energy Worker, Psychic Healer or Basic Channeller is receiving Energy waves similar to how a television receives pictures using an **Ariel**. Reiki is like being connected to **digital/satellite** television receiving system. The quality/clarity of the waves received are crystal clear. Reiki has far more applications and functions than other "energy" healing methods.

Also an interesting fact is that the body and its organs have bio magnetic fields surrounding them. The hands of a Reiki healer would appear to have a much stronger magnetic field around them than those of a non-healer. During a recent scientific study the Reiki healers' hands omitted a field of 0.002 gauss, 1000 times stronger than any other field emitted from the body, so Reiki can be measured.

Through a process of initiation, the dormant and unseen aspects of Reiki energy become accessible. It is then possible to understand the energy and to use it to heal.

In summary, Reiki is a technique for total healing, stress reduction and relaxation. Using Reiki energy it is possible to tap into the unlimited supply of "universal life force energy" in order to improve health and enhance the quality of life.

# Reiki Protection – Is it required?

You may have read in other Reiki Training Manuals that when using Reiki protection is NOT necessary, however this is not true. Where your focus goes so goes your energy. When your energy flows even from thoughts a connection is established. This is just the basics of how energy works. The basic laws of how energy works. The laws and principles of things are in effect regardless of whether using Reiki or a non-Reiki technique for healing.

## **Protection and grounding is ALWAYS a must!**

The Reiki Training Manual in wide circulation states “The Clients ailments are not deemed a result of Negative energy – rather energy released as a headache, back pain or similar. It’s the end result of issues/blockages within their own energy/chakra system (the cause of all ailments).” The above statement depends on what you think negative energy is. It is really not a good statement to use. All illnesses that manifest are a result of an underlying issue. For example, uncontrolled anger will cause certain chakra to be unbalanced and unclear and over time if not resolved will eventually manifest as a condition such as cancer. Something positive would not affect the chakras in a negative way leading to the manifestation of an illness or condition, however something negative of course would. So to say that ailments are NOT deemed a result of negative energy but instead just energy being released as a headache skews to truth about what is really taking place and how it is happening.

It is also stated in most Reiki Training Manuals that “With Reiki, the above never occurs as Reiki energy heals every time. You have been attuned and connected to The Divine Universal and the energy is always properly earthed/released without “any” participation from you.” Some of the statements made such as this might lead the practitioner to not take responsibility that would lead them to staying clear. I have read many times about those using Reiki and experiencing a great depletion of energy especially when giving healing to a person or animal that is near death. Reiki does not stop the body/bodies energy systems from doing what they naturally do. In a situation where the client or person nearby has a great depletion of energy their energy system will connect to one nearby to compensate. Be careful that you don’t let using Reiki be the excuse to dummy yourself down and not perform based on universal laws of how energy works.

Reiki, the same as with channeled NON-Reiki healing, uses “you” as a facilitator to transfer healing energies to the Client. It “knows” how to earth any energies that may be hindering the Client (this is the essence of Reiki).

Manually grounding yourself before and after performing a healing does NOT cause you to take on the ailments of your client. A natural process that happens with peoples energy systems causes a connection between people, and this is regardless of whether we are speaking of during a healing session or a conversation between friends.

As with any type of healing, the practitioner receives a benefit as well, for as the energy flows through you and out of you and to the client you are receiving benefit of that flow and process as well.

## **How to Ground Yourself**

Picture small roots growing out of the bottom of your feet down, down, down to the core of the Earth. Imagine that there is a large quartz crystal at the core that your roots connect to. Next visualize a small spot on the top of your head (your crown chakra) opening up and fibers emerging reaching up and up similar to the roots you visualized coming from your feet. Visualize them growing up and up and connecting to the heaven's, central sun, moon, a planet, etc. Sit for a few moments and breath in energy from both below and above and visualize that energy entering your body. In doing this you are both centering and grounding yourself. Do this every morning and anytime you feel insecure, emotional, and always before meditation or any spiritual or healing work.

## **How to Do Basic Protection**

Simply affirm "I surround myself in the Divine White Light of love and protection" as you visualize yourself being surrounded by a bubble of bright white light. Do this every morning and anytime you feel anxious or fearful. Also before going to bed. It is all in the intention so feel free to state what can't through your bubble of protection. In the beginning you may feel the protection is not working or not having much effect. The more you practice protection the stronger it become as you build up your energy and visualization skills.

## **A Note About Visualizing**

The skill of visualization is very important and not just when it comes to psychic development. It is also important when it comes to manifesting your desires such as with the law of attraction. It is common when you are starting out to have trouble visualizing well. I assure you this is something that develops and gets better over time and a short period of time if you stick with your daily practice. So don't be too concerned if in visualizing you don't see things well. Stick to it and you will notice visualizing which is really a skill, getting better. You must hang in there with this because if you give up on this then you will not be able to develop clairvoyance well. So if you have hopes of working on your clairvoyance this is not something to skip over.

# Frequently Asked Questions (FAQ)

## What actually are the Reiki attunements?

Reiki attunements are received from a Reiki Master. The Reiki Master is channelling/passing Reiki frequencies/energy into the initiates aura/spiritual body so they can directly benefit from Reiki themselves at whatever level the Master Reiki teacher has attuned them too. The Reiki Master has attuned their frequencies to permanently receive the Reiki energy.

## How did I receive my initial attunements up to Reiki Master level and how does distant healing work?

Everything in the universe is made up from energy particles, these are not just randomly floating around but form the omniscient, all-knowing blueprint for creation. This vital living energy force (some call it God, Buddha, Love or similar) comes in different manifestations - one of those being the frequencies in which Reiki was *born*.

Living or dead everything generates a frequency. The Reiki Master teacher “attunes” the recipient into the Reiki healing frequencies (*It’s like finely tuning into your favorite radio station*). The Reiki Master can then lock these frequencies into your “aura” by means of using the Secret Reiki symbols, re-discovered by Dr Mikao Usui. It is these symbols which have been closely guarded with some teachers still charging up to **\$10,000** dollars (*the usual price to train to be a Master until around 10 years ago*).

For all this to work the initiate/client does not need to be physically in the presence of the Reiki Master. Attunements can be given **easily** via Distant Transmission. *I fully explain this later on.*

## How do I know I’ve been attuned?

You may feel more energized. You are in receipt of the Reiki Secrets, plus have been attuned to the Reiki healing frequencies - both can be used for the benefit of yourself and others.

*Importantly, you will usually feel energy as you pass Reiki Initiations onto others.*

## How can I attune somebody else?

Follow the diagrams contained within each chapter, these detail exactly the symbols for each Initiation level/stage. Sign the Special Secret Symbols around the person at different points of the Initiates body (they can be present or done remotely – *with their permission*).

**NOTE:** All throughout the Initiation texts below - **Where it mentions the Name that means the name of the “Initiate/client”**.

## What are Reiki Symbols?

The Reiki Symbols are tools to help direct energy.

## Can I attune myself again, if so what happens?

You can always re-attune yourself at any level or go through all the Initiations again. It is suggested to look at yourself in mirror as you do each Initiation as this seems to enhance the effect.

Re-attunement is **connecting** back to the divine intelligence and asking for the frequencies to be re-attuned onto yourself. It **adds** to and improves your connection to the Reiki energies.

You don't need to re-attune yourself to any levels as you are already a Master of Reiki but it is OK to say re-attune yourself to Reiki Level I again to experience/Master the Initiation stages as you may want to "practice" before training others into Reiki.

Again all it does is enhance and clarify the Reiki energies you receive; you don't lose your Master level initiations, regardless of what re-attunements you are doing, as they are there for Life!

### **Can I pass all the attunements onto someone in one session?**

Some Reiki teachers state that the different initiations Reiki I, II and Master level should be given over a period of time, I have never felt this is the case. You have received all your Initiations in one session. **Awareness of attunement is not required, permission is though.**

The teacher allows your aura to receive the Reiki frequencies at whatever level he/she is attuning you to.

As regards Initiation, different Reiki handbooks (see the appendices) give a variety of views. If the Client is present, it is suggested to separate each initiation by one week so that he/she can look forward to each sitting. However, as stated, you can initiate in one session. Importantly, don't rush any initiation. Also, the experience can be enhanced by asking the initiate/client - once seated and with their eyes closed, to place their feet on a small "warm" sand sack.

A feeling of deep warmth/cold may occur in your hands as you are attuning other initiates/clients - this is completely safe and each person reacts slightly differently to the attunement into the healing frequency.

### **Are there any pre-requisites?**

Only a willingness to use the healing abilities sincerely and for the good of all others. A clear and open mind is also of benefit.

### **Do you ever get tired or run down from giving Reiki treatments?**

Reiki is a channeled healing. The Reiki practitioner's energies are not depleted in most cases. The practitioner's energy is not being used. The practitioner is channeling "Universal Life Force Energy" – the energy that surrounds us all and sustains life!

The exception to the above is that sometimes a connection between you and another is established, even during times when you are not healing, that drain on your energy. This can happen from a person that acts as an energy vampire or someone who is near death during which time their energy is so low it greatly will attempt to pull from your energy to compensate.

The energy is from the "God Source" - the "Higher Power".

Note: As the Reiki practitioner channels healing energy, he/she receives the benefits as well! Giving a Reiki treatment boosts the practitioner's energy level and opens the door to feelings of love and contentment!

### **Do you need to concentrate in order to channel the Reiki energy?**

This is one of the more interesting observations of Reiki. When a Reiki practitioner's hands are placed physically on or near any living organism, the Reiki flow activates automatically. There is no conscious effort needed on the part of the practitioner. If you have been initiated to Reiki, you can place your hands on or near the body of yourself or others and the Reiki energy flows.

From experience I know this is very true. The first couple of years after my attunement to Reiki I would often experience my hands suddenly beginning to flow energy and sometimes it would be a very strong and powerful sensation. It was not unusual when I was in a chatroom for my energy to start flowing like that when someone came into the room who had some need such as an injury.

### **Does Reiki have anything to do with religion?**

Reiki is not a religion. It holds no doctrines, creeds or contradictions to the Universal Laws of Consciousness and Love. Reiki is very spiritual in nature, but there is no belief required in order to learn and use Reiki. In fact, Reiki will work whether believed in or not! Usui was a Buddhist however Buddhism is not a religion.

### **When you are giving someone a treatment, what are you feeling? How do you know the energy is flowing?**

Within a few seconds of placing hands on yourself or another, the palms may start to pulse and will become potentially hot/cold or start to tingle. These sensations may continue for the whole treatment.

On certain parts of a client's body, the hands can be extremely hot! However, it is important to note that the sensations can vary from treatment to treatment - the energy felt by the practitioner can be very different in nature to that felt by the Client. For example, the practitioner experiences his hands cold and the Client feels intense heat. After a period of time on one body position, the Reiki switches off. It switches on again when the hands are moved elsewhere. When one area is 'fixed', you move on to the next.

This is a common question because a person's ability to feel energy is based on how sensitive they are to feeling energy. The ABILITY to feel energy is called clairsentience. It is an actual psychic ability. It is not a given that everyone will be able to feel energy flowing, hot/cold sensations, etc., but is something that can be developed more and more over time. For anyone who wants to develop their sensitivity to feel energy or expand it it is important for you to do chakra work on yourself on a regular basis and meditate daily.

Do not be concerned if you can not feel the energy flowing or feel energy from your hands because like I said, if you do not have this ability manifesting at all then you would not be able to feel anything. In this case it is important that you trust in Reiki enough to trust that your healing is working and is effective. If you find yourself emailing the person who attuned you and asking for a re-attunement because you don't think your attunement was effective enough

because you can't feel energy STOP! The attunement is not the cause of your not being able to feel the energy flow.

If you would like to validate that you were attuned properly or to check the flow of energy through your energy system then you can use a pendulum to do that.

Also, keep in mind clairsentience (feeling energy) may not be the clair you will experience Reiki with. For example, I am clairsentient however you may be clairvoyant (clear sight), clairaudience (clear hearing), clairgustance (taste), or clairalience/clairolfaction (smell). Often healers first realize they have one of these abilities during a healing session where they experience it for the first time. Before you wonder why you are not feeling energy first ask yourself, "how do I experience energy?"

The next question to ask is if you have been previously experiencing a psychic ability manifesting. If no, then why do you think that now that you have been attuned to Reiki that you will suddenly be psychic. If a psychic ability is something you desire then that is something separate from Reiki to look into and consider awakening to.

### **Can the flow of Reiki energy alter strength?**

The flow of Reiki seems to vary according to the degree of disharmony in the person/animal. When patients are seriously ill or very emotionally upset, the flow of energy is stronger. Reiki energy flow is directly connected to the degree of disharmony in a person's body/mind.

### **Can Reiki be used with other therapies?**

Reiki can be successfully combined with other therapies - it is completely safe and activates natural healing energy within us. It will enhance the effects of other complementary healing arts such as massage, acupuncture, shiatsu, reflexology, aromatherapy, chiropractic, color therapy, homeopathy and many others. Many practitioners of other healing methods have reported positive developments in their work since learning Reiki.

### **Are the Reiki flows the same in both hands?**

I have found personally that there can be a difference in the flow of energy, right hand versus left hand. This is also common sense since the flow of energy is dependant upon the condition of the chakra. The hand has many chakras and if one hand has a problem with it chakra(s) then it is possible that there will be a limited flow in that hand.

Some things to try to resolve this issue:

- Massage the hands
- Use crystal therapy
- Soak the hands in sea salt to clear the chakras
- Use a flex ball

### **Is the Reiki flow affected by the health of the practitioner?**

A very sick/weak person correctly initiated into Reiki can still give treatments as strong and as effective as a Reiki Practitioner in good health. Reiki energy does not come from the physical energy of the practitioner.

### **Can you treat yourself with Reiki?**



Because Reiki operates independently of the practitioner's body, practitioners can lay their hands on their own bodies and enjoy all the benefits of Reiki.

### **Is Reiki open to everyone?**

Any person can have the Reiki activated in his or her hands. It is even possible to initiate people in comas. Provided you receive all four of the Initiations you will have the Reiki in your hands for life.

### **Are there any harmful side effects from Reiki?**

There have been no reported cases of negative effects from Reiki. However, some people have observed initial discomfort - this is due to the body undergoing a healing process. People with a great deal of accumulated stress or emotional blocks may at first experience everything “coming up” as the Reiki treatments take effect.

If you are experiencing a clearing that gives you discomfort you can try one of the following:

- Crystal Therapy - Rose Quartz (simply place a rose quartz crystal in your pocket)
- Visualize yourself surrounded in pink energy
- Drink plenty of water to support the increase in vibrations
- Ask your higher self to let the clearing be less intense. Please note that this means the clearing will take longer.

### **Can you use Reiki on animals and plants?**

Animals tend to respond faster to Reiki than humans. Is really great to be able to give your pets' reiki since domestic animals tend to take on the stress and emotional traits of their owners. Plants also respond to Reiki because they are living energy fields that can be out of balance and will respond to the harmonizing effects of Reiki.

### **What's next now I'm attuned?**

For **complete Mastery**, it is important to become familiar with the Reiki Initiation procedures and all the symbols. Also, to practice and use your new found healing gifts. The more you use Reiki the more your vibrations will increase and the Reiki energy will become stronger and stronger with use.

# Your Reiki Lineage

Lineage is of importance however many times over the past few years I have heard of Master using their lineage in a way to convince someone it is better to be attuned by them because they have some superiority over others due to the numbers of Masters they have between Usui and themselves being a small number. This is not the way the lineage was intended to be used.

Lineage is important because it allows us to pay respect to the teachers in that lineage. It is a matter of showing respect for them not our own selves. Be proud of the teachers of your teachers but do not disrespect them by using your lineage in an egotistical way.

Dr. Mikao Usui

Hyashi

Tagata

Phyllis Furimoto

Claudia Hoffman

Mary Shaw

Christine Henderson

Bruce Way

Neal Lyster

John Pickering

Martin Lee

Sherry Andrea

\_\_\_\_\_ ( You )

# REIKI Principles

## The Original Japanese Principles/Affirmations

Gokai, the five principles or precepts, are an important key to the system that is Usui Reiki Ryoho. They are keys to apply in life which will lead to healing/good health. Although there are different versions that exist essentially the five precepts deal with anger, worry, gratitude, work, and kindness.

*"The secret method of inviting blessings, the spiritual medicine of many illnesses (Shôfuku no hihô, Manbyo no rei yaku)*

*Just for today (Kyo dake wa):*

**(Precept 1) Don't get angry** (Okoru na\*)

**(Precept 2) Don't worry** (Shinpai su na)

**(Precept 3) Be grateful** (Kansha shite)

**(Precept 4) Work diligently** (Gyo wo hage me)

**(Precept 5) Be kind to others** (Hito ni shinsetsu ni)

*Mornings and evenings sit in the gassho position and repeat these words out loud and in your heart (Asa you gassho shite kokoro ni nenji kuchi ni tonaeyo)*

*For the improvement of mind and body (Shin shin kaizen)  
Usui Spiritual Healing Method (Usui Reiki Ryoho)  
The founder, Mikao Usui (Chossô, Usui Mikao)"*

## The Western style versions of the Principles/Affirmations have adopted the following format.

The affirmations have been "Westernized" to be better understood in a very different culture, but still have tremendous value.

*Just for today, I will not anger.*

*Just for today, I will let go of worry.*

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

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

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

*Just for today, I will honour my teachers.*

# Using REIKI

Even though, whilst healing a client, you yourself receive Reiki energies, it is also suggested to perform Self-healing on a regular basis – preferably daily (*see the Appendix for multiple healing / balancing techniques and tools*).

Self-healing will re-balance and centre your mind-body-spirit connection, and more importantly, will free up the energy pathways allowing you to channel a stronger flow of Reiki energy when healing others.

It's also important to remember that while Reiki is spiritual in its nature, it's not a religion of any sort. There's nothing you have to believe in to make it work or to use it. It will work regardless of whether you believe in it or not, *that's the beauty of Reiki*.

*Remember, you simply cannot do anything wrong with Reiki because it's a completely natural source energy from the divine and can never be used for harm in any way.*

# The Chakra System

All Reiki practitioners should have a good understanding of the chakra system.

The word chakra is common place in society in this day and age, although at one time it was not and information related to the chakras was considered secret and only a select few were given the privilege of this knowledge. The word chakra is derived from Sanskrit and means wheel, disc or turning. If you have seen diagrams of chakras you will understand this relates to the actual look and movement of the chakras. They have been commonly described as flower-like or wheel-like. Chakras are energy points through which chi/life force energy flows. There are seven major chakras plus one (the foot chakra, although traditionally considered a minor chakra) within the body and thousands of chakra energy points in total. There are also five more chakras located outside the body above the crown which enables you to tune into your inner god-self/higher self, divine will and the galactic community which surround and supports the earth. In simple terms chakras zero through seven (foot chakra to crown chakra) enable you to connect to the earth while chakras eight through twelve enable you to become one with the universe. The major Chakras are:

- Root Chakra
- Sacral Chakra
- Solar Plexus Chakra
- Heart Chakra
- Throat Chakra
- Brow Chakra / Third Eye
- Crown Chakra

The minor chakras to be most aware of are:

- Foot chakra
- Spleen chakra
- Hand chakra
- Knee chakra
- Elbow chakra
- Groin chakra
- Clavicular chakra
- Shoulder chakra
- Navel Chakra
- Ear chakra
- Intercostal chakra

The following are the seven major chakras and the foot chakra:

### **THE FOOT CHAKRA**

The foot chakra (visualized as a golden bronze) is an energy center which is split with half residing in the balls of each foot. At the foot chakra energy returns back to source and hence is the reason the foot chakra is very important. As energy is leaving the body it goes through the root chakra where it is slowed down and begins the process of converting it into earth based energy. The energy is slowed down at this point to allow for a smoother and quicker exit back into the earth. If you are clairsentient and have the ability to feel subtle energy the sole of your foot would be the further point at which you would feel energy. The foot chakra is the last point where the energy is a part of you. (Read more about the foot chakra) An open foot chakra has a slight swirl to it and the individual merges well with earthy structures and energy systems. A person with an open clear foot chakra is usually very healthy as negative energy passes quickly out of the body and into the earth.

### **THE ROOT CHAKRA**

The root chakra (also called the base chakra) is visualized as red and is a powerful energy center since it is most close to the energy source. The root chakra controls survival instincts, self-esteem, feelings of security, depression and is where the Kundalini is coiled and waiting to start it's ascent upward through the spine.

### **THE SACRAL CHAKRA**

The sacral chakra is visualized as orange-red and affects our control issues as well our ying-yang balance. For example, this is the chakra to focus on if your concern is the balance of your male-female energies. Other issues controlled by the sacral chakra are emotional issues related to blame, guilt, sex, money, and creativity as well as fearing, doubting and distrusting the environment. The sacral chakra is the emotional connect where gut feelings and first impressions are sensed. When the sacral chakra is open and healthy it increases psychic abilities, feelings of self worth and a sense of control. Clues that this chakra is out of balance are anti-social behavior, low self-esteem, issues with intimacy and abandonment, addictive behaviors, guilt, shame and feeling very much like the victim.

### **THE SOLAR PLEXUS CHAKRA**

The beautiful yellow chakra is the solar plexus chakra and is the center and where we hold intense emotions such as joy, laughter, anger. This chakra is one of the easiest places your spirit can leave the body during out of body experiences and medium also commonly work out of this chakra. Playing a valuable role in metabolism and digestion this chakra also controls mental personal power, ego mastery, complexities and expansion of emotions, and all matters of spiritual growth.

## **THE HEART CHAKRA**

Speaking of grass, and I say that because whenever I am having trouble visualizing this chakra I think of a beautiful green lawn, the heart chakra is called the seat of the soul and is located in the middle of the chest although it can be a little to the right or left. This chakra oversees matters of unconditional love. Love of self, feelings of compassion, well-being, circulation, passion, complex emotions and spiritually it control devotion. I consider the heart chakra the place where empaths live since this chakra controls empathy.

## **THE THROAT CHAKRA**

The throat chakra which is sky blue and located at the based on the neck is responsible for an individual being able to speak their truths. It is related to communication, expression, fluent thought, and spiritual security. The throat chakra is connected to clairsaudience (clear hearing).

## **THE BROW THIRD EYE CHAKRA**

The brow chakra also referred to as the third eye seem to be the chakra most seek information on when it comes to awakening psychic abilities. The misimpression about this chakra by some is that this is THE chakra that controls all psychic abilities however that is incorrect. The brow chakra controls sight hence clairvoyance. Anyone wishing to awaken the clairvoyant within themselves would want to open, balance and clear this chakra. However for any psychic abilities to function properly all chakras must be open, clear and balance for a proper flow of energy through the body. The brow chakra, visualized as blue and located between the eyebrows, is associated with the pineal gland. The brow chakra is another place where your spirit can leave the body during an out of body experience and is the source of intuition. Imbalances with this chakra can lead to migraines, insomnia and memory problems. When working with the brow chakra during meditation one should focus their eyes in and upward towards the location of the third eye.

## **THE CROWN CHAKRA**

The last of the major chakras is the crown chakra and is located just above the head and is the most magnificent of all the chakras to be seen when it is open with its 960 spokes. This chakra is mostly violet with a beautiful center like golden sunshine. The crown chakra is an individuals spiritual connection and undeveloped is the same as all others but as it develops it grows larger and encompasses the whole head and is where the idea of halos comes from. The crown chakra is the other point where life-force energy enters the body besides the foot chakra. Problems with this chakra lead to issues with spirituality, low energy, a poor sense of reality, and self-centeredness.

**CHAKRA LOCATION FUNCTION COLOR**

<b>CHAKRA</b>	<b>LOCATION</b>	<b>FUNCTION</b>	<b>COLOR</b>
Root	Base of spine	Earth, survival, grounding, stillness	Red
Sacral	Below the navel	Ying yang balance, emotions, vitality, fertility, reproduction, sexual energy	Orange
Solar	Above the navel	Ego mastery, Seat of emotions, action, assertion, empowerment, Chi / life force is stored	Yellow
Heart	Center of chest	Zero point - Seat of the soul, unconditional love, equilibrium, well-being, compassion	Green / Pink
Throat	Base of throat	Creativity, communication, speaking truths	Sky Blue
Brow	Between eyebrows	Clairvoyance, imagination, dreaming, Intuition	Indigo
Crown	Just above head	Spiritual connection, understanding, knowing, bliss, God, oneness	Gold White





Sounds therapy can be used in the process of opening and balancing the chakras. Tones can be used as well as mantras. The following are the notes and mantras associated with each chakra.

CHAKRA	NOTE	COLOR
Crown	B	Violet
Brow	A	Indigo
Throat	G	Blue
Heart	F	Green
Solar Plexus	E	Yellow
Sacral	D	Orange
Root	C	Red

Associated with each chakra is a seed sound that when chanted in conjunction with focusing on the chakra effect's the opening of the chakra. This is a very powerful method to use and care should be taken to not over do it since too great of an increase of energy that the body is not ready for can cause problems and lead to imbalances. It should be used with care and preferably in conjunction with other chakra opening methods.

<b>CHAKRA</b>	<b>NAME</b>	<b>MANTRA</b>
<b>Crown</b>	<b>Sahasrara</b>	<b>MAY</b>
<b>Brow</b>	<b>Ajna</b>	<b>OM or OHM</b>
<b>Throat</b>	<b>Vishuddhi</b>	<b>HAM</b>
<b>Heart</b>	<b>Anahta</b>	<b>YAM</b>
<b>Solar Plexus</b>	<b>Manipura</b>	<b>RAM</b>
<b>Sacral</b>	<b>Swadhistana</b>	<b>VAM</b>
<b>Root</b>	<b>Mooladhara</b>	<b>LAM</b>

A is pronounced like in "Ah" and M like in "Mng"

Repressed thoughts, feelings and holding on to wounds from the past can create energy blocks in the chakras and areas of the body causing your body's life-force energy to be depleted and unbalanced. The blocks cause problems physically, emotionally and spiritually.

# Reiki & Symbols Explained

In both the second and Master level of Reiki you will have access to the Special sacred Reiki symbols and words that are handed down from Master to Master.

These are used for attuning other initiates into your Reiki Linage and more importantly can be used in a multitude of ways for healing and protection.

Using the different Reiki symbols will boost up the Reiki energy, it gains strength.

*Experiment with the symbols and see what works for you. There are no set rules regarding which symbols you should/should not use in a treatment, each client you heal will be different.*

## Methods for symbols 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.

*Use whatever of the above methods you feel comfortable with, usually drawing any symbols clockwise, don't get too "hung up" on the direction as it's the Intent that counts)*

## Where to apply the symbols during a healing?

First place the symbol(s) on your own hands/palms and then redraw or visualize 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.

Most Reiki teachers will use the “Alias” of the symbol. For example, the alias of “Hon Sha Ze Sho Nen” is “Distance symbol”.

In the following pages, the name of each symbol is followed by an approximation of its pronunciation, then the “Alias” for the symbol (if applicable).

**Note:** if you cannot recall a Reiki symbol, use the “**Alias**” - the powers of Reiki will do the rest. Both the symbol and the “**Alias**” have the same energies.

It is **beneficial** to learn, within the first month, all the Japanese symbol names - this will allow for **familiarity** as regards other Reiki material/texts.

The Reiki symbols are a means of focusing your attention in order to connect with “specific” healing frequencies. They are not energy in their own right but merely a “focus” for the source of energy.

After a short period of time - and with practice - the symbols will become less relevant and the focus will change to the “intent” of the specific energies required.

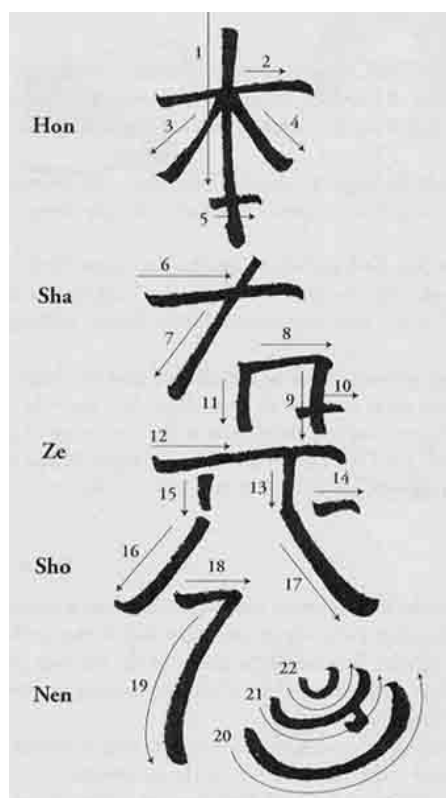
*Some Masters adhere strictly to the symbols but it is a personal choice and whatever suits the individual is best.*

# The Symbols

## Hon Sha Ze Sho Nen

Pronounced as: "Hon-Sha-Zee-Show-Nen" (Hon as in Phone)

Alias "The Distance Symbol"



Meaning: "The Buddha in me reaches out to the Buddha in you to promote enlightenment and peace".

Summary – Universal connection properties, bridge between heaven and earth, transcends time and space for healings

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.

## Cho Ku Rei

Sounds like – “choh (as in blow) 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.

Summary – Used for energizing (even objects), spiritual protection, cleansing negative energies, aid in manifestation, Empowers all the other Reiki symbols, clears rooms and crystals, after the treatment for sealing energies...

Cho Ku Rei is the all-purpose symbol. It generally increases the flow of Reiki or draws Reiki to a particular area. It may be used before any treatment by drawing it over the body of the client (as can “any” of the symbols) or it can be drawn over areas in particular need. It can be drawn over food to charge it with Reiki, over medicines, herbs, etc. to increase their effectiveness and decrease side effects, in areas (houses, apartments, cars, etc) to clear away negative energies and as a general protective symbol.

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

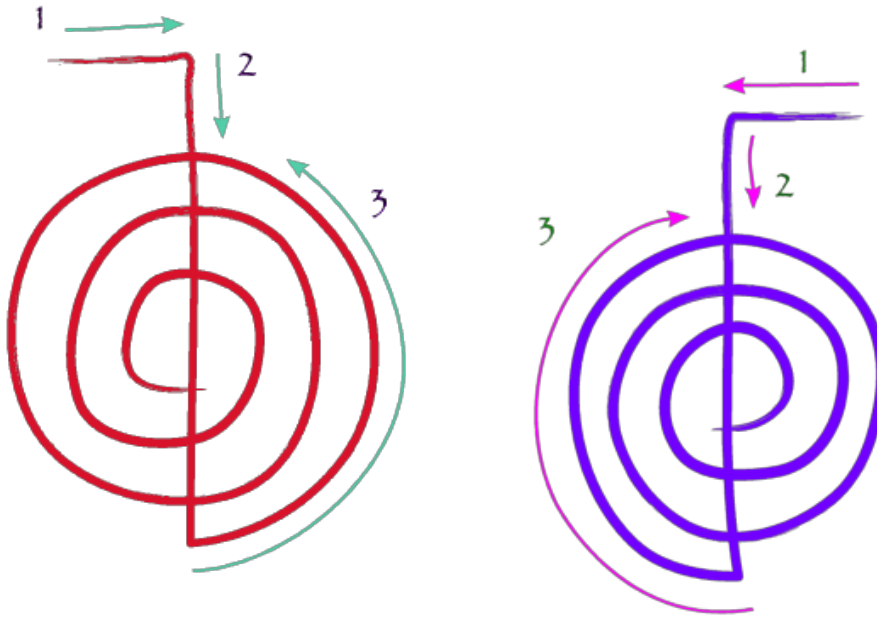
<ul style="list-style-type: none"><li>• For on the spot treatments</li><li>• To cleans negative energies</li><li>• Spiritual protection</li><li>• On food, water, medicine, herbs</li></ul>	<ul style="list-style-type: none"><li>• In sick rooms and hospitals</li><li>• To aid manifestation</li><li>• To empower other Reiki Symbols</li><li>• To seal energies after the treatment, etc.</li></ul>
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This is the symbol used to connect with the energy at the beginning of a session, and to increase power/energy where needed during a session - the client may have an imbalance and require more energy.

It also useful at the end of a session as its known to seal in the healing properties of the energies used throughout the session. If you wish to use the symbol to bring Energy to yourself, reverse it.

## Drawing Cho Ku Rei

You will mostly see reference to this symbol being drawn counter clockwise but it can also be drawn clockwise as well. So what's the difference? By intent the energy is going to do what is best for the highest good of the client. Some practitioners draw the symbol counter clockwise when removing excess energy. It is always best to go with what you are intuitively guided to do.



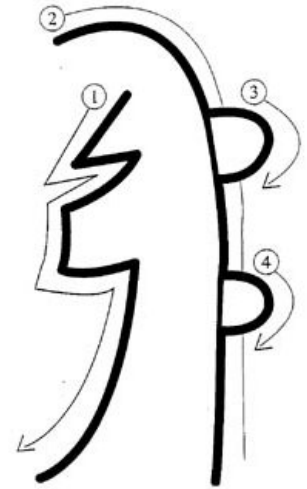
## Sei He Ki

Sounds like – “say hay key ”

Alias “The **Mental/Emotional** Symbol”

Meaning: "God and man become one".

Summary – Key to the universe, physic protection, alignment between body-soulconsciousness, cleansing, Can be used in meditations to activate the Kundalini, balancing the right/left brain, emotional or mental healing, aid for removing addiction habits, can calm down your client if placed on their Brow chakra/third eye...



Sei He Ki tends to focus on those parts of the energy bodies relating to emotions and mental states. It is very good for healing past traumas (used with Cho Ku Rei and Hon Sha Ze Sho Nen) and works well with positive affirmations. I use it in almost every healing session, I believe that most disease has an emotional base that must be addressed before a complete healing can occur. The symbol clears emotional blockages and aligns the upper chakras.

Sei He Ki restores emotional balance and harmony and is also useful against bad vibrations or negative energies. A good symbol for inner calmness and the release of blockages 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.

It can be used for:

- 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.



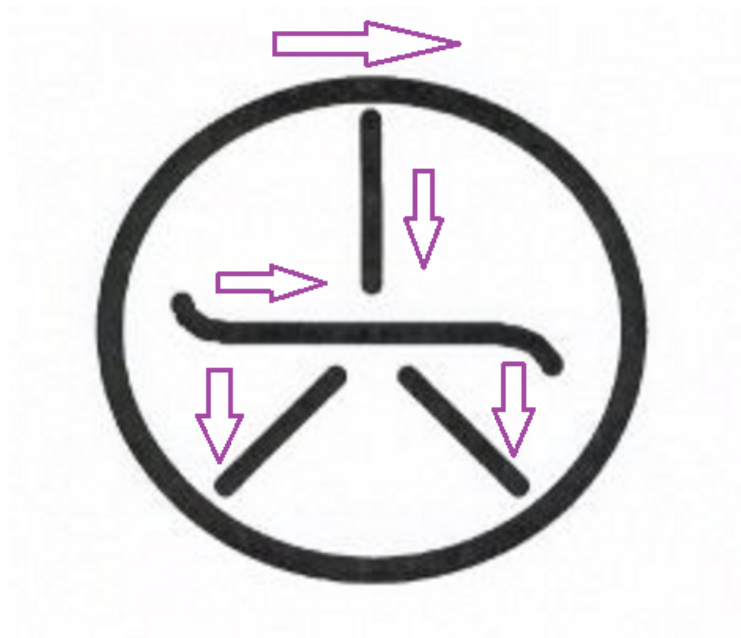
## TAM-A-RA-SHA

Sounds like “tam ara sha”

Alias – “The **Balancing** Factor”

Summary - Grounds and balances the energy. Helps un-block the energy chakras centers allowing the energy to flow.

The Tam-A-Ra-Sha is a Balancing/Unblocking symbol. To completely unblock yourself sign it over or around your feet. Signing this symbol over pain helps reduce the pain or dissipate it altogether.



It can be used for:

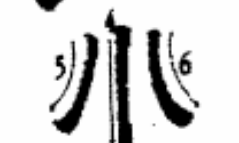
- Grounding and balancing energy
- Helps to unblock the energy chakra centres allowing the energy to flow
- If signed over pain helps to reduce it or dissipate it.

# Reiki Masters Symbol



## Dai Ko Myo

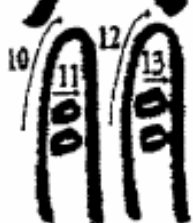
Sounds like “dye ko me o”  
Alias “The Master Symbol”



Summary - It is generally regarded as the most powerful symbol in the Reiki group and can only be used by Reiki Masters.



The Dai-Ko-Myo is used to heal the soul. This symbol is often signed over the heart during a healing. When a hurt is so deep that it is deeper than the mind or heart, the pain is at soul level. Because the Dai-Ko-Myo deals with the soul and our spiritual self it heals diseases and illness from the original source in the aura / energy fields. Healing with this powerful symbol brings profound life changes.



It helps to provide enlightenment and peace. It also allows to become more intuitive and psychic. With practice this symbol brings profound life changes. I strongly advise you to use this symbol in “all” your sessions as your healings will get an extra boost.

*This symbol is key one to transmit the Reiki initiations.*

# **Reiki – The Initiation/Attunement process**

***(read first)***

The Reiki initiations/attunement process enables the recipient to permanently open and connect to the Universal Reiki healing energies on all levels (*mental, physical, emotional and metaphysically*) and also clears and balances many important energy channels within the body. Reiki has three formal levels of initiation - training and practice of each enhances growth and mastery of Reiki. Attunements are given by a Reiki Master.

The Reiki attunements are always a special spiritual experience for the receiver and can cause similar feelings for the Master.

## **Time between attunements?**

I'll mention this here again as there is controversy within the Reiki community as to the length of time between Reiki initiations.

A number of practitioners believe that there should be a significant period of time between levels. Some suggest Reiki I and Reiki II, twenty-one days apart - and a year between Reiki II and Reiki III ("master/teacher"). Other teachers allow students to take Reiki I & II & III within a few days and some combine all three Reiki levels in one attunement, claiming that by connecting a person totally to Reiki allows them to grow at their own pace.

I fully agree with the latter. I feel some Reiki masters use the concept of long periods of waiting to warrant charging high fees at each Initiation level, obviously that's just my opinion!

# Brief “summary” of Reiki Levels

## **Reiki I**

Your first step along the reiki path. The reiki attunement connects you to the source of healing energy which you can then start to channel. You can use this to help heal yourself and others.

## **Reiki II**

The second reiki attunement deepens the connection to the source and strengthens your ability to channel it. Reiki II introduces the reiki symbols which also allow healing to be directed to emotional/mental issues and across time/space. You can use this to do your healing work no matter where the recipient is physically in the world.

*Prerequisite is Reiki I from any reiki master/teacher.*

## **Reiki III (master/teacher)**

The final attunement further strengthens and deepens your connection to the reiki source. In addition, you are taught the final symbol which empowers the process of passing attunements to others (it is good practice to become thoroughly familiar with all aspects of reiki before you start to attune others however).

*Prerequisite is Reiki II from any reiki master/teacher.*

The Reiki Master attunement strengthens and increases your healing and psychic abilities.

# Reiki – 1st Degree Initiation – (Shoden)

## Overview

In Western society, many students/initiates are taught to separate out - by a period of time (days/weeks or months) - the initiations into the different Reiki levels.

However, this need not be the case. Reiki is a Divine, universal energy that builds upon previous initiations and cements them together, making them stronger.

Students can be initiated within one day. Only small time gaps are required between each attunement. No harm is caused by a “one day” initiation. Reiki is non-intrusive, it is a way of opening up energy channels. Time taken is not a factor.

In “one day” an initiate can witness/experience extreme feelings of oneness as the Reiki energy opens “magic doorways” for them. Reiki is an amazing energy that re-aligns oneself with the universal source of “all that there is”.

The first degree is split into four stages where each stage/attunement as will adjust the student to be inline with the higher Reiki energies in order that these can easily flow through the body.

After the attunements you will probably feel more balanced and start feeling warmth throughout the body - this is a by product of lining up with the Reiki frequencies.

**The more frequently you use/channel Reiki, the greater the flow will be.** One good recharger is to lie on your back, place your hands on your stomach, verbally say the word Reiki a few times and then relax. A good energy booster in today's busy world.

Remember Reiki is not a substitute for any treatment from a doctor etc, but Reiki will complement the healing process and you will absorb only the amounts of energy you need at any one point in time.

It is not uncommon for the receiver and/or the Reiki practitioner to experience slightly different sensations. For example the receiver may experience cold at the position of the practitioner's hands whilst the practitioner may feel intense heat.

Sometimes the receiver may experience nothing physically and may think that Reiki is not working. Reiki energy often works at a very subtle level and may have profound results, which become apparent in the following days or weeks. The energy will travel to wherever it is needed the most and works at all levels – physical, mental/emotional and spiritual.

Be aware of the sensations of energy you can feel. These sensations can be very subtle but with practice you will find that they are undeniable. Always remember that the practitioner is just a channel for the Reiki energy. The receiver is drawing the Reiki

through the practitioner. Only the energy required is drawn and because **Reiki energy has its own intelligence, the receiver can never “over-dose” (i.e. draw too much energy).**

# The Reiki 1st Degree initiation *(the secret process...)*

The following pages are what **actually** occur during your four initiations. Usually, the student would have their eyes closed, if they were present. The pages have been laid out to easily illustrate for you the procedures at each stage of initiation.

Please initially take time to review the purpose of each initiation sequence.

Within each initiation sequence there will be a series of Reiki symbols. You must “sign” (visually draw with one hand) the Reiki symbols or repeat the symbol name.








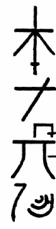


The sequences together form the “**secret keys**” that align the student with the Reiki energy at each level.

The process/sequence usually refers to you giving the initiations to someone else. But, you can give yourself the re-attunements ( stand in front of a mirror and perform the same actions to yourself, *this would usually be to “Master the Initiation sequence”s before Initiating others...This would apply to all Reiki and Seichim Initiation levels*).

When you feel comfortable, perform the sequence(s) numbered 1 -> 15 and laid out in the following pages.








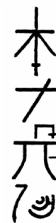


After the fourth Initiation the student has been successfully attuned into the First Degree of Reiki!

## Reiki Level 1 – First Attunement







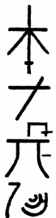


1. Stand behind initiate and put your hands on their shoulders		9. Walk to front of initiate, gently tap on their shoulder	
2. SIGN tam-a-ra-sha 3 times		10. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
3. SIGN cho-ku-rei once & SAY mentally 3 times		11. Take initiates hand and pump energy into theirs visualizing a tam-a-ra-sha in both of their palms	
4. SIGN dai-ko-myo once		12. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
5. SIGN cho-ku-rei once & SAY mentally 3 times		13. Blow a puff of breath to crown, heart & throat	
6. SIGN hon sha ze sho nen once		14. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
7. SIGN cho-ku-rei once & SAY mentally 3 times		15. Advise initiate that attunement is complete	
8. Put your hands on top initiates head & feel energy pour in			










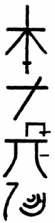


## Reiki Level I – Second Attunement

1. Stand behind initiate and put your hands on their forehead		9. Walk to front of initiate, gently tap on their shoulder	
2. SIGN tam-a-ra-sha 3 times		10. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign mentally 3 times	
3. SIGN cho-ku-rei once & SAY		11. Take initiates hand and pump energy into theirs visualizing a tam-a-ra-sha in both of their palms	
4. SIGN dai-ko-myo once		12. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
5. SIGN cho-ku-rei once & SAY mentally 3 times		13. Blow a puff of breath to crown, heart & throat	
6. SIGN hon sha ze sho nen once		14. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
7. SIGN cho-ku-rei once & SAY mentally 3 times		15. Advise initiate that attunement is complete	
8. Put your thumbs on base initiates neck & feel energy pour in			

## Reiki Level I – Third Attunement

1. Stand behind initiate and put your hands on their shoulder & SEE tam-a-ra-sha		9. Walk to front of initiate, gently tap on their shoulder	
2. SIGN tam-a-ra-sha 3 times		10. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
3. SIGN cho-ku-rei once & SAY mentally 3 times		11. Take initiates hand and pump energy into theirs visualizing a tam-a-ra-sha in both of their palms	
4. SIGN dai-ko-myo once		12. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
5. SIGN cho-ku-rei once & SAY mentally 3 times		13. Blow a puff of breath to crown, heart & throat	
6. SIGN hon sha ze sho nen once		14. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
7. SIGN cho-ku-rei once & SAY mentally 3 times		15. Advise initiate that attunement is complete	
8. Put your hands at base of initiates neck & feel energy pour in			

## Reiki Level I – Fourth Attunement

1. Stand behind initiate and put your hands on their head		9. Walk to front of initiate, gently tap on their shoulder	
2. SIGN tam-a-ra-sha 3 times		10. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
3. SIGN cho-ku-rei once & SAY mentally 3 times		11. Take initiates hand and pump energy into theirs visualizing a tam-a-ra-sha in both of their palms	
4. SIGN dai-ko-myo once		12. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
5. SIGN cho-ku-rei once & SAY mentally 3 times		13. Blow a puff of breath to crown, heart & throat	
6. SIGN hon sha ze sho nen once		14. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
7. SIGN cho-ku-rei once & SAY mentally 3 times		15. Advise initiate that they are attuned to Reiki – First Degree	
8. Slide your left hand on back of initiates neck & right hand on their crown			

# Reiki – 2nd Degree Initiation - (Okuden)

## Overview

The second degree of Reiki will allow your **healing ability and intuition to be greatly expanded.**

It will also allow you to **perform distant healing - plus gives access to more powerful Reiki healing symbols.**

The vibrational energy received at this level is several times greater than that experienced from the first degree.

Usually, an initiate would be given the second degree after time spent practising Reiki at the first degree. But again, as previously detailed, *the time factor is not important.*

After the attunements you will probably feel more balanced and start feeling warmth throughout the body. This is a “by product” of lining up with the Reiki frequencies.

You can practice sending Distant healing energies to your friends/relatives - even animals. At this level you also receive the symbols SEI-HE-KI, CHO-KU-REI and HONSHA-ZE-SHO-NEN (see the supplementary pages after the Second degree initiation).

Reiki is not a substitute for treatment prescribed by a doctor. Reiki complements the healing process and you will absorb only the amounts of energy you need at any one point in time.

## The Reiki 2nd Degree initiation *(the secret process...)*

The following pages are what actually occur during your second initiation, as usually the student would have their eyes closed.

The pages have been laid out to illustrate for you the procedures at each stage of initiation.





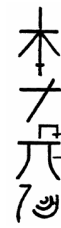

Please initially take time to review the purpose of each sequence. You will be asked to “**sign**” (visually draw with one hand) a Reiki symbol or repeat the symbol name.

The sequences put together form the “**secret keys**” that align the student with the Reiki energy at this level.





When you feel comfortable perform the sequence(s) numbered 1 -> 15 laid out in the following pages.

After this Initiation the initiate has been successfully attuned into the Second Degree of Reiki!

## Reiki Level 2 Attunement

1. Stand behind initiate and put your hands on their shoulders	
2. SIGN tam-a-ra-sha 3 times	
3. SIGN cho-ku-rei once & SAY mentally 3 times	
4. SIGN dai-ko-myo once	
5. SIGN cho-ku-rei once & SAY mentally 3 times	
6. SIGN hon sha ze sho nen once	
7. SIGN cho-ku-rei once & SAY mentally 3 times	
8. Slide your left hand on back of initiates neck & right hand on their crown	

## Reiki Level 2 Attunement (cont)

9. Walk to front of initiate, gently tap on their shoulder	
10. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
11. Take initiates hand and pump energy into theirs visualizing these symbols in both of their palms	
12. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
13. Blow a puff of breath to crown, heart & throat	
14. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
15. Advise initiate that they are attuned to Reiki – Second Degree	

### **Notes:**

- 1. In second degree Reiki the initiate is shown and told about the SEI-HE-KI, CHO-KU-REI, and HON-SHA-ZESHO-NEN.**
- 2. They are not told of any attunements and are not given the DAI-KO-MYO or TAM-A-RA-SHA.**

# **Reiki – Master Degree Initiation - (Shinpiden)**

## **Overview**

The Master degree of Reiki will again greatly enhance your healing ability.

At the Master level you will experience higher energy vibrations when healing oneself or others.

Usually you would be given the Master degree after time spent practicing Reiki at the second degree. But again, as previously detailed, the time factor is not important.

After the attunements you will probably feel more balanced and start feeling warmth throughout the body. This is a “by product” of lining up with the Reiki Master frequencies.

More importantly, you can now train other students up through the Initiation sequences and charge if you so wish. At this level you also receive the Master symbols (DAI-KO-MIO & TAM-A-RA-SHA).

You should practice and “master” all the Reiki healing symbols - these are your tools. Enjoy and live life to the full.

Again, Reiki is not a substitute for treatment prescribed by a doctor. Reiki complements the healing process and you will absorb only the amounts of energy you need at any one point in time.



## The Reiki Master Degree initiation *(the secret process...)*

The following pages are exactly the Master initiation - normally, the Reiki student would have their eyes closed.

The pages have been laid out to easily illustrate for you the procedures at each stage of initiation.





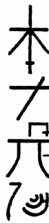

Please initially take time to review the purpose of each sequence. You are asked to “**sign**” (visually draw with one hand) the Reiki symbols or repeat the symbol names.

The sequences together form the “**secret keys**” that align the student with the Reiki energy at this level.





When you feel comfortable, perform the sequence(s) numbered 1 -> 15 laid out in the following pages.

After this Initiation the student has been successfully attuned into the Third Degree of Reiki – they are now a **Reiki Master**!

# Reiki Master Attunement

1. Stand behind initiate and put your hands on their head	
2. SIGN tam-a-ra-sha 3 times	
3. SIGN cho-ku-rei once & SAY mentally 3 times	
4. SIGN dai-ko-myo once	
5. SIGN cho-ku-rei once & SAY mentally 3 times	
6. SIGN hon sha ze sho nen once	
7. SIGN cho-ku-rei once & SAY mentally 3 times	
8. Slide your left hand on back of initiates neck & right hand on their crown	

## Reiki Master Attunement (cont)

9. Walk to front of initiate, gently tap on their shoulder	
10. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
11. Take initiates hand and pump energy into theirs visualizing these symbols in both of their palms	
12. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
13. Blow a puff of breath to crown, heart & throat	
14. SIGN cho-ku-rei once each to crown, heart & throat, say initiates name 3 times to each sign	
15. Advise initiate that they are attuned to Reiki Master status	

### **Notes:**

- 1. In Master attunement the initiate is shown and told about the DAI-KO-MIO, and TAM-A-RA-SHA.**
- 2. They are told the attunement sequences for Reiki 1, Reiki 2, and Master level.**

# Reiki Healing – A typical session

## Reiki Session

Reiki is amazingly simply to give to anyone. Once a person is attuned to the Reiki energy, all that is then required for the flow is the “*intent*”. Reiki energy automatically flows with the placing of hands on oneself or another person.

Since a typical Reiki session last from 30-60 minutes utilizing a treatment table and chair for practitioner is recommended. Clients should be treated fully clothed either sitting up or lying down, depending on client’s preference.

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. The symbols are used to enhance/strengthen treatments – each symbol has its own properties and can be used in various ways. The mastery of the symbols is easily obtained with practice.

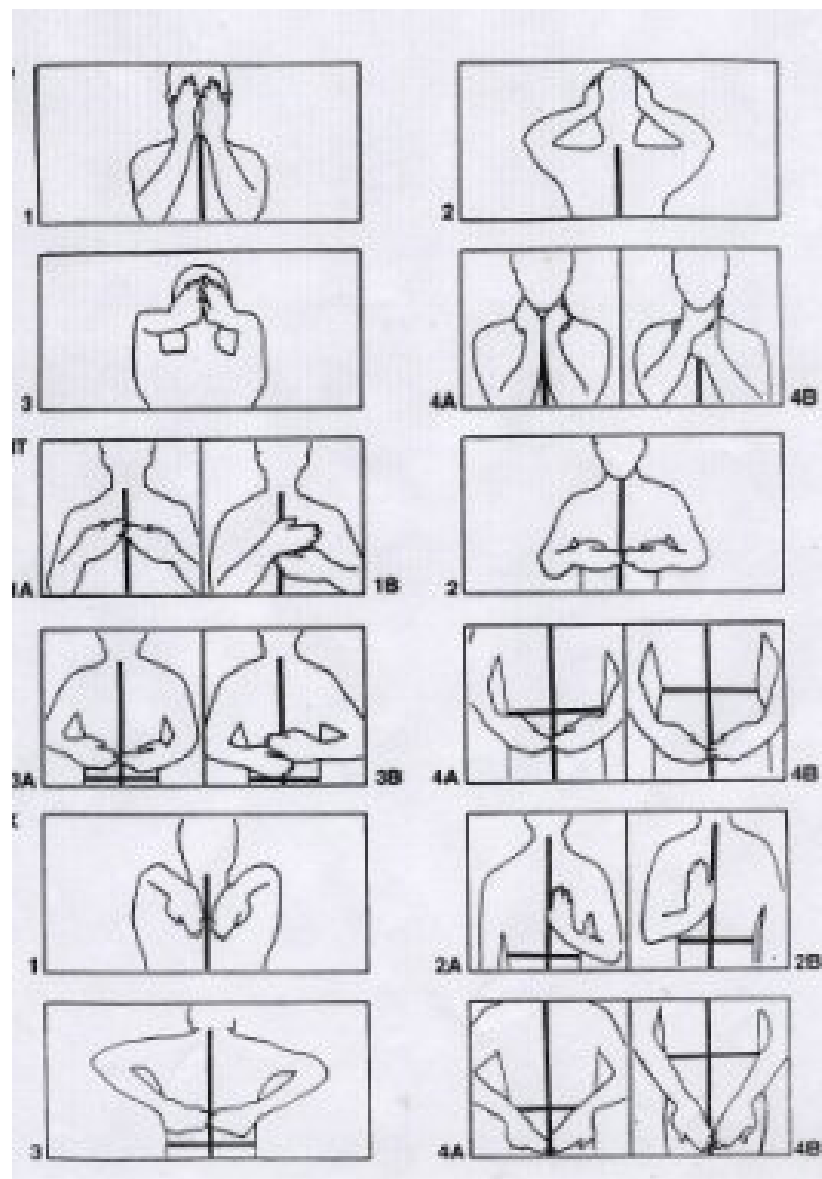
Then you start channeling Reiki energy through your hands to yourself or to the recipient's head, front of the body, back, knees and feet. This enables the energy to flow right to the source of the problem and not just the manifesting symptom. Reiki energy goes to where ever the recipient needs it most.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

Most clients will usually experience either a slight pleasant tingling, warmth or coldness in the area being healed - and usually feel very relaxed after 5-10 minutes. The mind slows and all the associated muscles in the body relax. It is not uncommon for the client to fall asleep.

There is no manipulation of the skin or muscle tissue during any session.

# Reiki Hand Positions for Self Healing



# Reiki Hand Positions For Healing Others

## Client Laying On Their Back

### 1. HEAD (stand at top of their head)

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

### 2. ARMS (right side then left)

- Shoulders
- Elbows
- Wrist
- Hands
- Fingers

### 3. TRUNK

- Upper chest
- Breast (get permission first or work a few inches above in the air)
- Ribs (cris cross 2 or 3 times )
- Waist
- Lower abdomen (cris 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

### **How often should the Client receive Reiki?**

A person's body can only absorb the healing energy it needs. You cannot receive too much Reiki energy. The number of sessions required and the duration of each one is left up to the discretion of the Master based on findings during the initial healing session. Usually a "general" fortnightly healing session will suffice.

# Reiki Distance Healing

*Reiki symbols reminder (see above for the diagrams.)*

- The Power symbol – CHO KU REI
- The Mental/Emotional symbol – SEI HE KI
- The Distance symbol – HON SHA ZA SHO NEN

Distant healing can be done in a variety of ways. As with hands on Reiki, intent is very important. The practitioner can use a proxy, visualization or a projection of Reiki energy (also known as beaming) or a combination of the three.

You can (if it helps) visualize the person you are sending Reiki energy to, shrunk to a miniature size and situated between your hands.

Then start by drawing the Dai Ko Myo, Hon Sha Ze Sho Nen and Sei He Ki and Cho Ku Rei symbols (3 times for each symbol) around whichever technique you have used (miniature person, visualization, third eye etc.)

Sending Reiki is as effortless as anything else you do with Reiki. After a while you probably won't need to imagine the person between your hands. Sit quietly and think of the name of the person you are sending Reiki to - do this for 10-20 minutes. Focus on the intent of sending Reiki to that person. *(It's more in-line with the ethics of Reiki to first obtain the permission of the person you are sending the energy to).*

I have found that Reiki can be beneficial for relationships between people. I would again use remote/distant healing techniques, visualizing in the palm of my hand, all the relevant parties involved. Then I would focus and send healing energy to all the recipients. Focusing on what needs to be healed also helps when distantly transmitting Reiki.

You can also send distant healings to a List of recipients, I would usually write down all the details of the people on one piece of paper with the attached photos (if possible), plus the ailments that require healing. Next I would simply focus and send Reiki energy to the paper object with the Intent of every person on the list receives a full healing. I would usually stay with this intent for around 15-30 minutes. The main thing to remember is Reiki knows no boundaries in Time or space and everyone would receive a “full” healing as if they were in front of you. This is extremely helpful for any foreign clients you may have. I receive numerous remarkable healing thank-you letters using this technique alone.

Remember that Reiki is about *channelling* energy and thus it stands to reason that Reiki can be applied to anything made of energy, i.e. anything in existence, past, future or present – *Its limitless.*



# **Additional Advanced Teaching** *(Tied to Traditional Reiki)*

## **Original Motto**

The Usui-Sensei's (remember Usui was trained in the martial arts before receiving the Reiki system and was a Sensei, Master meaning teacher of teacher's, already) training centre (often called a clinic) in Harajuku, Aoyama, Tokyo was a DOJO. It is taught in the West that a Dojo is the martial arts school.

Usui motto for his dojo was:

***“Unity of self through harmony and balance”***

"Reiki ni Rei,  
Sensei ni Rei,  
Otagai ni Rei."

*("Bow to the Reiki , bow to your teacher, bow to your fellow students")*

By bowing you are expressing respect, courtesy, and gratitude to  
your art, your teacher, other students, and yourself.

Ultimately, you are acknowledging the 'Blessing' you hold - the 'Light Gift' that is within each of you - the  
"Sacred Potential - for Healing, Protection and Spiritual Development" that is:

'The Reiki Phenomenon'

Three essential elements/aspects to effective use of Reiki:

- **Gassho Meiso** (Gassho Meditation) - Gassho Meiso clears the mind, calms the spirit, and prepares the 'vessel' (body) to receive and hold the Reiki 'phenomenon'
- **Reiji** - (Spiritual Guidance) - Reiji is both a prayer for the healing & well being of the client and an invitation for Reiki / 'Spirit' to guide you in the therapeutic process
- **Chiryō** (Treatment) itself

## **Original Hand Positions**

Originally it is said there were only five hand positions which focused on the head and neck.

- zento bu
- sokuto bu
- koutou bu
- enzui bu
- toucho bu

Reiki treatment session would start with working with the five hand positions and then would be followed by treating specific areas of the body where imbalances existed. Remember that the traditional Reiki system relied on intuitions. So it can be assumed that intuitive guidance

was used to know what areas of the body needed to be worked on and how. This is in fact how I perform healing including the healing I am guided to do during attunements.

## Practitioner Client Positioning During Treatment

The **seiza** position was originally used by both parties during a treatment. I am assuming they were facing each other while sitting in seiza. Anyone who has a child in Karate and has watched a karate class taking place is familiar with this sitting style. Now in the west it is more common for a person receiving treatment to be laying down or sitting in a chair while the person giving the treatment stands.



## Performing The Traditional Treatment



Standing approximately a meter in front of and facing your client you both perform the gassho rei (the gassho bow).

Notice from the picture at left that the hands are in a prayer position in front of the mouth with the fingertips just below the nose.

performing gassho rei you bow at the hip while keeping the back straight. The gassho bow signifies oneness of all beings and also used to show reverence to the teacher.

After both practitioner and client perform the gassho bow the practitioner then moves to stand behind the client.

1. Begin by getting centered and getting the Reiki energy to flow. Many use a breathing technique to get centered or a practice of grounding and protection. By all means, use what you feel works best for you. To begin getting the Reiki energy to flow so may use the method of saying things like “Reiki On” or “Reiki” while for others their intent alone may be enough.
2. Draw symbols if you choose to at this point physically in the air or in your minds eye. Also silently say the symbols mantra.
3. Use the following positions. For beginners stay at each position for 3- 5 minutes until the time in which you can adequately use guidance via intuition. A daily practice of passive meditation should help to develop adequate intuition.

### **zento bu**

With a steady, flowing movement, reach around in front of the client so as to position your hands about two to four inches in front of their forehead at the level of the hairline - palms flat, facing towards the client, your middle fingers almost touching each other. Stay with this position as long as is necessary.

### **sokuto bu**

When you feel ready to do so, smoothly draw your hands apart and around to the sides of the client's head so as to position them over the clients temples - again, two to four inches

away from the surface of the client's head. Stay with this position as long as is necessary.

**koutou bu**

Moving your body easily and smoothly to the client's left side, at the same time, your left hand moves to take up a position two to four inches in front of the centre of the client's forehead, your right hand moves to the back of their head - to a position just above their occipital ridge (the point where neck and skull meet) - two to four inches away from the client's head. Stay with this position as long as is necessary.

**enzui bu**

Moving easily and smoothly to stand behind the client once more, at the same time your hands move to take up position two to four inches to either side of the client's neck. Stay with this position as long as is necessary.

**toucho bu**

Smoothly move your hands upwards and over the client's head, bringing both hands to rest horizontally two to four inches above their crown - thumbs should almost touch each other, as should the first joint of each index finger. Stay with this position as long as is necessary.

4. After treatment in the five positions you may then treat specific areas based on the symptoms the client is manifesting. This may be based on treating certain chakra areas such as the solar plexus if the illness is diabetes. It is highly recommend you study the chakra system and what manifest for each of the chakra areas so you will be more equipped to heal your client.
5. After the treatment is complete perform some method for disconnecting. Note that during a healing, whether in person or at a distance, an energetic connection between the practitioner and client is established. This connection is what often allow the practitioner to pick up on what the client is feeling both emotionally and physically. Although it is taught in the west that this does NOT happen when using Reiki it in fact does and validation of that is that traditional Reiki has the practitioner disconnect after a treatment session.
6. Center yourself
7. Move to stand in front of your client approximately a meter distance away
8. Express/manifest kansha - gratitude - for having been granted this opportunity to assist your client to heal themselves. I often thank my higher self silently or out loud.
9. Practitioner and client perform gassho rei (the gassho bow)