



\* Translation of the Hieroglyphics: Patient says: Don't hurt me, practitioners reply:  
I will act so you praise me.

# Zone Reiki

## Level 1

## Note

About the painting on the FrontPage:

The painting is found in the tomb of Ankhmahor, also known as the Physician's tomb. Ankhmahor was the highest official after the Pharaoh at Saqqara.

## Intro

I have been working for over 20 years with reflex zone massage. Later I start working with Reiki. My first experience was with Reflex zone massage for the feet. Feet are the most forgotten body parts needing a little kindness. Most people find feet, dirty or not worthy of any attention, even though our feet are carrying us our whole life. When you make contact with feet you will discover they can "tell" stories. Also the hands and ears are telling us more then we notice at the first look. And when you discover wrinkles in the face or bold spots on the head. Is that a sign to run to plastic surgery or is the face telling a story?

Both methods have in a short time a very relaxing effect on people. The problem with reflex zone massage on the feet is, you cannot keep the legs straight. During my work with Reiki I started more and more to send Reiki to the reflex zones on the feet and it worked well. After that I also started to send Reiki to the zones on ears, hands and head. I found out others liked this kind of treatment, so I brought them together in Zone Reiki.

There are more zones to find (like in the nose, back). The ear, feet hand and head are the most common to work with. **Zone Reiki uses Reiki energy instead of massage.** Zone Reiki is a holistic treatment. **It works on physical, emotional and mental levels. Because of that reason always both ears, feet, hands are treated and the complete head.** You can also include the elements in holistic work; Without nature we don't exist. We are in nature and nature in us.

**\*White Buffalo Hawke Woman** speaks in holistic terms this way:

U-ne-ga Ya-ni-sa Ta-wa-di A-gi-ya

**Air I am, Fire I am, Water, Earth, and Spirit I am!**

Yigaquu osaniyu advanvto-adadoligi nigohilvi nasquv utloyasdi-nihi

May the great spirits blessing always be with you!

Tineke Wijnker

Zone Reiki is a system only for distant use, and has four levels  
The prerequisites are Reiki Master (Usui / Seichim / Karuna(ki) or similar).

\*Special thanks to WBHW that I was allowed to adopt her blessing



*Underneath the Bodhi Tree*

Zone Reiki version Level 1.1

March 2008

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**This system is created only for spiritual purposes.  
This system does not replace any medical treatment or medication.**



## **History**

### **A short History of Zone therapy:**

Reflex zone massage has its roots as far back as 2500 years ago. Some sources even speak over more than 5000 years. It was practised in many cultures like China, Egypt, India and also known by Native Americans

In 1913 Dr. Fitzgerald brought it to the western world. This was a re-membering. Zone therapy follows the idea that every organ has a corresponding zone on the feet, hands and ears. The zones and organs are linked to each other within the same zone. In 1919, Dr. Shelby developed the zone therapy further. In 1930 Eunice Ingham (a student of Dr. Fitzgerald) developed this theory further. She discovered that imbalances in energy in zones in the hand and feet were mirrored in the corresponding organ /part of the body. Hanne Marquardt (a student of Eunice Ingham) helped to spread Zone Therapy in Europe.

You can find more history on [www.reflexology-usa.net/history](http://www.reflexology-usa.net/history)

### **The goal:**

Is to balance the energy in the body, mind and emotions by sending Reiki to the zones in ears or hands or head or feet.

### **Zone Reiki can be effective for treating the following :**

- Arthritis
- Better sleep
- Detoxication
- Digestive disorders
- Hormonal imbalances
- Migraines
- A better appetite
- Helpful with quitting smoking or weight loss
- Pain relief, especially back pain
- Relaxation
- Removing blockages

### **Who can receive Zone Reiki**

Zone Reiki can be received by people of all ages.

Zone Reiki not a replacement for a medical or other health professional.

You cannot diagnose conditions with this complimentary therapy.

Do not stop any treatments and or medications you use that are prescribed by your Doctor. I will not interfere with your doctors treatment. If you need medical advice and or treatment go to your recognized personal physician or other healthcare professional.



## How to practice Zone Reiki

First say **Zone Reiki on** and put your hands in Gassho when you feel pulsation in the middle fingers you are ready to send Reiki.

Always start with the right side.

So when you see on the table: 1. kidneys then find the 1 zone on the card and send Reiki to that zone for 15 - 20 seconds or until you feel it is "filled" . Then go on with the next zone until you balance all zones.

You can choose to treat both feet or both hands or the head or both ears.

The treatment can be done by:

- \* Inner feeling
- \* Beaming Reiki with the fingers
- \* Beaming Reiki with the eyes
- \* Beaming Reiki with the heart

There are 4 levels and the energy will go from soft to softer with each level.  
The more you are able to have "inner feeling" the more you can sense subtler energies.



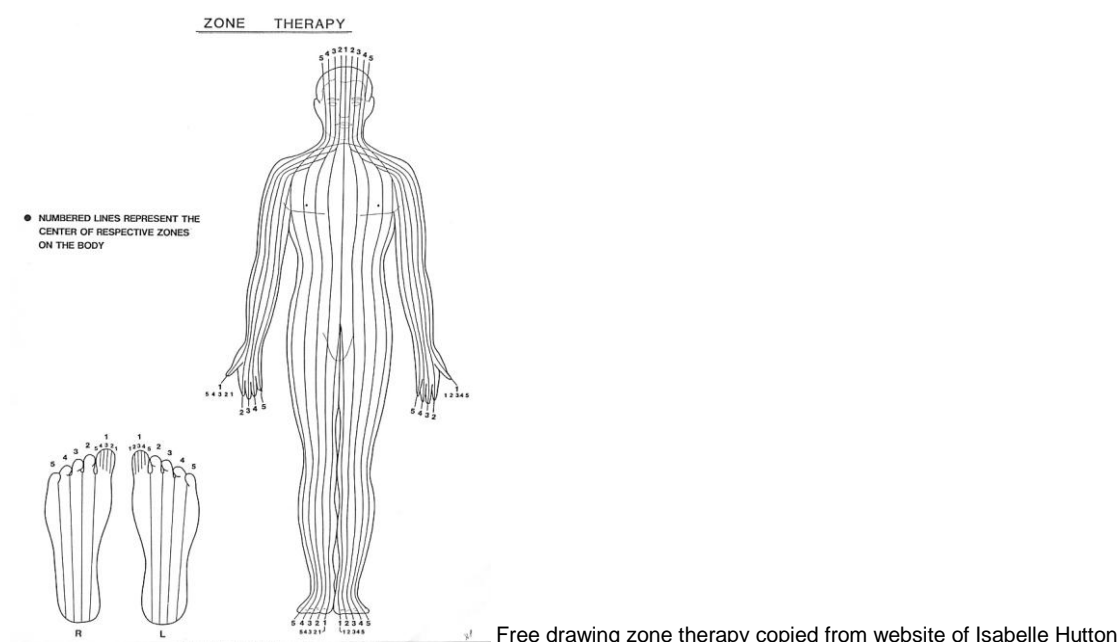
## The body parts and what they try to tell you

### What the body parts tell you in general

The human body is a dynamic process. Every day changes take place and once in every seven years the body completely renews itself.

There are cells that live about 14 days like skin cells, others about 2 months like some blood cells. Liver cells regenerate when necessary. Some cells like nerve and muscle cells seem to stay a life time.

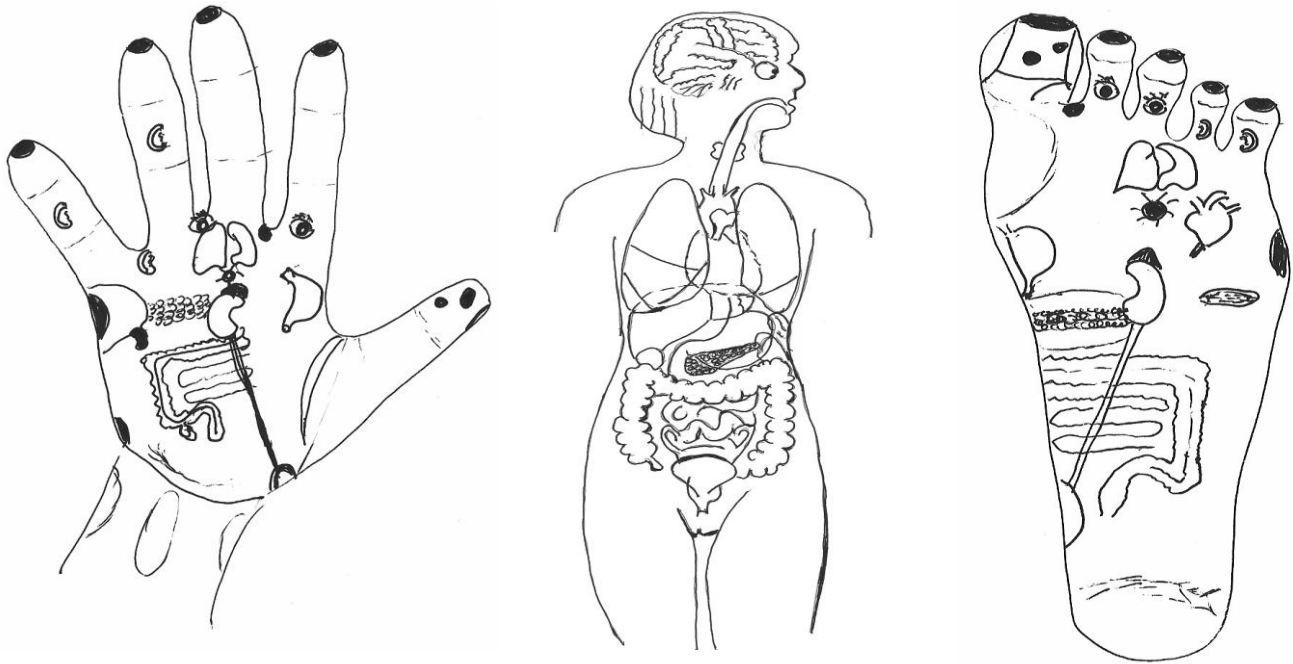
However other sources say that the cells of the brain renew themselves every three days. In Science this process is called metabolism. You can also look at it as a process of microcosmic incarnation – excarnation – reincarnation.



When you look at the above picture you see ten vertical zones in the body. These zones correlate with organs and limbs and end in the fingers and toes. Each finger and toe stands for emotions, organs, and elements.

finger	emotion	organ	element
thumb	sorrow	spleen- stomach - pancreas	earth
Index finger	grieve	large intestine - lungs	air
Middle finger	impatience	heart – small intestine – triple warmer	fire
Ring finger	anger	liver – gallbladder	wood
Little finger	fear	bladder – kidney's	water





The organs in the body and corresponding zones on hands and feet

### **The Feet**

The feet carry us our whole life and are mostly forgotten. When you concentrate on your feet ask the following: How do you make contact with the earth? Do you stand steady with your feet flat on the floor? Do your feet “sink” in the earth or do you float above the floor? Do you have painful spots on your feet, because of wearing “wrong” shoes or no shoes. Where are the painful spots? They can give you a clue as to energy blocks.

Red tells that there is energy stagnant. Like the intestine does not digest mental issues. The reason of callosity can be found in the shoes (or no shoes) or it tells that you defend yourself against something. For instance when you carry too much on your shoulders. Warts can have to do with anger and the place on the foot can tell where the anger can come from. You have something on your heart or liver.

### **The Hands**

We have a lot of things in our hands and a lot of things that are going on can be seen on the hands. Hands and feet show the energy blocks the same way. When you feel stiff muscles in the hands, there is mostly stiffness in the body also. Arthritis can sometimes show hardness against oneself and a very critical attitude against others and the world around oneself. Sweating from the hands during a treatment can be seen as a form of crying. (also for the feet)





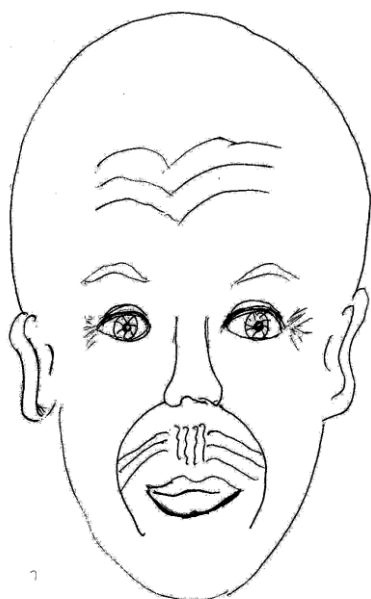
## The Ears



The ears show an upside down fetus. The ears are connected with the kidneys. You can say they are a blooming of the kidneys or a gateway to the kidneys. The kidney energy is given to a human during the conception. The Kidney meridians are feeding the ears. Sounds in the ears can come along with low pain in the back, pain in the knees or urinary incontinence. Children with inflammation of the middle ear(s) can have problems bed- or sleep wetting. The ears are also connected to the liver and gallbladder.

When you look at the ears compare their stance to the eyes. Low ear implant could say something about people who are intelligent and late blooming. Full and long lobes can indicate a strong kidney energy, while small and thin lobes can indicate a low kidney energy. White ears can have to do with cold and black/ blue ears can indicate pain.

## The Face and Head



1. The kidneys: The zones can have different colours like blue and or brown/ black. This has to do with water in the body. Red spots can say something about kidney toes.

2. Suprarenal glands. Blue colouring on and around the eyes can have to do with low energy of the suprarenal glands, while red colour indicates irritation and anger.

3 The Bladder: swollen can indicate too much water in the body. Wrinkles can indicate low bladder energy just as bald spots on the head.

4. The Lungs: the cheeks say something about the lungs. When the cheeks are completely red this has to do with cold from outside. Light pink or pale, low energy of the

lungs.

5. Pancreas: the colour red tells something about hypoglycaemia.

5a. Spleen: swollen and dark coloured indicates energy balance problems and also in the immune system.

6. Liver: swollen and deep lines tell something about the condition of the liver.

7. Heart and circulation: the colours white, red and purple can tell something about the energy of the heart.





8. Deep lines between nose wing and the corner of the mouth say something about concentration of energy of the large intestine.

8c. Small intestine: horizontal wrinkles can say something about weakness of the small intestine energy.

9. Duodenum: wrinkles and little wounds tell something about how the person eats and how the food is accepted by the body.

10. Genitalia: deep lines or horizontal wrinkles tell something about the hormonal balance.

Bald spots, allergy, wrinkles tell all their specific things.

You can find the zones on the proxy cards. 1 -10. In Traditional Chinese Medicine you can find more about the zones of the face and head.



## Self Treatment

This level is only to treat yourself  
During the level 1 attunement you receive the first 2 symbols.

### Meditation to center the Reiki energy in yourself

Stand with the back erected. Place your feet shoulder wide and turn them a bit inside.

Bend your knees until you feel a tense or pull in your lower abdomen.

Place your hands in Gassho before your heart, elbows stretched out.

Concentrate on the point where the middle fingers touch each other.

Breathe in through the nose and breathe out through the mouth saying Ha.

Belly breathing gives strength and pulls gravity in right position.

Count in 7 seconds, pause 7 seconds, out 7 seconds, pause 7 seconds.

Do this for 20 - 30 minutes.

Then breathe in through the nose hands into the Hara and out through the nose and hands. Keep the hands in Gassho and concentrate on the space between the hands.

Do this for about 10 minutes **(NOT when you have high blood pressure)**.

### **-Angelic Yod**

Yod means hands. The Angelic Yod includes the left part male Yod and right part female Yod in it. This symbol connects your inner eye and heart with each other and helps you to the way to develop insight in yourself, and increases the love in your heart.



### **-Cho Ku Rei (CKR)**

This symbol can increase the power of the energy

Draw this symbol only on your own index fingertips before beaming Reiki or

draw it in the energy field from the receiver (or your own in case of self-treatment)

Use it wisely because if you draw it on body parts, the energy can be felt as too hot and this can continue for several hours. Not everybody likes that. Drawn over your body it makes space before the energy centres in the heart.

### Before the treatment

- You can circle first a few times the hands and feet clockwise and counter clockwise before you send Reiki. And pull gently the toes or fingers. This will help to open the meridians.
- Make sure you sit or lie down in a comfortable position. The legs stretched with the knees slightly bent. (little pillow or towel roll under the knees).
- Eventually you can put a blanket around you.
- Music can help to relax.

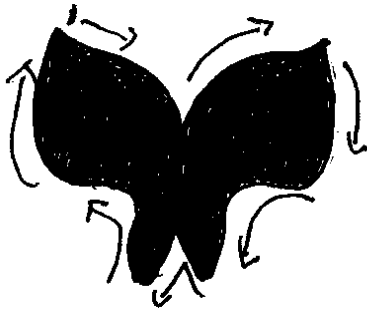


### **The Inner feeling method**

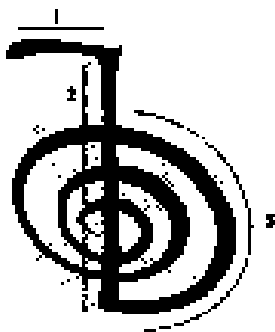
- Decide what you want to treat (feet, or hands, or head or ears)
- Then look at the appropriate proxy card and find the first zone.  
(Always first the right side (sole, inner side, outer side and then the back of the feet or first right palm and then back side of the hand or right ear. When finished treat the left side the same way)
- Concentrate on the body part you want to treat
- Feel the first zone inside of that body part.
- You can place the Yod symbol before your third eye, let it enter the eye and then move to your thymus and heart chakra.
- Beam Reiki from your heart in the first zone for 15 – 20 seconds or till you feel it is done.
- Then go to the next zone and so on until you treat all zones.



### How to draw the symbols



Angelic Yod



Cho Ku Rei

### Something about how many times to say and draw the symbols.

I can only speak from my own experience by saying and drawing the name of the symbol trice (three times) you can notice the yin and yang aspect from the symbol and then the oneness/wholeness. Just experiment with it, and find out how many times feel comfortable for you: 1 time or three times.



## **Receiving an attunement**

Set a Sphere --you can light candles, incense, and/ or play relaxing music if you wish. Ground yourself and get centred by doing some belly breathing exercise and put your hands in Gassho. Or lie down. You can call in Spirit's help, your guides, angels, Zone Reiki guides to help to receive a perfect attunement for the highest good of all.

After this preparation sit down comfortably with the feet flat on the floor, hands in Gassho position before the chest. Say mentally or aloud I' Am now willing to receive Zone Reiki level ..... sent to me by..... (masters name). Relax and let it happen.

The attunement downloading can take 30 -45 minutes, sometimes longer. When the attunement is finished say thanks to all you called in for help. Make sure you are well grounded and centred before you go on with your daily activities and drink water afterwards.

If your master sent you a chi ball. You can call in the chi ball. By saying : I' Am now calling in the Zone Reiki level.... Chi ball sent to me by ..... (masters name).If you can feel the chi ball call it in front of you open it and let the energy flow into you. If you cannot feel energy than imagine the chi ball in front of you and imagine that you open the chi ball and that the energy enter you through the crown chakra.

Enjoy ☺

## **Recommend books**

[Reflex Zone Therapy of the Feet: A Textbook for Therapists](#) by Hanne Marquardt

[Hand Reflexology: Key to Perfect Health](#) by Mildred Carter

[Chi Self-Massage The Taoist Way of Rejuvenation](#) by Mantak Chia

[Acupuncture Without Needles](#) by J.V. Cerney

[Your Healing Hands: The Polarity Experience](#) by Richard Gordon

Websites:

<http://www.reflexology-usa.net/history.htm>

<http://www.crystalinks.com/caduceus.html>

<http://home.comcast.net/~ginursa/EyeOf.html>

<http://en.wikipedia.org/wiki/Auriculotherapy>

<http://tcm.health-info.org/5-SENSES/Ear/ear.homepage.htm>



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**March 2008**

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