

Reiki i Manual



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Reiki I

In Reiki I, we introduce Reiki and it's origins.

You learn the following:

- History of Reiki
- Lineage of Reiki
- The Basics of Chakras
- How to Ground yourself and protect yourself

After this course you will be able to:

- To heal yourself
- Heal others
- Heal objects
- Become a certified Reiki master
- Raise your and others vibration
- Understand the chakras and energy



Reiki I

Rei

This means Divine, Source and Spirit

Ki means Energy

Reiki can be translated as universal energy. As Reiki healers you will be a conduit for the universal energy. You will learn to connect to this beautiful source energy and direct the energy either into yourself or someone you are healing.

“What is Reiki?”

Reiki (pronounced Ray-key) is a Japanese word meaning Universal Life Energy.



Energy Healing has been around for thousands of years. Reiki was discovered by a Japanese man named Mikao Usui in the mid 1800s.

All matter is made from energy, including humans. Science is starting to research how energy impacts the human condition.

What we perceive as our physical material world, is really not physical or material at all, in fact, it is far from it.

Quantum physicists discovered that physical atoms are made up of vortices of energy that are constantly spinning and vibrating, each one radiating its own unique energy signature. Therefore, if we really want to observe ourselves and find out what we are, we are really beings of energy and vibration, radiating our own unique energy signature -this is fact and is what quantum physics has shown us time and time again. We are much more than what we perceive ourselves to be, and it's time we begin to see ourselves in that light. If you observed the composition of an atom with a microscope you would see a small, invisible tornado-like vortex, with a number of infinitely small energy vortices called quarks and photons.

These are what make up the structure of the atom. As you focused in closer and closer on the structure of the atom, you would see nothing, you would observe a physical void. The atom has no physical structure, we have no physical structure, physical things really don't have any physical structure! Atoms are made out of invisible energy, not tangible matter.

“What is Reiki?”

In reiki the theory is that energy is all around us and we can tap into this universal source energy. The “healer” is a conduit who channels this energy into the recipient.

The human body is made of thousands of energy points known as chakras. Emotional trauma, karma and many things can send these centres out of balance and subsequently result in disease. Reiki sends pure energy to these centres in order to balance them back.

History of Reiki?

Reiki was discovered in the mid 1800's by a Japanese born Buddhist monk, Dr. Mikao Usui.



While teaching in a college, Dr. Usui was asked by a student how Jesus facilitated the healing miracles that he performed. The question had planted a seed and set Dr. Usui out on the path to answer this dilemma.

Dr. Usui was determined to learn the secret healing so that he may help others and his journey took him to many countries.

During his journey Dr Usui travelled to the holy mountains of Kori Yama where he fasted and meditated for 21 days in order to attain a high altered state of consciousness which he believed would empower him with the healing energy.

On the morning of the 21st day, Dr. Usui was beginning to become frustrated with his situation. As he was about to give up and leave, then a great spiritual energy came down into the top of his head and he became enlightened. The energy also brought with it Reiki Ryoho, which is the ability to heal.

For Usui, reiki was a spiritual practice – an opportunity for each person to awaken their true nature. He adjusted the teachings to each student. Some students would have received symbols to study and chant, others may have been given the task of contemplating reiki principles.

History of Reiki?

Dr Chujiro Hayashi

One of Dr Usui's pupils was Dr Chujiro Hayashi who continued in the steps of Dr Usui by opening a reiki clinic which remained opened until 1940



Dr. Chujiro Hayashi

He became a student of Usui in May 1925 and is one of the twenty one teacher students of Usui. He was a retired Naval Officer and surgeon and he studied with Usui for 10 months before Usui died in March 1926. Dr Hayashi developed a new style of Reiki, which has the same energy and lineage as Usui Reiki, and many of the original techniques but is also responsible for the formal aspects of reiki which are taught today-

namely the hand positions, the science-based practises held within reiki and instead of Usui reju, he taught an 'attunement'.

The fame and popularity of Dr Hayashi's clinic spread throughout Japan, and it was quite successful at bringing healing energies to many people. It was here, the emphasis was on healing rather than personal development (Usui saw reiki as a path to your true self – a spiritual path)

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History of Reiki?

Mrs Hayayo Takata



Mrs Hawayo Takata was a Hawaiian woman of Japanese descent born in 1900. After the death of her husband and sister, she became sick and decided to travel to Japan in search of a doctor who could perform an operation which was deemed necessary in order for her good health to return. While in Japan, she felt strongly that the operation (for tumour, gallstones and appendicitis) would

be unnecessary, and she inquired if there was any alternative way for her to be healed. The doctor referred her to Dr Hayashi's clinic.

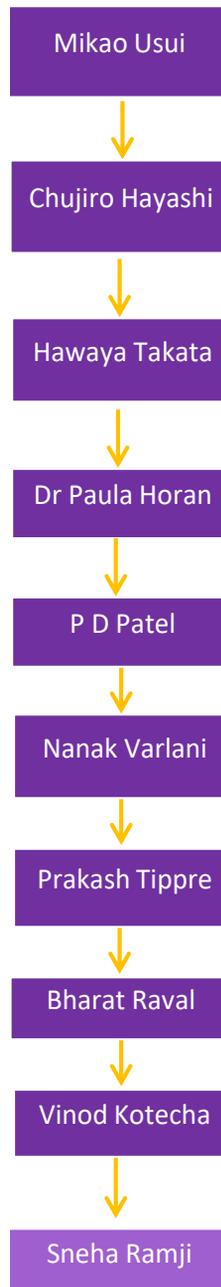
Mrs Takata began receiving regular weekly treatments. Over a period of several weeks, her health improved drastically. She was amazed and asked Dr Hayashi to teach her how to transmit reiki energies to others. He agreed to teach her Reiki I and II and she studied with him from 1936-1938. She is one of the thirteen teacher students of Hayashi Chujiro.

She was the first to bring Hayashi's teaching to the west when she returned to Hawaii where she began to practice reiki. Two years later, she convinced Dr Hayashi to come visit her in Hawaii so he could see her reiki clinic, where he decided to initiate Mrs Takata into the third degree of reiki.

Mrs Takata continued giving treatments and began teaching level 1 and level 2 reiki students. In the 1970's, she began training other reiki masters. For over 40 years she used storytelling to teach people about the system she called Reiki and its history.

By the time of her transition on December 11th 1980, Mrs Takata had trained 22 reiki masters. It is from these teachers that reiki has mainly spread throughout the west

Reiki Lineage



Reiki Principles

Just for today,

I will not anger

I will not worry

I will do my work honestly

I will be grateful for my many blessings

I will be kind to all living creatures

I will not anger – Anger can be a very negative emotion, it hurts others as well as ourselves. Anger closes us off from love and compassion. It reduces ones vibration energy. By setting yourself a goal each morning you protect your energy.

I will not worry – worry is also a low vibration activity. Usually when we worry it's something in the future. Two things happen one is we manifest the very thing we don't want.

The second thing is we stop enjoying the now. Where things are alright. We worry about things that may never come to fruition.

I will do my work honestly – We need to work with integrity, whether we are using source energy or at work. We cannot work from a place of dishonesty as not only do we create bad karma but also the energy will not work.

I will be grateful for my many blessings – There's lots of speak about gratefulness. Energy attract energy. You can either come from a place of abundance or lack. By concentrating on what you have. You will attract more of it.

I will be kind to all living creatures – The basis of this is kindness and compassion. We are all part of source. The energy that flows through us is the same energy that flows through animal. We need to show compassion to animals as they are sentient beings.

Reiki Principles



Reiki Principles

Just for today,

I will not anger

I will not worry

I will do my work honestly

I will be grateful for my many blessings

I will be kind to all living creatures

Reiki Principles

Always ask permission before a healing session

Law of reciprocation

You cannot harm others with Reiki

You have to have compassion with boundaries

Do not be attached to the outcome

How to Ground Yourself

Close your eyes, imagine your feet are feeling warm and heavy.

Imagine you have roots like an oak tree coming from the bottom of the feet into the ground. Allow the roots to go wider and deeper. Really feeling the energy of the planet and feeling grounded. You can now open your eyes.

When to Say No:

When you are sick or tired

When you have had alcohol or drugs

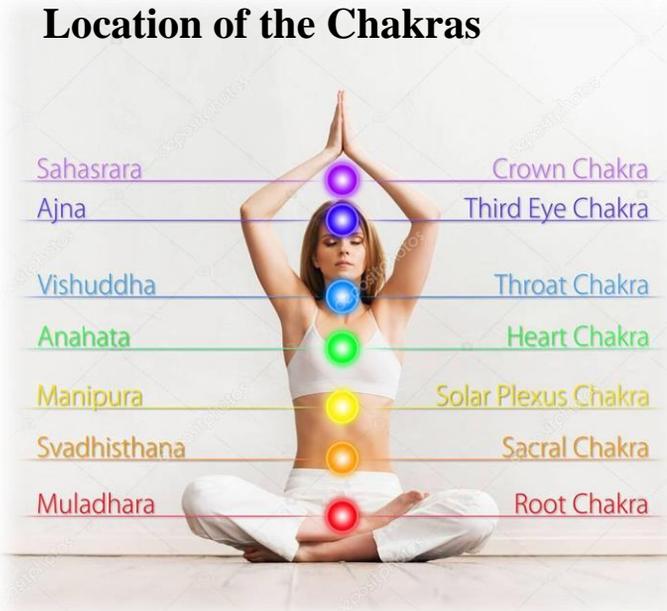
When you have an intense relationship with the receiver

When you are too attached to the outcome.

When the person is closed off to Reiki

If person is trying to influence another's free will.

Location of the Chakras



Chakra literal translation means wheel in Sankrit. The human body has hundreds of chakra points. The 7 main chakras are located along the line of the spinal column and are composed of high frequency energy strands that the spiritual eye perceives as light.

In general the front aspects of the chakras correlate to our emotional function, the back to our will function, and the top three chakras to our reason function. Balance in our reason, will and emotion centers is necessary for good health and well being. The amount of energy flowing through our chakras determines how well we function. The ones we focus on are the seven main chakras as per picture above.

Chakras

Root Chakra – Muladhara



Location: Located at the base of the spine the Root or Base chakra.

Association: This chakra is concerned with physical survival, grounding and connection with the Earth and our body. When this chakra functions well, physical energy, good health, abundance and security are created.

Issues related to the Base Chakra

- Fears and insecurities related to safety and survival.
- Difficulties with 'grounding' and being in the 'now'
- Disorientation. Disorganization. Indecision.
- Lack of physical energy.
- Difficulty dealing with stress or difficulty fully manifesting creative ideas.
- Problems in the lower physical body.

Sacral Chakra – Svadhisthana



Location: Located in the area of the lower abdomen

Association: This chakra relates to our emotional identity and sexuality. Balancing this chakra allows us to experience life as a fluid flow in which we connect with others through our feelings and experience healthy and fulfilling sexual relationships.

Issues related to the Sacral Chakra

- Anger, Frustration, Impatience.
- Blocked creativity; emotionally & physically.
- Difficulty expressing sexuality; sexual guilt.
- Out of balance emotions. Emotional extremes; violence.
- Unable to express or get in touch with emotional needs.
- Difficulty accepting change.
- Relationship difficulties.
- Wounded inner child.

Chakras

Solar Plexus Chakra -Manipura



Location: Located in the area of the stomach, above the belly button

Association: Located in the area of the stomach the issues of this chakra relate to self-definition, personal power and positive emotional expression. Balancing this chakra brings the ability to create healthy boundaries, balanced personal power, will power and positive self-value.

Issues related to the Solar Plexus Chakra

- Oversensitive; too open to others thoughts & feelings
- A sense of vulnerability. Feelings of unease in stomach area.
- Lack of self worth.
- Lack of personal boundaries.
- Emotional neediness & conditional love.
- Aggression, anger.
- An overly active mind.

Heart Chakra -Anahata



Location: Located in the area of the chest

Association: This chakra relates to the need to integrate opposite polarities within the structure of our personality so that we can re-establish the consciousness of unity and unconditional love. Balancing this chakra brings the ability to love without conditions, to feel compassion, peace and love for fellow man.

Issues related to the Heart Chakra

- Loneliness and isolation from others through fear of being hurt.
- Fear of closeness.
- Lack of trust in self or Universe.
- Feeling unloved. Overly critical, possessive or jealous.
- Feelings of superiority. Unable to reach out to others.
- Indecision.

Chakras

Throat Chakra -Vissudha



Location: Located in the area of the throat and thyroid gland

Association: this chakra relates to communication of all kinds and the expression of our creativity. When this chakra is balanced the Soul is able to communicate higher wisdom, inspiration and guidance to the personality. Inner hearing is linked to this chakra.

Issues related to the Throat Chakra

- Difficulty knowing or expressing your truth.
- Withdrawn personality.
- Puts on a 'brave face' rather than express turmoil inside.
- Suppressed emotions, needs or creativity.
- Physical problems in the throat or ears.

Third Eye Chakra -Ajna



Location: : Located in the centre of the forehead and the pituitary gland

Association: Third Eye is related to the ability to see both physically and psychically. It is the seat of our intuition and inner wisdom and when balanced allows us access to 'the bigger picture' of our lives. Inner vision is therefore connected to this chakra.

Issues related to Third Eye Chakra

- Lack of faith in self and the universe.
- Feeling that 'I don't know'.
- Overly mental approach to life.
- Difficulty with intuition or inner knowing. No inner pictures.
- Unable to focus thoughts.
- Stuck in the small details of life

Chakras

Crown Chakra - Sahasrara



Location: outside the body on top of the head

Association: this chakra when balanced, carries the consciousness of pure awareness connecting us with Source. It opens us to the greater world beyond material existence and connects us with the timeless space of all knowing

Issues related to the Crown Chakra

- An inability to see beyond this third dimensional existence.
- No spiritual awareness.
- A need for greater spiritual connection

Reiki Principles

I will not anger
I will not worry
I will do my work honestly
I will be grateful for my many blessings
I will be kind to all living creatures

How to Ground Yourself

Close your eyes, imagine your feet are feeling warm and heavy. Imagine you have roots like an oak tree coming from the bottom of the feet into the ground. Allow the roots to go wider and deeper. Really feeling the energy of the planet and feeling grounded. You can now open your eyes.

Location of the Chakras



Opening Prayer

- 1) I thank God for being here
- 2) I thank Reiki for being here
- 3) I thank [your name] for being here
- 4) I thank the client for being here.



Closing Prayer

- 1) I thank God for being here
- 2) I thank Reiki for being here
- 3) I thank [your name] for being here
- 4) I thank the client for being here.
- 5) I thank DR Usui, the lineage of Reiki, teachers.

Reiki I Hand Positions



1.Eyes



2.Temples



3.Ears



4.Third eye



5.Back of the Head



6. Throat



7.Thyroid & Thymus



8.Heart



9.Solar Plexus



10.Liver



11.Lung



12.Spleen



13.Sacral



14. Root



15.Knees



16.Right Ankle



17.Left Ankle



18.Right Sole



19.Left Sole



20.Shoulders

Reiki I Hand Positions



21.Throat



22.Thyroid and Thymus



23.Back of the Heart



24.Back of Solar Plexus



25.Kidneys



26.Sacral



27.Root

Reiki I Process



Step 1 Opening

- 1) Clean you space – declutter, smudge
- 2) Ask permission from your client.
- 3) Say your opening prayer
- 4) Do your grounding
- 5) Set your intention for the recipient /yourself
- 6) Start the flow of Reiki and apply it to the recipient /yourself

Step 2 Chakras

- 1) Start with the hand positions.
- 2) Work your way down through the positions and chakras approx. 3 mins per Chakra
- 3) Go back to a chakra you felt needed more healing.

Step 2 Closing

- 1) Finish the Reiki by saying closing prayer
- 2) In your mind wash your aura with white
- 3) Cut the cord with the client three times by the motion of the hand
- 4) Once the client has left, smudge the area and wash your hands

Attunement



What is Attunement?

The Attunement is an initiation into Reiki.

It is a form of a blessing and clearing of the chakras in order to receive source energy.



Most people are able to transmit energy but the attunement deepens this connection. The ritual has been handed down through many generations and has the ability to link the student through the teacher to the power of Reiki.



What to Expect:

Sit comfortably and up straight. Palms should be on your thighs facing up. Set an intention on what to expect from the attunement. I.e. to develop a deep connection to Reiki energy in order to help yourself and others.

Put your hands in the Gassho position when you are tapped three times on the shoulder. Your hands will be open and blown into. We will blow on your third eye, heart and stomach. When this is finished you may move your hand back to your thighs.



At the end in your mind say thank you for the process. There will be no talking and take 5 mins of silence after the attunement to let the energy sink in.

We will then share to the group individual experience. The journey into Reiki is very individual so nothing may happen during the attunement process. This doesn't mean it has not worked it may just take time to bed in.



