

Reiki iii Manual



Reiki III

In Reiki III we expand and build on the knowledge of Reiki II. We will further information on the chakras, on emotions, introduce the USUI master symbol as well as Karuna KI reiki level I, II and Master level.

- Chakras and Nadis
- The Anatomy and related chakras
- How the major Glands related to each of the major seven chakras
- Looking at the seven subtle bodies
- Making the link between emotions and disease.
- The Master USUI symbol and its variations
- Introduction of Karuna level I and level II
- Attunement on the USUI master symbol as well as Karuna symbols
- Further analysing on previous case studies.
- More on how to diagnose a person?
- How to advice them to raise their vibration beyond Reiki?

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Reiki different to other Healing?

The primary difference to me is that Reiki is very much based on intuition and source energy.

It is Spirit or the Universal Life Force that truly is in charge of the healing treatment. We as practitioners are not in charge. We follow the techniques and hold the space for the client, so that the intention we set guides the energy to the required points in the client and works alongside the clients innate ability to self heal.

The other teachings are based on having you learn and follow exactly many techniques, many steps and many rules. Most of the other teachings are based on trainable doctrine and learning their specific way of doing certain actions. Reiki really does not seem to have any rules. Your intuition (which is the voice of spirit), guides you toward what to do, how long to do it and where to focus your energy.

Reiki Levels

The First Degree focuses on physical healing and self healing. We must cleanse and heal ourselves first and foremost before the highest work can be done for others.

The Second Degree focuses on healing at the mental and emotional level. It is the level that takes away distance and time. So that you can heal people, situation across the globe and across time. This level enables you to become a practitioner

The Third Degree focuses on health and healing on the Spiritual Soul level and eventually the teaching of Reiki.

Nadis and Chakras

Nadis and Chakras work together and are closely interlinked. The Chakras are the energy centres that absorb life force (Prana) from the universe and distribute it to the nervous system, endocrine glands and circulatory system and the Nadis are the “wires” connecting them all.

They are three major Nadis

Ida nadi – Ida means Comfort its flows along left channel and has the yin element (feminine), ida nadi starts in the muladhara (root) chakra, flowing to the left and weaving in and out of the chakras before ending in the left nostril. This nadi represents mental energy. When Ida becomes too strong or dominant, tiredness, depression, introversion, and an inability to see things with a clear perspective can take over.

Pingala nadi – Pingala means Tawny flows along the right channel and has the yang element (Male), pingala nadi also starts in the root chakra, but flows to the right, weaving in and out of the chakras in a mirror image of ida nadi and ending in the right nostril.

When Pingala is overused, we can have difficulty sleeping, concentrating or we can become anxious, irritable, and impulsive.

Sushumna nadi – The central channel, sushumna nadi runs straight up the spine and through the chakras from just below the root chakra to the sahasrara (crown) chakra. This is the nadi of spiritual awareness.

Kundalini

The most important and fundamental forms of energy enter the human system through the Root Chakra and Crown Chakra and connected by the sushumna, which is connected to all seven primary chakras via the "stems," which in turn provides each chakra with this vital energy.

The sushumna is also the channel where the kundalini power rises.

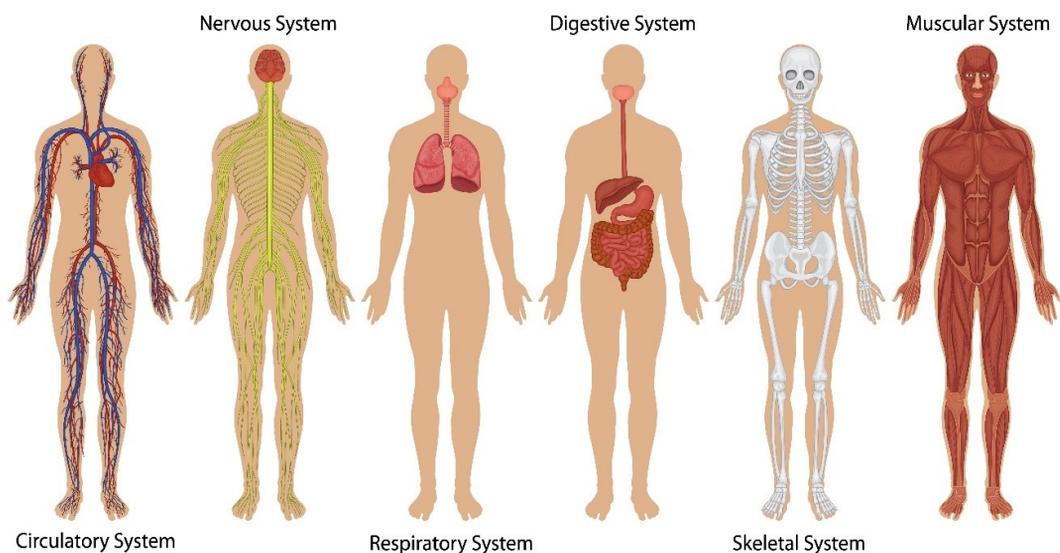
What is kundalini?

The kundalini power lies at rest at the lower end of the spine like a "coiled snake" and enters the system through the Root Chakra. The kundalini power flows through the sushumna, it lays dormant in a majority of people but when awakened it can balance the chakras and enhance spiritual and mental wellbeing. It however has to be raised in a controlled manner in slow incremental movements, it would otherwise overwhelm the person.

The Mechanics of the Body

Although Reiki is very intuitive and one does not need to know integral in and outs of the human body, we do need a basic understanding of the anatomy and the glands. We particularly need to understand the location of the body parts so that to ascertain which chakra it relates to. We are then able to focus our healing to the said chakra. Also having a basic understanding the body gives more comfort to the client.

Human Body Systems



Our bodies consist of a number of biological systems that carry out specific functions necessary for everyday living.

The job of the circulatory system is to move blood, nutrients, oxygen, carbon dioxide, and hormones, around the body. It consists of the heart, blood, blood vessels, arteries and veins.

The nervous system controls both voluntary action (like conscious movement) and involuntary actions (like breathing), and sends signals to different parts of the body. The central nervous system includes the brain and spinal cord.

The respiratory system allows us to take in vital oxygen and expel carbon dioxide in a process we call breathing. It consists mainly of the trachea, the diaphragm and the lungs.

The digestive system consists of a series of connected organs that together, allow the body to break down and absorb food, and remove waste.

Our bodies are supported by the skeletal system, which consists of 206 bones that are connected by tendons, ligaments and cartilage.

The body's muscular system consists of about 650 muscles that aid in movement, blood flow and other bodily functions. There are three types of muscle: skeletal muscle which is connected to bone and helps with voluntary movement, smooth muscle which is found inside organs and helps to move substances through organs, and cardiac muscle which is found in the heart and helps pump blood.

The endocrine system consists of eight major glands that secrete hormones into the blood. These hormones, in turn, travel to different tissues and regulate various bodily functions, such as metabolism, growth and sexual function.

The immune system is the body's defence against bacteria, viruses and other pathogens that may be harmful

The lymphatic system includes lymph nodes, lymph ducts and lymph vessels, and also plays a role in the body's defences.

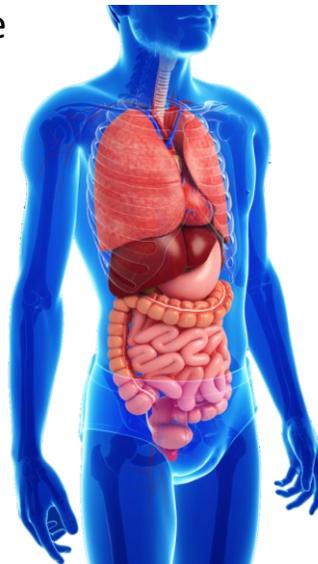
The reproductive system allows humans to reproduce. The male reproductive system includes the penis and the testes, which produce sperm. The female reproductive system consists of the vagina, the uterus and the ovaries, which produce eggs.

The urinary system helps eliminate a waste product called urea from the body, which is produced when certain foods are broken down.

The skin, or integumentary system, is the body's largest organ. It protects us from the outside world, and is our first defence against bacteria, viruses and other pathogens.

The Mechanics of the Body

- Humans have five vital organs that are essential for survival. These are the brain, heart, kidneys, liver and lungs.
- The human brain is the body's control centre receiving and sending signals to other organs through the nervous system and through secreted hormones. The human heart is a responsible for pumping blood throughout our body.
- The job of the kidneys is to remove waste and extra fluid from the blood. The kidneys take urea out of the blood and combine it with water and other substances to make urine.
- The liver has many functions, including detoxifying of harmful chemicals, breakdown of drugs, filtering of blood, secretion of bile and production of blood-clotting proteins.
- The lungs are responsible for removing oxygen from the air we breathe and transferring it to our blood where it can be sent to our cells.
- The bladder is a muscular organ located in the pelvic cavity. It stretches to store urine and contracts to release urine.
- The stomach is a muscular, elastic, pear-shaped bag, lying crosswise in the abdominal cavity beneath the diaphragm. Its main purpose is digestion of food through production of gastric juices which break down, mix and churn the food into a thin liquid.
- The intestines are located between the stomach and the anus and are divided into two major sections: the small intestine and the large intestine. The function of the small intestine is to absorb most ingested food. The large intestine is responsible for absorption of water and excretion of solid waste material.



Chakras and Body Parts

Chakra	Functions of the Body
<u>Root chakra</u>	Blood, Foot, Skelton, Bone, Legs, Nails, Anus, rectum, Colon, Prostate, and building of cells
Sacral chakra	Kidney, Urinary Bladder, Reproductive system, ovaries, sperm, female cycle.
Solar Plexus	Pancreas,digestive system, Large Intestine, Liver and Lung
Heart chakra	Heart, Lung and Circulatory System, upper back,arms, shoulder pains and the skin
Throat chakra	Thyroid, Oesophagus, Teeth, Neck, Shoulder, Mouth, trachea and Facial Problems
Third Eye chakra	Head, eye or vision, back of the head, hormone function, Pituitary Gland.
Crown chakra	Nervous system, Pineal and Pituitary Gland

What Are glands?

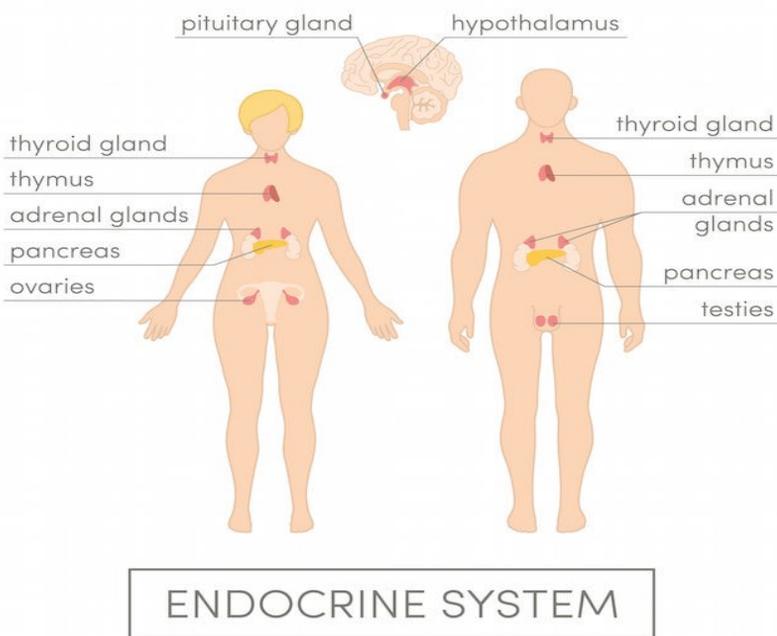
Glands are important organs located throughout the body. They produce and release substances that perform certain functions.

Though you have many glands throughout your body, they fall into two types: endocrine and exocrine.

Endocrine and exocrine glands serve very different purposes in the body.

In Reiki we concentrate on the Endocrine glands as each of the chakra has an association with these.

Endocrine glands



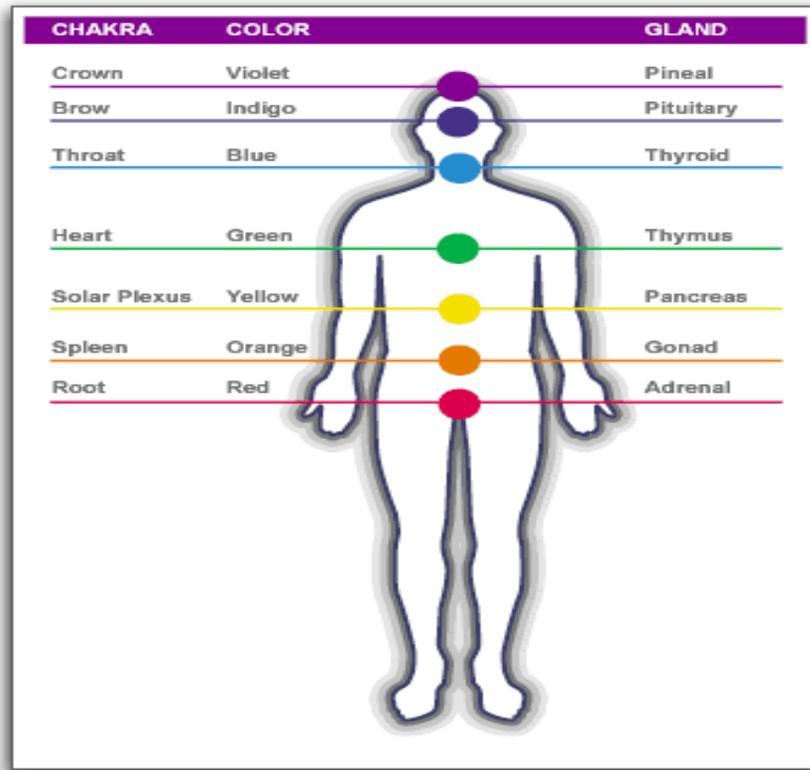
Endocrine glands are part of your endocrine system. They make hormones and release them into your bloodstream. These hormones control a number of important functions in your body, such as:

- your growth and development
- metabolism
- mood
- reproduction

Your endocrine glands include:

- adrenal glands
- pituitary gland
- hypothalamus
- thyroid
- pineal gland

Glands and Related Chakras



What are the Seven Subtle Bodies?

There are seven subtle layers, or bodies that comprise the auric system. The seven subtle bodies hold various forms of information and correspond to the chakra system.

There are three physical plane bodies, three spiritual plane bodies and the astral body, which is the bridge between the lower and higher bodies (some teachings say that the astral is the fourth in the spiritual bodies).

1) The Etheric Body - Of the seven subtle bodies, the Etheric body energy is only one-quarter to two inches beyond your physical self and resonates at nearly 20 cycles per minute. Kirlian photography allows the entire body to be seen. Because the etheric body vibrates with and holds information pertaining to one's physical health, energies can duplicate in the body.

2) The Emotional Body- Extending about 1-3 inches from the body, the Emotional layer is where your feelings and emotions are stored. The field can appear muddled and dulled when negative emotions and feelings are present.

3) The Mental Body: From 3-8 inches from the body exists the Mental, or third layer of the aura. Containing your ideas, mental processes, and thoughts.

4) The Astral Level: Spreading about a foot from the body, the astral body represents the bridge to the spiritual realm and is the doorway/bridge to the astral plane. Associated with the heart Chakra

5) The Etheric/Causal Body: A template that exists far before the physical body form, this is the template for what you know as the physical body and is thought to co-exist in a different dimension. Extending about a foot and a half from the body, the Etheric template is only visible to advanced healers and clairvoyants.

6) The Celestial/Soul Body: Communication with the spiritual realm occurs here as do feelings of ecstasy and unconditional love. Often appearing as bright, shimmering opalescent colors, one becomes more aware of the Celestial body as they raise their vibrations, level of awareness, and consciousness. As you work from the heart chakra to the sixth level, feelings of divine love and a connection with our fellow man become reality.

7) The Causal Body/Spiritual : The seventh layer is the mental level of one's spiritual plane and contains all the other bodies within it, extending three to five feet from the body. This field resembles an egg and it pulsates and vibrates at high speeds that are considered the Zero Point / God Energy. A reflection of everything your soul has undergone, this is the link to the Divine and accepting your oneness with the universe.

Emotion and Pain

For centuries, healers have pondered the connection between mental and physical health. In recent years, science has begun to recognize the powerful connections through which emotional, spiritual, and behavioural factors can directly affect health outcomes. As research in the field of mind-body medicine is finding, emotions and thought patterns can contribute to imbalances within the body. It is therefore important to learn how emotions play a role in imbalances.

- Lungs (infections, asthma, diseases): overcrowding, not being able to be yourself.
- Reproductive organs (disease, ailments): inability to be creative
- Stomach (nausea, lack of appetite, ulcers): loss of ambition, uncertainty, and anxiety
- Cardiovascular system (heart attack, heart disease): lack of commitment, adultery, depression
- Liver (Inflammation, disease): Imbalances in the soul or spirit, guilt, shame
- Digestive system (IBS, constipation, or diarrhoea): Stress, inability to let things go

Dai Ko Myo

Pronounced: “dye ko me”

Dai means great, Ko means glossy and Myo means bright light. Thus, Dai Ko Myo means 'Great Shining Light' or 'Great Enlightenment.'

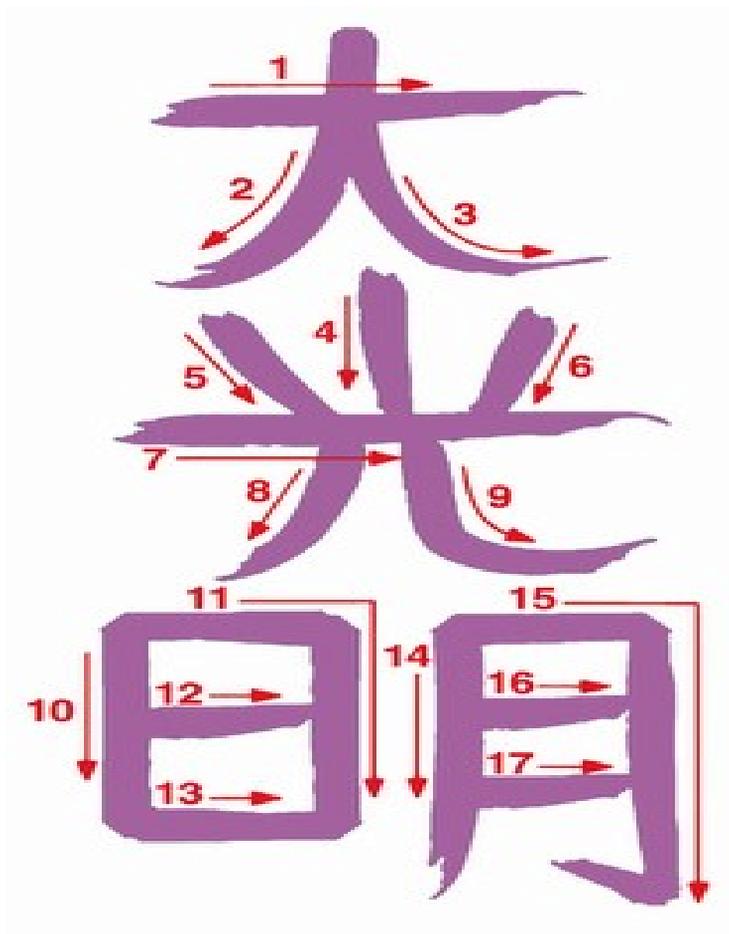
It is the most powerful symbol in the Reiki group. It can be used only by Reiki Masters.

Uses

This symbol is used to heal the soul. Since it deals with the soul and our spiritual self it heals disease and illness from the original source in the aura or energy fields. It helps to provide enlightenment and peace. It also allows you to become more intuitive and psychic. With practice this symbol can bring profound changes in one's life.

Dai Ko Myo

How to Draw:



Reiki III Process

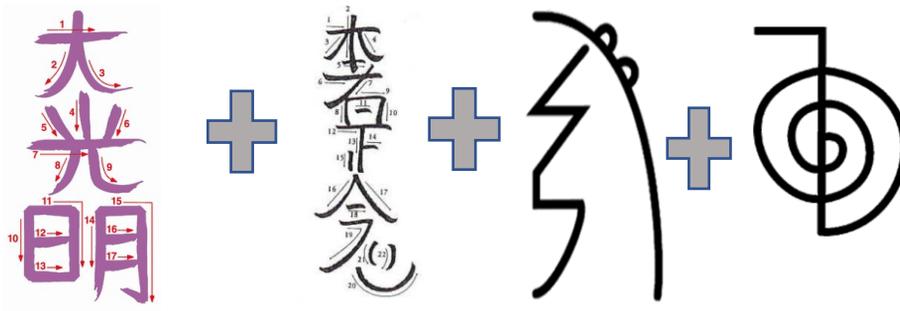
How to Ground Yourself

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.

Opening Prayer

- 1) I thank God for being here
- 2) I think Reiki for being here
- 3) I thank myself or [your name] for being here
- 4) I thank the client for being here.
- 5) I cover myself and the client with divine white light.

Reiki Process



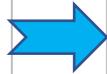
Closing Prayer

- 1) I thank God for being here
- 2) I think Reiki for being here
- 3) I thank [your name] for being here
- 4) I thank the client for being here.
- 5) I thank the white Light
- 6) I thank each of the Symbols used by naming each one.
- 7) I thank DR Usui, the lineage of Reiki and Sneha

Reiki III Process

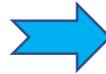
Step 1 Open the Healing

- 1) Ask permission from the recipient
- 2) Clean your space – Smudge and declutter
- 3) Do your grounding
- 4) Say your opening prayer
- 5) Set your intention for the client
- 6) Draw Dai Ko MYO
- 7) Draw Hon Sha Ze Sho Nen
- 8) Draw Se Hei Ki
- 9) Draw Cho Ku Rei



Step 2 Chakras

- 1) Start with the Third Eye chakra and visualise the healing going to the third eye
- 2) Work your way down through the 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

Client Liaison Guide

You must be able to do the following:

1. Evaluate requests for complementary and natural healthcare and take the appropriate action
2. Explain the nature of the service and fee structures to the client
3. Provide an appropriate and safe environment for the service
4. Make clients feel welcome and ensure they are as comfortable as possible
5. Discuss the client's needs and expectations, and ask relevant questions
6. Encourage the client to ask questions, seek advice and express any concerns
7. Establish the client's needs in a manner which encourages the effective participation of the client and meets their particular requirements
8. Determine any contra-indications or restrictions that may be present and take the appropriate action
9. Evaluate the information obtained and determine the appropriate action with the client
10. Complete and maintain records in accordance with professional and legal requirements

Reiki Client Guide

First Steps

- 1) Get Insured, recommend Balens or Towergate insurance.
- 2) Get registered with the UK Reiki Federation
- 3) Start on Friends and Family
- 4) Set your prices – charge slightly less than market value but increase to market value with experience.
- 5) Value your training and time spent.
- 6) You may want to be flexible with this, if a person is hard up or very sick. Again there should be a reciprocal energy exchange. This does not apply to the very sick or accident victims.

Client Rules

- 1) Make sure you have permission
- 2) If you are doing touch reiki, make sure the client is comfortable with it and boundaries and where touch is administered have been communicated to the recipient.
- 3) Get them to sign a waiver
- 4) Get them to sign GDPR
- 5) Ask them what they expect from a session
- 6) Explain the process to them what they will experience
- 7) Give them after care advice: Drink more water, take a walk in nature, Epsom salt Bath.
- 8) They may experience dizziness, headaches, emotional release.

Reiki III Process Diagnosis

Reiki principles to follow

1. Always have permission
2. Law of reciprocation – make sure there is a fair exchange for reiki administered.
3. Make sure you make it clear that it's not a substitute for medical attention or counselling. It's a complementary therapy.
4. If they confide in you any criminal activity then you are bound to report it by law.
5. If it's a child under 18, you must have a guardian in the room unless you are cleared to work with children. With DBS check and various other checks.
6. If the client is likely to harm themselves or others then you have to report it to the police.
7. If you are treating a pet you have to have permission from the owner.
8. You can treat an emergency case with out permission
9. You can treat blood relative or someone whos having a direct impact on your life like a husband or boyfriend. Even then it's best to obtain permission
10. If the client is needing emergency treatment then you should phone the emergency services
11. You can refuse to give treatment if you are ill, tired or the client is being disrespectful, is asking you to prove the treatment and not giving you any information if the client has taken alcohol or drugs.
12. Special care needs to be taken with the elderly, the dying, children, pregnant women.
13. You cannot give reiki to someone with a pace maker
14. Reiki can sometimes make a pain worse before it gets better. In this case you have to advice the client to go to medical care. The important thing is not to panic. You can check up the patient in a few days to check on their condition.

Reiki Client Guide

During Healing

- 1) Connect with the opening prayer
- 2) During the Healing you may receive information from your guides make a mental note. If you struggle then have some paper handy next to you
- 3) As you go through each chakra, make note on how it feels, what you see and what you hear.
- 4) Tell the client which chakras are out of sync and what it means.
- 5) Give them ideas outside Reiki on how to balance them back. Including crystals, yoga, spending time in nature.

Reiki III Process Diagnosis

Reiki Client Information Form:

Name:

Chakras that are out of balance:

Information picked up

Recommendations:

Case Studies

A woman comes to you with Urinary Tract infection

What chakras do you concentrate on and how do you approach it?

Case 2

Someone comes to you for Anxiety.

How do you deal with it?

Case 3

Someone comes to you with breast cancer, how do you deal with it?

Case 4

Someone has got chronic upper back ache?

Case 5

Someone comes to you with a Frozen Shoulder?

Case 6

Someone has suffered a loss of a Grandmother. How do you deal with it?

Case 7

Someone comes to you with a twisted ankle. How do you deal with it?