



*Usui Reiki:*

*The First Degree Manual*

*With Related Supportive Material*

*For the Courses offered by the Path of Reiki Group*

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Complete Usui Reiki Manual  
Path of Reiki

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***Acknowledgements, Disclaimers, and Sources***

The body of work described here is compiled from a number of sources. They have come from independent research, course materials, and supplemental handouts. We have tried to correlate the material as completely as possible so that a very comprehensive and complete picture is created. As is often stated, no Reiki manual will ever be complete, but we hope to provide you with a strong enough understanding of Reiki that you can determine the value of other sources accurately and efficiently.

Our special thanks go to the following people who are, each in their own part, credited with the original sources:

- The Reiki Association
- The Reiki Alliance
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- Richard R. Rivard

These documents are designed to be the course work for the Path of Reiki classes, offered as an adjunct to the Correllian Order of Reiki.

**SPECIFIC NOTES:**

Many of the documents have been altered to accommodate a continuous flow of information without being redundant. To that end, a separate section on the History of Reiki has been compiled, and previous sections addressing the history have been deleted. Similar alterations are made throughout the documentation in reference to other sections.

## ***Part 1: Course Introduction***

Welcome to Reiki!

Reiki is a popular system of energy work that originated in Japan. It strongly emphasizes healing for self and others. This course addresses the method Reiki itself, a lot of the information (and misinformation) associated with Reiki, and a variety of ways and means to use it in meditation, healing, personal experience, and more.

There are a number of different methods and philosophies concerning Reiki, but we believe that the foundation of Reiki is the same everywhere, so we do accept students who have received Reiki attunements from other teachers. We ask, however, that they be able to show us a certificate or give us the name and email of the teacher for verification purposes.

Most folks take anywhere from a month to two months to finish the first level before they feel comfortable enough with Reiki to move forward, and the time frame is basically the same with each level after that. A lot of Reiki Masters prefer students to wait three months between attunements, but we let our students work at their own pace, helping them determine when they are ready to continue.

### ***REIKI LEVEL I:***

This course covers traditional and contemporary Usui Reiki, plus an overview of the chakra system. The class includes your first Reiki attunement, practice giving and receiving hands-on treatment for yourself and for others, personal training, and the history and theory of Reiki. You will receive a manual and Reiki I certificate. Some nontraditional techniques are taught as a separate element of the class. Before moving on to Reiki Level II, you must submit case studies and journals so that the mentor can assess your progress and understanding.

You should keep a daily Reiki journal for your full Level I training which should include the following:

- How Reiki has affected you in your daily life
- What you experience during your self-treatments
- What you and others experience when treating others
- How your view of the universe has changed due to your attunement – This is going to be on going until you are ready to begin Level II.
- Practice the daily meditations in the morning and at night.
- You must give yourself daily treatments for the length of your Level I training.
- You must give at least **5 treatments** to other people before you can move on to Level II. Include a list of the time spent on the treatment, the date of the treatment, and who received the treatment (first names only or relationship, such as “Spouse” or “Daughter”).

During the Reiki Level I training, you will receive:

- The Reiki Primer
- Reiki Glossary – a Glossary to explain the many terms, concepts, schools and Practices of Reiki.
- Introduction to Reiki
- BEing Reiki

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- Level I Manual
- Hand Outs
- Reiki Shares
- Chakra Training
- Training Activities and Exercises for Level I
- Level I attunement
- You will be certified as a Reiki I practitioner.

### *REIKI LEVEL II:*

This level includes the second attunement, use of the three traditional symbols, techniques and practice for remote treatment and emotional healing, group and Earth healing functions, manifestation, and meditations. It also goes over traditional and advanced practices which are often taught as a separate class (Reiki III-A, or Advanced Reiki Techniques); traditional activation (with symbols); and automatic (direct intention) without using symbols; scanning; and beaming. Again, you will receive a manual and your Reiki II certificate. You must complete the prerequisite of Reiki Level I before starting on Reiki II. Before moving on to Reiki Level III, you must submit case studies and journals for your mentor's consideration.

- You must give yourself daily treatments for the length of your Level II training.
- You should keep a daily Reiki journal for the length of training, which should include the following:
  - How Reiki has affected you in your daily life
  - What you experience during your self-treatments
  - What you and others experience when treating others
  - Drawing all three Level II symbols 9 times daily (either on paper or in the air)
  - What you and others experience during each distant healing treatment
  - Practice the daily meditations in the morning and at night.
- You must give at least **5 treatments** to other people during the training using all of the symbols. Include a list of the time spent on the treatment, the date of the treatment, and who received the treatment, again without specific information.

The Reiki Level II class includes:

- Working with the symbols
- The *Power Symbol* (Cho Ku Rei) intensifies the Reiki energy.
- The *Mental/Emotional Balancing Symbol* (Se Hei Ki) helps to balance the right and left sides of the brain, enhances spiritual and emotional growth, and can be used for healing unwanted habits.
- The *Distance Healing Symbol* (Hon Sha Ze Sho Nen) bridges both time and space. Students have used it to heal emotional wounds from childhood, to empower the realization of future goals, and to send healing to others.
- Level II Manual
- Hand Outs
- Training Activities and Exercises for Level II
- Level II attunement
- You will be certified as a Reiki II practitioner.

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### *REIKI LEVEL III (MASTER/TEACHER):*

This is the Master and Teacher training, which includes attunement to the Master symbol. Also included are several ways to pass attunements on, study and practice, guidance on teaching Reiki classes, ethics and advanced treatment methods, Traditional Usui Reiki, and contemporary and non-traditional techniques. You will receive handouts for teaching all three levels, your Master manual and Reiki Master Certificate. There is a prerequisite of completing Reiki Level II. Before receiving your Master certificate, you must submit case studies.

- You must give yourself daily self treatments for the length of the training.
- You should keep a daily Reiki journal for the length of the training, which should include the following:
  - How Master Level Reiki has affected you in your daily life;
  - What you experience during your self treatments;
  - What you and others experience during treatments;
- Draw all Level II and Level III symbols nine times each on a daily basis (on paper or in the air)
- Practice the daily meditations in the morning and at night.
- You must do at least **5 practice attunements** during the training. Practice attunements can be done on the same person. You do not need to find 5 students and teach a class, although you are welcome to if you want. Practice attunements are simply to practice the attunement process.
- You must give at least **5 treatments** to other people the training using all of the symbols. Include a list of the time spent on the treatment, the date of the treatment, and who received the treatment and any other information you would like to include.

The Master Reiki Level will include:

- Level III - Master/Teacher Manual
- Introduction to Usui / Tibetan Reiki
- Usui Tibetan Level III Manual (R.A.T) and (T.A.R.)
- Usui Tibetan Level III-B Manual
- Hand Outs
- Training Activities and Exercises for Level III
- Level III attunements

We are available for continuing consultation and follow up after you have completed all three levels.

### **REIKI CLASS REQUIREMENTS FOR EMAIL ASSIGNMENTS**

The assignments given out for Reiki Master Certification are available in email format. The email format is attached in an email in MSWord document form or PDF (read with Adobe Acrobat Reader). These assignments should be compatible with all computer platforms. However, if you do have difficulties reading these documents, email the instructor to set up an alternative method of receiving your lessons.

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### **ATTENDANCE**

Since all these Reiki lessons are done in correspondence form, attendance really is not a factor with this course.

### **CHAT TIMES FOR INTERNET CLASSES**

Chat is available and may vary from week to week. However, they most often will be offered only on an as-needed basis. Chats are useful for asking questions that may arise with Reiki lessons, but they are not mandatory, as most work is done via correspondence and the lessons are quite descriptive.

### **CLASS SCHEDULE**

There is no set schedule with Reiki classes. Students must request lessons, as it is their responsibility to make sure that they specify which lesson they will be receiving. This is to prevent confusion between the student and instructor and will allow the student to receive their degrees in a much quicker time frame.

When you request a lesson, you need to put what level of Reiki you need in the subject line of your email. Example: “Reiki Level I” or “1st Degree”.

### **HOMEWORK**

Some Reiki lessons do come with assignments. We ask that you email them to us so we can see where you are at and if you have any problems. These are not graded assignment as most assignments are. The meditations and Reiki practice sessions are for your use and knowledge and to assist us in determining if you are grasping the information.

### **REQUIREMENTS FOR REIKI CLASS VIA EMAIL**

Students must have access to the following:

- Email
- A printer (so they may print their lessons) optional but it is a great reference.
- Journal/Case History Requirements – All Levels

All requirements are fulfilled in your own time. You can take as long as you want to learn each level. These requirements will aid you in maintaining balance throughout your learning experience. Upon completion of the requirements, you will send excerpts of your journal to your instructor’s email, usually every week or two. Upon receiving your journals, your instructor will review it to insure that all requirements have been met.



## ***Part 2: The Reiki Primer***

Way back in kindergarten or pre-school when you were first learning to read, your teachers likely gave you books and lessons that were the beginnings of your learning. These were the basics. These materials were referred to as “Primer”, and they prepared you for later learning. This section is for the absolute beginner to Reiki as they begin their Reiki journey, in essence a “Reiki Primer”. In this section you will find a basic understanding of Reiki, what it is, how it works, and what you need to do to get started.

Reiki is an enlightenment system and a healing art. Some focus more on one aspect than the other. That is, some teach Reiki only as a healing system while others may teach it only as a spiritual system. Either is Reiki. Reiki is primarily used in the West (i.e., the United States, Europe, and Australia) as a healing system.

The system of Reiki was invented and developed by a man named Mikao Usui (pronounced Me-ka-oh OOH-su-ee) in the early 1900s. *Reiki* is often translated to mean “Universal Life Energy”, but it can also mean “enlightenment” or “the coming of together of the Universal Spirit of Creation with our own”.

At its most basic level, Reiki is a set of five principles for living, a set of hand positions for treating self and others, and the receiving of an attunement to connect to the Reiki energy. An attunement (or empowerment) is a simple ceremony that helps you to reconnect to the energy that is Reiki performed by a Reiki teacher or “master”.

There are three levels in Reiki. In Level I, you learn the Reiki principles, the hand positions and then receive an attunement. In Level II, you learn the three Reiki symbols, distance healing and receive another attunement. In Level III, you learn the Reiki master symbol, the attunement process, how to teach, and will receive the master attunement.

Reiki works by simple laying-on of hands and intent. It helps bring us back into harmony with the Universal life energy. This is often healing.

In Reiki, you do not use your own energy but let this loving Universal life energy flow through you to others. People who do Reiki are often called “Reiki channels” or that one “channels” Reiki. This word “channel” has several meanings in the New Age communities and in common use might mean “channel” as in spirits. It needs to be clearly stated here that Reiki is not about channeling spirits. The word “channel” in relation to Reiki simply means that we are in tune with this Universal life energy and let it flow.

Many have added in much material in the West since 1980. Some have added in “Reiki guides”, crystals, pendulums, Reiki “rays”, psychic surgeries, and many other practices that are often taught along with Reiki but are not part of Reiki.

The ability to do Reiki cannot be learned in books. To do Reiki, you need to receive an attunement from a Reiki teacher. This can be done in person, or at a distance.

### **INTRODUCTION TO REIKI**

What is Reiki (pronounced Ray-Key)? Reiki is a natural system of Enlightenment and energy healing. It is done by placing the hands on or near the recipient.

The term “Reiki” is used to describe both the energy and the Usui system of using it. The original system by Usui was called *Usui Reiki Ryoho*. There are many variants of Reiki being practiced these days. Included in this list might be *Usui Shiki Ryoho*, “Traditional Reiki” of the Takata-Furumoto line as practiced in America, Traditional Japanese Reiki developed from Hayashi’s students in Japan and practiced in Canada, various non-Traditional Reiki styles

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practiced by independent Reiki Masters, *Usui-Tibetan Reiki*, *Tibetan-Usui Reiki*, *Raku Kai Reiki*, *Tera Mai™ Reiki*, *Angelic Reiki* and many others.

Reiki is divided into various degrees. In Reiki I, the student learns to use the Reiki and to heal using hands on healing for self and others. In Reiki II, the student learns the three Reiki Symbols of *Power*, *Harmony* and *Connection*, and learns distance healing for those not physically present. Reiki III is the Master/Teacher's degree. A Master is someone who knows the Reiki system, and has been trained to teach and attune others to Reiki.

### **BENEFITS OF REIKI**

There are many benefits to learning and practicing Reiki. At its most fundamental level, it is an effective way to bring about health to mind, body and spirit; whether it is of a physical, emotional, mental, or spiritual nature. Reiki helps increase the body's ability to heal itself. It is thought to bring about a balance in the body's organs and reestablish harmony in the system. Reiki helps balance the energy in the body and loosens up blocked energy. Reiki can enhance all other forms of healing. It can relieve pain. Receiving Reiki tends to be a relaxing, pleasant experience. This statement is not a guarantee or a promise that someone will be relieved of any ailment whatsoever with a single or with multiple Reiki treatments. In most cases, Reiki does enhance the effects of medical treatment when used in conjunction with it. An underlying principle of Reiki is that it can do no harm and cannot be used for any harmful purpose.

Another purpose of Reiki is to help enhance personal and spiritual evolution and to assist on the path to enlightenment. Reiki is not affiliated with any one spiritual path and will work for anyone. Having Reiki does not guarantee enlightenment, either. To get Reiki either means to receive Reiki treatment from a practitioner or to learn to practice Reiki. Reiki treatment may be received from any Reiki practitioner.

Reiki also works on plants, animals, and even machines, can be used in Earth healing, and has been used for treatment of world events. Reiki will work for you personally and is also a tool you can use to help others. Reiki and other subtle healing energies are valuable tools for anyone whether they have health, emotional, mental, or spiritual issues or only want to empower their personal evolution.

Reiki can be a door to a higher part of your own spiritual being. Reiki treatment and practice can increase the flow of higher vibrations of energy through your aura and into the physical body. You do have to actively use Reiki or get treatments to receive its benefits. Reiki treatment is available from many Reiki practitioners.

Sometimes people have unreasonable expectations of Reiki both as clients and as practitioners. Reiki does not often confer an instant miraculous cure of any condition. Reiki works with you to restore energetic balance and repair things like blockages and tears in the energy field which create disease and unhappiness. This can take time. People often receive great benefit from a single treatment but conditions which have taken years to form and manifest as disease are likely to require consistent treatment over a period of time. Certainly any Reiki treatment is good – even a single short one – but for most the greatest effect comes from frequent treatment. Practitioners are urged to self treat daily.

In order to learn Reiki, an attunement must be done by a Reiki master. This opens you up to the Reiki energy and connects you forever to the Divine Reiki Source. To learn to practice and share Reiki with others yourself, you must receive attunement from a Reiki Master. You can learn to give Reiki treatments to yourself, family and friends, animals, plants etc. Some people

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use Reiki on appliances. The Reiki energy treats and energizes you even while you are treating others.

### **WHAT IS A REIKI ATTUNEMENT?**

This is the process by which the Reiki teacher (often called a Reiki Master) passes on the ability to channel the Reiki energy. This involves a process of clearing any blocks to Reiki in your aura and connecting you to the ability to run Reiki energy by means of a direct transmission to your energetic body (aura) there are many different energy systems that use attunement. Reiki is one of the most well-known and is an excellent basic all-purpose system. It is easy to learn and is not burdened with a lot of esotericism or dogma. Usually, attunement is given during instruction in the various techniques involved in practicing Reiki.

Reiki is most often taught in three levels designated I, II and III, with III being the Master Level. In Level I, people are taught basic techniques for hands on treatment for self and others. In Level II, one learns techniques for remote healing and receives attunement for using symbols to activate specific functions for mental and emotional healing and for increasing the connection and effect of Reiki. Level III adds a spiritual or intuitive healing energy function and the ability to attune others to use Reiki themselves. In some Reiki systems, there is a Master Level distinct from the Teacher (or Master/Teacher) Level. To learn to pass on attunements, one must undertake a further Teacher Level. Some teachers teach and transmit a unified Reiki attunement which includes all the functions of the three-level systems. The attunement is permanent and cannot be lost or taken away.

Being a Reiki Master is not a sign or guarantee of a person's moral fiber, upstanding behavior, or any form of emotional or spiritual development. Reiki Masters are as human as anyone else.

Each level requires an attunement or set of attunements. As one progresses through the levels, there can be a distinct and noticeable difference in the perception of effects and sensations of both the practitioner and the client. As one progresses through the levels, one is taught the Reiki symbols which can be (and generally are) used in giving a Reiki treatment.

### ***Part 3: History of Reiki***

In Reiki, the history of the system and how it developed has become an “important” part of the system. Some people hold to their version of “the history” as rigidly as some hold to the dogma or tenets of their religion. Up until very recently (around 1998), the only information that was known were the teaching stories that Mrs. Takata taught about Mikao Usui’s founding the Reiki system. Since 1998, a number of Western Reiki masters, namely Frank Petter, Dave King, Hiroshi Doi, Andrew Bowling, and Rick Rivard have made contacts in Japan and learned of Reiki that continued on in Japan apart from the Western traditions. The history that they learned from the Japanese was more thorough and contained more factual information.

The most common Reiki story in the Western world comes from Hawayo Takata’s teachings. This story is told in most all styles of Reiki and by the Reiki Alliance. It should be understood that this story was Takata Sensei’s teaching story. Mrs. Takata was a Japanese-American woman. She was attempting to convey Japanese cultural ideas, practices and beliefs to Americans with a Christian cultural mindset and background. In addition, this followed a historical period where Japan had been at war with the United States.

The traditional story, as told by Mrs. Takata, is that Dr. Usui was teaching in a Christian university called Doshisha University in Kyoto in the mid or late 1800’s. His students began to ask him if he believed that Jesus could heal as was described in the Bible. When he replied that he did, they asked him to perform such healing so they might believe as well. Dr. Usui did not know how to heal. He began to question church leaders, who also did not know how this was accomplished. So he set out on a quest to learn of these methods. As the story goes, he traveled through Japan, China, studied at the University of Chicago Divinity School and eventually came back to Japan.

According to the story, Usui had failed to find this great healing, and so he climbed Mt. Kurama for a 21-day meditation and fasting ritual. At the end of the 21 days when Usui was about to leave, he saw a great light approaching him from the distance. He was fearful, but he stayed. The light struck him in the forehead (Third Eye). This knocked him unconscious, but upon awakening, he saw millions of small glowing bubbles and the Reiki symbols were shown individually to him. The meaning and application of each Reiki symbol was then apparent to him.

Dr. Usui was then supposed to have healed his toe on the way down the mountain as well as a girl that he met along the way, and then eaten a full meal after the 21-day fast. (This last part is considered remarkable because a person returning from a long fast would normally have only been able to eat a very small meal due to stomach shrinkage.) He began healing beggars in the slums of Kyoto. He found that those that he had healed would return again for treatment of the same illnesses, and that many of these people held onto their illnesses and diseases because the illnesses served them as “useful”. In other words, these people preferred to live with their illness because that meant that they were cared for by others, garnered the sympathy and pity of others, or various other reasons. It was then that Usui felt that treatment must include not only the physical, but also the emotional and spiritual. Usui also decided not to do Reiki for free after this, and that some form of “energy exchange” must occur.

It is taught that this system was passed on down to his chosen successor, Mr. Chujiro Hayashi who became the next “Grand Master” of Reiki. It is also taught that this mantle of “Grand Master-ship” was passed to Mrs. Takata, which was passed onto her granddaughter Mrs.

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Phyllis Furumoto. It should be noted that Takata Sensei did not ever refer to herself as “Grand Master” – this was something that some of Takata Sensei’s students chose to state, and the statement was perpetuated into a belief and dogma in the early practices of the Reiki Alliance circa 1982-1983.

In the mid to late 1990s, solid research and information began trickling out of Japan. Dave King, founder of Traditional Japanese Reiki (TJR) met and trained with surviving Masters of the Hayashi lineage and received copies of his manual as well as other materials. When Frank Petter began teaching a Western version of Reiki in Japan, he began to learn of other lines that existed there and started investigating the history. Hiroshi Doi was a Master under Barbara Weber Ray in the West (the Radiance Technique School) and began to correspond with several Masters in the West. Petter began writing books on the subject, and both Petter and Doi Sensei went to the United States and gave seminars on techniques that are in the Japanese Schools.

These sources have revealed new information regarding Dr. Usui and the discovery of Reiki. Following is the version compiled by this research in the 1990s.

Mikao Usui was born August 15th, 1865, in the Yamagata district of Gifu prefecture in a village called Yago. Usui studied Buddhism at the school and temple on Mt. Kurama as a child. It is also thought that he may have studied a Japanese form of *Chi Kung* and other oriental healing systems. Most stories of the history of Reiki describe Usui as scholarly, and that he was a bright and hard-working student. Usui was a successful businessman. Somewhere around 1914, he went to meditate at Mt. Kurama, and underwent a 21-day period of meditation and fasting. During this 21-day meditation, the Reiki Energy entered his Crown Chakra. He discovered that he had received a great gift of healing. He knew that unlike his *Chi Kung* exercises which could deplete his own personal energy, this Reiki Energy would heal without draining him.

He then spent seven years in the Kyoto. He opened a school in Tokyo, where he trained students in his *Usui Shiki Reiki Ryoho*. It is thought that he trained about 2000 students to the practitioner level and sixteen to teacher level. He died on March 9, 1926.

Usui himself founded a Reiki Society. He was the first president of the organization that he called *Usui Reiki Ryoho Gakkai*. There have been six presidents of the Usui Reiki Ryoho Gakkai since Usui’s death. None of them were Dr. Hayashi. None of them called themselves “Grand Master” or “lineage-bearer”. Officially, Usui was succeeded in order by Mr. Ushida, Mr. Takatome, Mr. Wantanabe, Mr. Wanami, Mrs. Koyama, and the current president Mr. Kondo.

Additional information was revealed regarding Chujiro Hayashi. Dr. Chujiro Hayashi was made a Reiki Master in 1925 and was a student of Usui. Dr. Hayashi was a retired officer from the Japanese Navy. He opened a Reiki clinic, which was more along the lines of a medical model rather than a spiritual center. Dr. Hayashi made some modifications in the system and most likely developed the 12 standard hand positions found in use in the West today. These hand positions allowed Reiki to be given by several practitioners at once.

This group healing technique was used in his clinic and it was believed that this maximized the flow of Reiki to the patient, thus speeding up the time it took to perform a treatment. In Hayashi’s clinic, students would work treating the sick for a period of time in exchange for learning Reiki I. Those who were talented and dedicated healers were taught Reiki II in exchange for a longer period of service and training. The most dedicated were taught Reiki III. One of Hayashi’s Masters was a Japanese-American woman living abroad in Hawaii, Mrs. Hawayo Takata. Hayashi was a respected Master, and he was the one who continued working

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and running Usui's clinic following Usui Sensei's passing. It is reported that Mr. Hayashi left the *Usui Reiki Ryoho Gakkai* due to a disagreement.

Mrs. Hawayo Takata was born in 1900 on the island of Kauai in Hawaii. Her parents were Japanese immigrants. She married and had two daughters. Her husband died in 1930. Approximately five years later, she developed severe abdominal pains, lung problems, and subsequent nervous conditions. She returned to Japan to visit family, and to receive medical treatment. According to Mrs. Takata, she was found to have a tumor and appendicitis. While on the operating table, she reported that she heard a voice tell her that the operation was not necessary. She asked the doctor if there was another way her problems could be healed. The doctor told her about Dr. Hayashi's Reiki clinic and she decided to go there. After she received treatments at Dr. Hayashi's clinic, Ms. Takata wanted to learn Reiki and requested that Dr. Hayashi teach her, to which he eventually agreed. In 1936, Mrs. Takata received her first degree in Reiki. At the end of another year of training, she received her Reiki II. She went back to Hawaii and began to practice Reiki. In 1938, while Dr. Hayashi was visiting Hawaii, he initiated Takata as a Reiki Master. She was the thirteenth Master initiated by Dr. Hayashi. Her certificate, notarized on February 21, 1938, gave her the status of a Reiki Master and authorized her to teach the system. Mrs. Takata initiated twenty-two Masters. Most of these twenty-two Masters are alive and still practicing and teaching Reiki today.

At some point, the version of the Reiki system between the teachings of Takata and what she was allegedly taught by Hayashi changed. Many of the meditative and spiritual practices that are now being rediscovered as they are released from Japan were missing. It is unclear as to why this was done. It is unknown if she was not taught them by Hayashi, or if they were dropped because she felt Westerners could not understand them. In any case, there were not passed along to the vast majority of practitioners in the West. Perhaps this is why so many people attempted to add spiritual practices from Tibet and other places in an attempt to "fill in the gaps" that they intuitively perceived were missing. Reiki in this Hayashi-Takata Tradition is most commonly known as *Usui Shiki Ryoho*.

After the death of Mrs. Takata, Reiki in America split into two main schools. They were the **Radiance Technique** (aka "Real Reiki") founded by Barbara Weber Ray, and the **Reiki Alliance** founded by Phyllis Lei Furumoto (Takata's granddaughter) and the remaining Masters of Mrs. Takata. Mrs. Furumoto began to claim, as time went on, that she was now the "Grand Master and Lineage-Bearer" of Reiki, and recently that she held the "spiritual lineage" of the system. The Alliance and its members acknowledge Phyllis Furumoto's titles. While Mrs. Furumoto is certainly the current head of the Reiki Alliance and of the lineage of Usui-Hayashi-Takata which brought Reiki into the United States and much of the world, there clearly exists no Grand Master designation that Usui passed onto anyone.

Reiki has evolved substantially in the Western world since the time of Takata's death. Reiki has spread throughout the United States and Europe, and India and Australia. Many Masters have added or taken away some techniques and modified the teachings. Some have added Tibetan techniques, *Chi Kung*, Wicca, new symbols, and whole new styles have been created. There are now styles such as *Raku Kei Reiki*, *Vajra Reiki*, *Essene Reiki*, *Karuna Reiki*, *Seichim Reiki*, *Tera Mai™ Reiki*, as well as several non-traditional Usui variants. The vast majority of practitioners are Independent Reiki Masters.

So there you now have the history of Reiki. Try to remember, as you read this, that none of it matters one iota. The Reiki history was Usui's journey and realization, of *what is*. His

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journey is our journey. He experienced *Satori*, and from his experience of *what is*, set out this system as a pointer to the truth. The true history is now.

### ISSUES IN THE REIKI CONCEPT AND COMMUNITY

#### *DID REIKI COME FROM TIBET?*

It is commonly taught these days that Reiki was “rediscovered” by Usui. This is taught most commonly in the Usui/Tibetan Schools and found in such books as “*Essential Reiki*” by author Diane Stein. Some, noticing some similarities between Reiki and the Tibetan practice of empowerments by a Master and Tibetan practices such as Medicine Buddha, began to claim that Reiki predates Usui’s discovery and is in reality from Tibet.

Still others developed new sources for this “Tibetan history”, and began to “channel” spirits, guides and other beings who told them Reiki was indeed from Tibet (or Egypt, Atlantis, the Mayans, the Lemurians, etc. depending on which spirit you happen to be channeling).

The earliest statements regarding Reiki coming from Tibet that I have been able to find appear to come from Arthur Robertson’s work in “*Raku Kei Reiki*”. *Raku Kei Reiki* was an invention of Arthur Robertson. He was a student of Iris Ishikuro who was herself a Master student of Mrs. Takata. This style was invented in America after Mrs. Takata had passed away in 1980. *Raku Kei* incorporates the *Hui Yin* (microcosmic orbit), the Breath of the Fire Dragon (Violet Breath, golden breath technique) and other Tibetan practices.

Usui states in his own words in the *Usui Reiki Hikkei* (Usui Reiki Manual given to his students) that, “My Usui Reiki Ryoho is an original, there’s nothing like this in the world. So I would like to release this method to the public for everyone’s benefit and hope for everyone’s happiness. My Reiki Ryoho is an original method based on intuitive power in the universe. By this power, body gets healthy and enhances happiness of life and peaceful mind.” Going on he states that, “I’ve never been given this method by anybody nor studied to get psychic power to heal. I accidentally realized that I have received healing power when I felt the air in mysterious way during fasting. So I have a hard time explaining exactly even I am the founder. Scholars and men of intelligence have been studying this phenomenon but modern science can’t solve it. But I believe that day will come naturally.”

There are Usui’s own words. He does not mention Tibet, Lemuria, Atlantis, Guides, Jesus, Buddha, Chakras, spirit guides or anything else that is commonly taught along with Reiki. He also does not mention that he “rediscovered” it.

While it is commonly taught that Reiki comes from Tibet, Atlantis, Lemuria, the Mayans, the Ascended Masters, the Galactic Council, the Federation of Light, the Brotherhood of Light, or even the space aliens, Usui’s own words from his manual would seem to be in contradiction to these claims. Others have claimed that Reiki has roots going back well over 2,500 years, as well as those that speculate that it is the same healing system used by Jesus, Krishna, and the Buddha. Indeed some even make the claim that Jesus ventured into Tibet and India and learned Reiki from Tibetan Masters (see Diane Stein’s “*Essential Reiki*”). Admittedly, Tibet does have several touch-healing systems, but none of them are Reiki and it is inappropriate to call them Reiki. There does not appear historically to have ever been any touch-healing systems like Reiki or Seichim in Egypt. Atlantis and Lemuria (while the subject of great interest, if they existed) took their secrets with them when they were destroyed. There is no reason to believe that Reiki existed before Usui.

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### *REIKI ALLIANCE – GRAND MASTER/LINEAGE BEARER*

The Reiki Alliance was formed in 1982 after Mrs. Takata died. At that time there were twenty-two Masters that Takata had trained in the Western world. From what they knew, Reiki was not practiced in Japan after the death of Mr. Hayashi and World War II. They believed themselves the last Masters in the world. The group met, and Mrs. Phyllis Furumoto, Mrs. Takata's granddaughter, emerged as the leader of the group. Mrs. Barbara Weber Ray, another of Takata's Masters did not attend. (She stated that Takata had revealed to her the secret techniques and named her as the successor. She started a style called "Real Reiki" and later changed that to the "Radiance Technique".)

When Mrs. Takata died, she had not officially named a successor or really made reference to the issue of succession at all. Phyllis assumed that role, at the urging of the other Masters, following in the footsteps of her grandmother. Over the years, Phyllis has moved from leading the Reiki Alliance to claiming to be the "Lineage Bearer", holding the "spiritual lineage" and being the Grand Master of Reiki. Takata herself, however, never referred to herself as the "lineage bearer" or Grand Master, and these concepts did not appear to be a part of the Reiki system that Mrs. Takata taught.

It is a general consensus that Takata did not name a successor because one was not needed. That itself was the message. Phyllis is certainly the head of the Alliance, but no more than that. It is hard for her to substantiate the claim of lineage bearer when we know conclusively that Chujiro Hayashi was not Usui's chosen successor, and Mr. Hayashi was the one who attuned Mrs. Takata. It now seems that Mr. Hayashi was not even a member of the Gakkai (Usui's Reiki Ryoho organization in Japan). The Usui Shiki Reiki Ryoho Gakkai has had five presidents of the society since Usui's death, none of whom were Mr. Hayashi. This is not to down play Mr. Hayashi's great contributions to Reiki (such as the hand positions in use in the West today, as well as the attunements), but Chujiro Hayashi was a well-respected disciple of Dr. Usui, not the lineage bearer.

The Reiki Alliance has a number of core beliefs and practices that they follow for pricing, content of courses, and discriminatory guidelines for who can be taught the Master level and under what circumstances. Their current pricing is \$150.00 US for First Degree, \$500.00 US for Second Degree, and \$10,000.00 US for Master/Teacher Level. There are generally no scholarships or lowered rates for Master Degree or any other degree offered, but on occasion, payment plans are allowed, depending on the Teacher's discretion.

The Master student is also required to apprentice with the Teacher for a period of at least one year, and once he or she begins to teach, it must be under the Teacher's supervision, who receives all class fees. They must not make any new Masters for three years. They follow the practices of Mrs. Takata dogmatically, and the price for Mastership is \$10,000. The \$10,000 price was used by Mrs. Takata to ensure that only those most committed to Reiki would achieve the Master Level. It has been stated that Mrs. Takata believed that the people in the West did not appreciate what they receive free. However, it is important to note here that Takata did not always charge for training or treatments.

It should be understood that the Reiki Alliance is not a governing body but rather a willing association of Reiki practitioners and masters who agree to maintain the Hayashi-Takata mythology – and in this sense, "mythology" is a word used to describe a collection of beliefs. Membership to the Reiki Alliance requires proof of Mastership lineage back to Hawayo Takata, payment of the yearly fees, attendance to the yearly gatherings, and complete acknowledgement of Ms. Furumoto as the Grand Master and lineage bearer.



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In the traditional Usui history as taught through the Reiki Alliance, Dr. Usui healed beggars in the slums in Tokyo who reportedly came back time and again. They did not appreciate their healing and thus he vowed never to give it away free again. This story is used as part of a justification of having others pay, and pay dearly for learning. It now appears to be the case with this story that while Usui did indeed work with those in Tokyo following the earthquake there, and that he offered healing to many, the result was merely to spread the knowledge of Reiki throughout Japan and enhance greatly his reputation as a healer. This would tend to take away the emphasis about money in the traditional story, as well as the emphasis on “exchanges”. The irony is that Mrs. Takata told this story to illustrate that some people hold on to their illness and that some people refuse to change.

### *ENERGY EXCHANGES*

Another issue to be addressed is the idea of “exchanges” or “energy exchanges”. This is a New Age concept added in post-Takata Reiki. This was never a part of Usui Reiki. The idea behind the “energy exchange” is that when you receive Reiki, it is a great gift and thus there must be some energy exchange in order to satisfy Universal Law. Along with this reasoning is that to those in the West, money is what is truly valued and thus it must be a great sum of money (i.e., \$10,000). To most, it seems an added-on justification for charging a high fee.

This philosophy of energy exchanges tends to feel somewhat unnecessary, and the idea behind them seems somewhat odd. The universe maintains its own balance; it is ego that leads us to think that we have such importance in the cosmic scheme of things that we must “balance” things.

In looking at the teachings of Jesus or Buddha, we do not see the idea that “exchanges” must be done to repay acts of kindness that we do. Jesus tells us that if someone takes our shirt to give our cloak as well, not if they take our cloak to make sure we get their shoes. Any act of kindness effects many people, far beyond our ability to see or know. Who is to say that something you do today will not affect many others through that person? Are “energy exchanges” met and satisfied then? Do whatever you do with no strings attached. Do not allow yourself to have expectations for the behavior of the other person, and you will not go wrong. Surely if “energy exchanges” were so important to the balance of the universe, then at least one of the great spiritual leaders would have mentioned it.

### *TRADITIONAL AND NON-TRADITIONAL*

The problem here is myriad. First, what is a Traditional Reiki Practitioner? Would that be the group calling themselves “Traditional Japanese Reiki”, or the Reiki Alliance Members Practices, or the Practices of the Usui Reiki Ryoho Gakkai in Japan? It seems that all believe they practice “Traditional Reiki”. For the purposes of this discussion, what is generally referred to as “Traditional Reiki” is that of the Usui-Hayashi-Takata lineage. While this seems like a relatively unimportant distinction, some “traditionalists” do not acknowledge training from non-traditional schools.

Non-Traditional generally refers to the practices added on and the “other” Reiki. Styles such as Usui/Tibetan Reiki, Karuna Reiki, Tera Mai™ Reiki, Lightarian Reiki, and Angelic RayKey are examples of such variations. Techniques such as distance attunements, other symbols, the Hui Yin, Violet breath, Reiki guides, seeing auras, psychic powers, dolphin breathing, Antahkarana symbols, angels and others accompaniments are considered non-traditional techniques. Many of these styles and techniques are wonderful additions for a healer

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to have in their arsenal of effective healing modalities. It is important to know that they were not a part of traditional Reiki, only so that people can make better and more informed decisions when faced with decisions regarding their use.

Recently in the Western world, we have been lucky that Frank Petter and Hiroshi Doi have been releasing historical and current material from Japan. What is becoming apparent is that in the West we have moved far from the original practice and intent of the system. That does not negate the wonderful healing and developments in the West, but it does highlight that the original system was a system that developed inner peace and led to enlightenment. In the West, there is generally only the healing, with the acknowledgement that it is a “spiritual” art. The effect of this vacuum is that many have tried to fill in the gaps with every possible New Age practice imaginable, including crystals, ancient civilizations such as Tibetan, Atlantean, Lemurian, hypnosis, space aliens, crop circles, and so many others that one would be hard-pressed to keep up with them all.

#### *WHAT IS A MASTER?*

This is an area that brings heated arguments. Here’s a Reiki Joke: What do you call one Reiki Master alone? Answer: A healer. What do you call two Reiki Masters together? Answer: An argument!

A Reiki Master is a person that has learned the Usui System of Natural Healing. It is someone that knows all the symbols, attunements, and has been trained specifically in passing the symbols, training and attunements to others – nothing more, nothing less, period. A Reiki Master is not a guru, a spiritual leader, enlightened master, or anything else (although some are, but that is besides being a Reiki Master). The arguments regarding the title “Reiki Master” seem to center around this central point. There is a group that is decidedly uncomfortable in the term “Master”. Perhaps that term was a poor translation of the Japanese word “Sensei” and “teacher” would have been a better word. Others see the proliferation of Reiki Masters as something not to be desired and something that somehow cheapens their accomplishments. For those that paid dearly for the training and spent years apprenticing, they feel that those that learn less expensively or do not intern for many years are less than Masters. (It is interesting to note that this exact problem is going on in the academic world. Those with PhDs are seeing their prestige and ability to charge higher sums devalued by the glut of PhDs out there. There is even talk of instituting a new degree even higher than a PhD – perhaps the term “Chancellor”. If nothing else it is an interesting parallel.)

In Usui’s Reiki Ryoho, the level of energy that you could channel was what was important. Reiki Ryoho used two different scales. One was a scale from 6 to 1 (1 being highest) indicating the energy level of the person. The other scale indicated the level of teaching a person received and is the closest approximation to the “Levels” used in the West. Usui placed himself at Energy Level 2. He did not claim to be at Level 1 so that his students would be motivated to work hard. Practices such as *Gassho* Breathing and *Hatsurei ho* were taught by Usui to strengthen the Reiki channel and build up one’s internal *chi*. These were empowering techniques that slowly over time strengthened you.

#### *FEE STRUCTURES*

Current fees for practice and training vary considerably. Some Masters feel they should charge only for their time, as Reiki (the energy) is free. Alliance members charge set fees for

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training. These days, the current fees for non-Alliance members vary greatly. A fair guide as to what to charge is whatever a massage would cost in your area.

In terms of training, that is entirely up to you. You can base your fees on what is usual and customary in the area, or charge what you think is fair. Tied up in all this is can be your sense of self worth and the idea of the value of your time and commitment.

#### *TRADEMARK AND LAWS*

In 1997, Phyllis Furumoto and the Reiki Alliance attempted to trademark the words “Reiki” and “Usui Shiki Ryoho”. Their rationale was that others were adding things on to traditional Usui Reiki, as they defined it, and they wanted to make sure the public knew the difference and a trademark would allow them to be able to determine what “Usui Shiki Ryoho” was. Others in the Reiki community (the vast majority of Practitioners and Masters are NOT Alliance members) felt this was a usurpation of their ability to use the word Reiki, and an attempt to control the practice of Reiki. There was a lot of bad blood in the community following this act. Some expressed the attitude that the Alliance saw their power base and control slipping through others offering reduced rate Masterships. The Alliance, for its part, did not help the situation by having statements on Mrs. Furumoto’s website<sup>1</sup> in letters that Masters charging less than \$10,000 were creating a deficit economy and implying that charging less than the full \$10,000 would result in incomplete energy and less-than-perfect attunements. Although the trademark attempt failed because the word “Reiki” had been in the public domain for over 50 years in this country, the ill will that the attempt generated continues to this day.

Several groups have attempted to pass laws regulating the practice of Reiki in several states. As of summer 2006, some states do have laws that apply to Reiki specifically. For instance, in Florida, Utah, and North Dakota, a person is required to be registered as a massage therapist in order to practice Reiki professionally. However, in New York, Alabama, Maine, North Carolina, and Texas, actions presented to legislative boards were struck down, allowing the Reiki practice to operate without extra licensure. The fact that some of these rejected pieces of legislation named the Reiki Alliance specifically as well as designating the official fee for Master Level practitioners as \$10,000 still left a very significant bad taste in the mouths of independent Reiki practitioners, regardless of the official outcomes.

It is always wise to research the requirements and restrictions for Reiki practice in the state where you intend to practice. New legislation can be presented and passed at any time, and it behooves the devoted practitioner to stay abreast of any new developments regarding the legal issues concerned with Reiki.

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<sup>1</sup> <http://www.furumoto.org>

### ***Part 4: BEing Reiki***

Some will notice that in doing this course that there is a clear attempt to try to delineate what was in the Hayashi and Takata traditions of Usui Shiki Ryoho from the material that was added on later. Understand that the emphasis here is not on division but simple clarity. People will develop whatever level of complexity that is needed for them, for what they perceive to be their “truth”.

Many come to Reiki as part of their “spirituality”. We chase this up one side of the street and down another; we are “seekers”. We seek union with the god that we have conceptually created for ourselves so that “It” can save us, we seek experiences, we seek one high after another, we seek our “path”, and we seek enlightenment. We pursue this in crystals, and meditations, gurus, healing systems like *Reiki* and *Karuna* and *Seichim*, philosophy, theories, “ascended masters”, “guides”, and “channeling”.

But this is a trap, for in seeking outside yourself, you can never find. Enlightenment is where you are – where else could it be? Usui’s Reiki was one of many, many ways of seeing the truth, and that is healing. This is Reiki. Reiki can heal, can relieve pain, but don’t expect Reiki to do the work of removing the conditionings that veil your awakening. Attunements do not equal enlightenment.

Removing your suffering is up to you.

Your Reiki will be an expression of you, of your life, your BEing, and it will reflect the oneness and connectedness with all that you are. The more ego there is, the less it will reflect this. It has been said that Reiki works best when ego is least. It has been said that you must be a “clean bone” for the Reiki to pass through you. Usui shared Reiki with us. He left a set of tools to heal. Do not let those tools, symbols and techniques become a stumbling block for you. Attachment to these symbols, tools or systems as a concept or belief system is just as separate and as limiting as any belief system. BEing Reiki is transcending these forms to BE the essence that is healing. When you are Reiki, you have no need of these things or systems, it is your BEing.

Do not try to understand how Reiki works. Its explanation will elude you like sand slipping through clutching hands. Just be Reiki.

Mnemonics help people to remember things easily. One of the cutesy little mnemonics that is used is “when ego goes, Reiki flows” – a simple phrase for a simple idea. Reiki *is*, and in that moment, miracles happen – don’t stand in the way.

It is often said that Reiki is driven by “intent”. In being Reiki, our intent is pure. That is, it is untainted by goals, levels of Reiki, attachment to outcome, the need to prove that it works, and need for the other to heal. A wonderful phrase that describes it best is “great effort, no goal.” In this, our practice is pure. In this, we are in the moment, in the now, without judging, comparing, attaching to outcome or measuring our “achievement” in healing. Our intent is pure, free of non-attachment to the process, to the outcome, to technique, or to symbols. Just *be* Reiki, in that moment. “Wei wu wei,” *doing by not doing*. If you attach to Reiki as a concept, it is just as separate and as limiting as any belief system. In the end, you see that there is no healer, no heal-ee and nothing to heal.

The Reiki principles are instructions to be mindful, to “be”. They heal, as does the energy. There is a lack of control, lack of ego, in them. There is a lack of attachment and desire in them. “For today only, anger not, worry not. Be Grateful and Humble. Do your work with appreciation. Be kind to all beings.”

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Some are curious about the so-called “add-on” techniques. There is no right or wrong way, there is only what you do, or do not do. You can really only BE Reiki, and in that moment respond to what is in that moment. The rest of this is ego, conditionings, sleep, concepts and speculation. Why get so involved with these that you argue? Keep in mind that Reiki is BEing Reiki. If you are focusing on your conditionings, attachment to outcome, opinions, desires and ego then might I suggest you refocus on simply being Reiki and letting it be as it is, in the moment. Respond in the moment, moment by moment in using Reiki. Reiki *heals*. Do not get so caught up in all the opinions that you forget this.

Do not fall into the trap of thinking that more is better. In the search, the path so many move from one healing system to another. Reiki is taken and this did not “fix us”. Usui/Tibetan Reiki is taken. That didn’t fix us either. Now Karuna Reiki or Karuna Ki is taken. We still are not fixed. Now Seichim, SKHM, Rebirthing, Pranic Healing, Polarity Therapy, Therapeutic Touch, and still we are not fixed. Realize that more is not better. Each adds another system of belief, conditioning that covers your eyes and blinds you from the truth. Not “my truth”, not “your truth”, not any relative truth, just the simple truth of *what is*. It is the search itself that prevents you from seeing it. As long as you seek, you will not find.

In all honesty, will one more symbol, system, technique, or hidden teaching ever give you what you believe you lack? Nothing out side of you ever can. Where is this seeker? And what is it that is sought? You have been seeking for what you think you are looking for, and when you find it, it was not “it”. Your path may lead you to think that you are on the way somewhere, to better sex, or money, or being more in control, or to be a better “self”, a “better” healer, or enlightenment, but all of that is illusion. Using Reiki to try to “manifest” things that you desire is illusion. You are not on the way to *anywhere*, and there is nowhere else to be. All you have is this moment, the only time you can do or be anything. Be Reiki, be compassion, be loving-kindness, on this breath, in this moment.

Try not to think of any of this as “right” or “wrong”. Reiki is in the BEing. There are many who have searched and searched. There are countless people who take Reiki as just another thing on their search. We have taken multitudes of classes in many different systems moving from thing to another like a bee from flower to flower. In this, we are the blind following the blind, teaching the blind, leading the blind. It is said Reiki came together for Usui after a *Satori*. He saw how all his many experiences and healing practices fit together and taught a simple system for others to follow.

There is no one in the West that has become awakened exclusively by learning Reiki, yet there are countless who add all and sundry to the system. Consider this carefully. Look at what it is you expect from Reiki. Will learning another symbol give you what you want? Will learning another system give it to you? What if they promise “ascension”, “galactic healing”, meeting your Reiki “guides”, the secret lost symbol, the lost teachings, or secret channeled material from the ascended masters? Will you *be* complete then? Will you then have what you want? Will you finally be happy? What is it you seek?

Will any of these things give to you what you seek? Or are they simply additional things to keep you asleep, more conditionings, more dead ends, that others have convinced you that you need to be whole? There is nothing outside of you that can give you what you want. Reiki is a tool, a pointer to the way. Use it or not. But do not expect it to do the work for you; no one can heal you but yourself.

Reiki is in the simple. Reiki is not so much something we do, it is something we are. In the moment, as the expression of what it, as love, compassion and kindness we reach out, we

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touch, we heal. In the moment when you stretch out your hand to heal where there is no self, no other, you ***are*** Reiki.

We can cloud our minds with attachments, things, techniques, endless debates over right and wrong, but we have all been down that road before. We know exactly where it leads. Remove yourself from the road and follow the path. Simply place your hands together in *gassho*, and say these words:

For today only, anger not, worry not.  
Be grateful and humble.  
Be kind to all.  
Be mindful and live these.  
Place your hands on self or other and let go.  
Let go of outcome, of worry, of conditionings, of need, and  
simply be.

The rest takes care of itself.

## ***Part 5: Reiki Level I – 1<sup>st</sup> Degree Reiki Practitioner Manual***

### **SECTION 1 - INTRODUCTION TO REIKI**

Reiki is a secular enlightenment system and healing system. In the West, it is primarily taught as a healing system. It allows you to heal self and others by laying-on hands. Reiki is very easy to learn and easy to use, and anyone can do it. Reiki Healing is a process of being connected to the Reiki Energy through an attunement or empowerment. Using Reiki is simply a matter of awareness of Reiki and the expression of it is BEing Reiki. Healing is done either hands-on, or by distance work.

Reiki is pronounced, “ray-key”. The word “Reiki” is made up of two separate kanji – *Rei*, which means “universal” and *Ki* which is “spirit”, “energy” or “life force”. The most common definition of Reiki is therefore “Universal life energy”. Some say that it is the force energy that animates all life. This Universal life energy is indescribable, in all things, everywhere. In doing and being Reiki, our awareness of it in the moment is the expression of Reiki in healing, being, in whatever we are doing in that moment.

The two kanji taken together can also mean “enlightenment”. They represent the Universal spirit coming together with our own.

### **SECTION 2 - THE HEART OF REIKI**

#### ***THE REIKI PRINCIPLES***

There are many versions of the Reiki Principles out there and volumes written about what people think that their version means.

A direct translation of the Japanese reads:

The Secret Method of Inviting Blessings:  
The Spiritual Medicine of Many Illnesses:  
For today only anger not, worry not.  
Be humble, and With Gratitude work on yourself.  
Be Compassionate.  
In the morning and at night, with hands held in prayer,  
Think this in your mind, chant this with your mouth.  
The Usui Reiki Method to change your mind and body for  
the better

-- Mikao Usui

Here are Usui Sensei’s affirmations in phonetic Japanese form. Lowercase vowels are barely pronounced:

(These 2 lines are the heading)  
*SHO FUKU NO HI HO* – Secret method of inviting  
blessings  
*MAN BYO NO REI YAKU* – Spiritual medicine of many  
illnesses  
(Actual affirmations)

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*KYO DAKE WA O KORU NA, SHIN PAI Su NA* – Today  
only anger not, worry not  
*KAN SHA SHi TE NARIWAI O HAGAME* – Do your work  
with appreciation  
*HITO NI SHIN SETSu NI* – Be kind to people  
(The instructions)  
*ASA YU GAS SHO SHiTE KOKORO NI NENJI KUCHI NI*  
*TONA E YO* – Morning and evening hands in prayer chat  
these words  
*SHIN SHIN KAI ZEN USUI RYOHO* – The Usui spiritual  
method to improve mind and body  
*CHOSO USUI MIKAO* – Author Mikao Usui (signature  
line)

Let's discuss these directives, one line at a time.

**“Secret method of inviting blessings”** – What is the secret method? This is receiving *Reiju* and doing Reiki. Usui used to do *Reiju* quite frequently for his followers. Perhaps many *Reiju* is many blessings? More than likely, though, this opening statement implies that Dr. Usui recognized that Reiki is a method of coming into harmony with the Universe, and by accomplishing this, we open our lives to accepting the many blessings that the Universe has to offer – even if they do not seem to be blessings at the time. Healing is not an easy task, especially when the person you are healing is yourself. This statement affirms that there is a purpose to our self-examination – a “reward”, if you will – and that in learning to live Reiki, to be Reiki, we are accepting the challenges and lessons and blessings of the Universe.

**“Spiritual medicine of many illnesses”** – This is, by definition, spiritual medicine. It is used for many illnesses. Note, though, that it does not say “all illnesses”. Ever wonder why? What is spiritual medicine but the Universal Reiki coming into sync with our own energies? Ever wonder why some people experience cleansing and that it is most often mental or emotional? Think for a moment about the areas that we are most out of sync with. When we operate out of the belief that we are separate – that our conditionings and beliefs are “us” – then we are far from the simple truth of *what is*. Is it any wonder that people only begin to experience by looking at areas that cause them to be far from *what is* after receiving Reiki? These are the things – conditionings and beliefs that you are defined by what you do – that are out of sync with *what is*. Coming into greater alignment with the Universal Reiki and what you *are* heals.

**“...Anger not, worry not...”** – This does not say “do not be angry, and do not worry”, but something radically different. The principles are from the Meiji Emperor, and have been part of Buddhist tradition for many centuries. Anger is an attachment, a demand that we, others, or world conditions not be as they *are*, but as our wants, desires, and conditionings think they need or should be. These conditioned beliefs that “you are others” must be different than “you are”. When you believe that the world or reality must conform to your beliefs and not exist as they truly are, you are out of sync. Your focus determines your reality; wherever your awareness is, there you are. If your awareness is on “anger not”, you might begin to see (after an event and your reaction at first, during an event while you react later, and finally before your reaction occurs) the conditionings you use to create this anger in yourself. At this point, you can indeed “anger not” because you see the ego and the conditionings that create anger in the first place. You are free to respond to the situation as it *is*, rather than react to what you wanted it to be.



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When we anger ourselves over what happens, what another does or does not do, we create this anger for ourselves. Our conditionings (beliefs) do this for us automatically. One name some give for these conditionings is “ego”. When we see and remove the conditioning that controls us, we are free to see and be what is. Worrying is the inverse or passive action of anger, and in the same ways that anger informs us of conditions that are not being met by our environment, worry informs us of our fear that the expectations we have for our environment will not be met. The attachment to “anger” and “worry” both stem from “expectation”, and by releasing these and letting ourselves experience without prejudice, we become synchronized to what *is*.

**“...Be humble...”** – Move from the egoic center that you call “me” and just be. When you are open and honest with *what is* in the moment, there is no ego to demand that things be other than they simply are. The ego can be imagined as a very small mask attached to a much larger and glorious creature. The mask tries to convince us and the world outside of us that it is the whole of our existence, but *it is not*. Being humble is not the same as living in “humility” – at least, not to our Western definitions. When we recognize the ego for the small mask that it is, we can see the judgments and prejudices that exist within the mask (“expectations”), and we can consciously make the choice to not indulge those judgments and prejudices. At this moment, we are able to be humble, to acknowledge our role in the Universe, both great and small.

**“...With Gratitude work on yourself...”** – This is perhaps another translation of the English line “Do your work with gratitude”. An old priest I knew used to say to approach each day with “an attitude of gratitude”. The Great Work is to see the conditionings that we have that create our suffering and to remove them. This is done insight by insight. In the same way that we choose to not indulge the ego’s tendency to build up judgment and guilt and anger, we take this a step further to recognize the true flaws within ourselves that require healing. Approaching these flaws with fear and bad feelings sweeps away our ability to actually heal them. Allowing yourself to be grateful for the chance and ability to heal them makes the process far easier, more pleasant, and more effective. Reiki brings us not only the ability to heal but the responsibility as well – and we must be responsible with ourselves first before we can imagine offering that to anyone else.

**“...Be Compassionate....”** – Kindness to all. Just be kind. This is simply a decision to make every moment, moment by moment. If you pay close enough attention, then in the moment just be kind. Breathe kindness on every breath. As the truths of the previous lines sink in and we realize the gentleness and worthiness of ourselves, we are now reminded to treat the rest of the beings in our world with the same types of consideration. Kindness and compassion are not the same things as “sympathy” – where the latter would entice you to give a man your lunch, the former would inspire you to help the man create the means to make his own lunch. Above all other things, Reiki is an expression of Universal Love, and when you feel, think, and act from a place of Love, the connection you feel with the Universe grows stronger – a “secret method of inviting blessings”.

The Reiki Principles are the heart of Reiki. The only real mastery is self-mastery. Usui taught that dedication to the principles and living them was essential. The real intent of the principles was to bring about enlightenment, peaceful living, kindness toward all, calm in your mind, and in your life. The principles embody compassionate living. They embody the Buddhist principles of *Karuna* (compassion toward all beings) and *Metta* (loving kindness to all). Live

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with humility, gratitude, not-anger, not-worry, and kindness. In healing ourselves and living the principles, we find true mastery – not mastery of Reiki, but mastery of ourselves.

Anger, worry, rudeness, and other ego-based behaviors and feelings make it hard to connect and be with this Universal source of love, light and harmony. They also keep one asleep, unaware of the greater spiritual purpose and awakening.

The Usui Reiki System was an enlightenment system, which allowed you to heal yourself and others. It was designed to connect you to and synchronize you with the Universal Source of love, light and harmony, until you realized that you are and always were it. The system is a healing method of transcending. It should be added here that there are very few who teach Reiki in this manner, and that in the West most teach it only as a healing system, and even more that teach it as a business.

The principles are to be said morning and at night, with hands held in the *gassho* position. Likewise, they are said before meditation and before *Hatsurei-ho* (an empowerment and meditation technique). Thinking them throughout the day helps as well. When you integrate these simple things into your life and being, you may find that they will be there when you begin to anger, worry, or are unkind to others. In this manner, you learn to see the conditionings in yourself, why you do these things and heal yourself. Many find that if you say them often (i.e., “For today only anger not, worry not, be grateful and humble, do your work with appreciation, be kind to all”) that you become mindful of being just that.

Again, your focus determines your reality. Where awareness is, there you are. Be mindful of the principles.

### SECTION 3 - “WHAT IS REIKI?”

Reiki is a healing system and an enlightenment system. In the West, most teach it solely as a healing system, although many have added in a plethora of New Ageism and other material to it. As a healing system, it is a form of healing that can be used both on yourself and others. Reiki is BEing this energy and healing.

Some conceptualize this as energy coming from “God”. Others see it as one “Ray” of the “Seven Healing Rays”. Some think it comes from the “Reiki guides”. Still others try to define it in terms of physics. Many theories abound and none are any closer to the mark than any other theory. I will share with you that my way is simply being the energy. To try to define Reiki is like trying to grasp a handful of water, the tighter you grip the more that slips through your fingers. It would seem that attempts to grasp to any one meaning is to shut off experiencing Reiki, as it is, in this moment. Just *be* Reiki.

Reiki was described by Usui in his manual, *Usui Reiki Ryoho Gakkai* as being “intuitive”. It seems to go where needed, or flow in response to the demand or need of the recipient. Takata taught that Reiki goes to causes. It treats symptoms, but it goes to the root cause. I usually say that Reiki is exactly what needs to be done in that moment.

It is commonly taught that the energy enters the practitioner through the Crown, and then down into the *Hara*. The energy then goes out through the palms of the hands into the person receiving the Reiki. Because of this, both the practitioner and recipient receive Reiki during a treatment. Reiki can be used on yourself and on others. Giving or receiving Reiki is generally a peaceful and joyous experience.

Another way to look at using Reiki is that Reiki is activated by intention – you intend for it to flow or mentally command it to run. Only a slight amount of attention is needed to keep Reiki flowing. You are not pushing the Reiki energy; you are allowing it to flow through you

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like water flows through a hose. Reiki is balance. It works on all levels, the physical, spiritual, and emotional levels.

Reiki energizes and heals the body. Research studies have shown that it speeds wound healing time, lowers blood pressure, reduces stress, and is effective as part of a regime to manage pain. Anecdotal reports reveal that Reiki has cured serious illnesses. Reiki compliments other health care and medical treatments. Reiki speeds the healing process and can minimize the side effects of conventional medical treatments.

Reiki is not a religion, nor is it a New Age practice. It has been used by practitioners of Christianity, Buddhism, Shintoism, Hinduism, and Islam, and it is a spiritual practice that compliments any faith as a hands-on healing practice.

In the *Usui Reiki Hikkei* (the Usui Reiki handbook that Usui gave to his students), he states that, “My Reiki Ryoho is an original method based on intuitive power in the universe. By this power, body gets healthy and enhances happiness of life and peaceful mind”.

**STOP – NOW IS A GOOD TIME TO TAKE A BREAK AND THINK OVER WHAT YOU HAVE JUST READ.**

Take some time for yourself and go outdoors, become One with nature. A short walk or just sitting on your deck and feeling your surroundings will do wonders when trying to connect to Universal Energy.

Try to pick out all the sounds around you, and then try to isolate one sound. Finally try to meditate and remove the sounds you hear.

This is the beginning of preparing for your first attunement.

So far you have learned a lot of definitions and history that you may feel is not important, you will see as time goes on that all of this comes together.

Have patience and practice deep breathing. I look forward to hearing from you.

**Assignment:** Email me your thoughts, and your questions. Even if you feel you have no questions at this time, email me to let me know you have reached this point.

Calm Winds to You!

## **SECTION 4 - OTHER ELEMENTS INTEGRATED WITH REIKI**

There are several areas that are often taught along with Reiki but are not Reiki. These are things such as Reiki Guides, acquiring psychic powers, Chakras, the “21-day cleanse” and the energy exchange. These will be addressed in this section.

### **REIKI GUIDES**

“Guides” in Reiki is not a part of Reiki but is often taught along with Reiki. Reiki books such as Diane Stein’s “Essential Reiki” and in William Rand’s teachings talk about the meeting of your “Reiki Guides”. In the teachings of Usui, Hayashi, and Takata, there was no training or teaching to meet “guides”. These practices were taken from Shamanism, Spiritism, New Age, and other sources, and they were added into Reiki in an attempt to explain how Reiki works or the intuition that many people experience as a result of the mindfulness and healing that is Reiki. Some authors, such as Diane Stein, invented the idea that the Reiki “guides” do the attunement and make corrections for mistakes. Belief in guides is simply that – another belief. Some find the idea of guides meaningful, while others find it contradicts other beliefs that their religion might have.

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There are those that believe that your “guides” are merely your intuition manifesting itself in a safe and acceptable format that you can process, and thus the “guides” are an anthropomorphic form of your own intuition. Others believe these are a real external phenomenon, and they channel all sorts of guides. Many people’s guides give them information that contradicts what other people’s guides have told them. It is confusing to say the least. Whatever your belief regarding guides, recognize clearly that it is a belief, and that guides are an add-on to Reiki and not necessary to practice Reiki or do it effectively.

### *PSYCHIC POWERS*

Other books discuss the theme that Reiki and the attunements give you (or cause an increase in) psychic powers, clairvoyance, and other psychic skills. The Usui Reiki Ryoho System was not designed to develop psychic powers. In Usui’s manual, he states clearly that Reiki was not about using or developing psychic powers. Many teachers sell this idea that receiving a Reiki attunement enhances psychic powers. Doing Reiki or receiving an attunement will not give you psychic powers. The attunement is a wonderful spiritual experience and a joyous experience to receive. For some people, it may also increase psychic sensitivity, increase intuitive awareness, and other psychic abilities, and for others it might not. Either way, these things are not an integral part of Reiki.

### *CHAKRAS*

Chakras are energy vortexes in the body-spirit and they are described in systems that are part of many Indo-Tibetan cultures. Chakras were not taught as part of the original Reiki system but were added on to the many Usui/Tibetan and Tibetan Reiki schools that sprang up in America since the mid 1980’s. Some Masters teach Chakras as part of the system along with Reiki.

Some schools and/or independent non-traditional Masters teach techniques such as “opening Chakras”, “closing Chakras”, that they spin clockwise and what that means, that they spin anti-clockwise and what that is supposed to mean, et cetera. There is no consistent description of what colors the various Chakras are supposed to be, or what each Chakra governs, or even where each Chakra is located. Different schools and people see them differently, each according to their own personal mythology. Some Reiki teachers have taken from their New Age practices of using pendulums to determine the “spin” of a Chakra, or using it as a yes/no oracle to determine if the Chakra is “blocked”, although this, too, is subject to individual experiences.

Chakra work is a complicated skill. It is taught as part of several healing traditions outside of Reiki and takes many months, if not years, to master even at a novice level. It is certainly not something that could be taught in a weekend Reiki class. If you do not have specific, extensive instruction in manipulating Chakras outside of your Reiki class, then it is suggested that you not engage in techniques such as these. Remember that Reiki is simple. Doing Reiki is passive; by doing nothing, everything is done. Manipulating Chakras is an active act and would seem inconsistent with doing Reiki in this manner. More about Chakras will be covered in separate lessons.

### *THE 21-DAY CLEANSING CYCLE*

This is another area that was not originally in the Reiki system but is often taught along with Reiki. Just as with an intense massage session, it is highly recommended that you drink lots

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of water after an attunement, presumably to flush the “toxins” from your body. Many people find that they need to increase water intake permanently after being attuned to any system of energy healing. When you receive your Reiki attunements, you may experience some cleansing. Attunements and treatments begin the recipient’s personal healing immediately. Cleansing can be emotional release, your body purifying itself of toxins, illnesses healing, or letting go of problems. Some people have reported dark heavy urine or loose stools following an attunement. Some schools teach that the cleansing occurs in a 21-day cleansing cycle in the similar fashion to the 21-day fast that Dr. Usui experienced prior to his initial reception of Reiki. Other masters teach that there is a “healing crisis” that can occur, presumably implying that the attunements are so powerful that they can precipitate a severe emotional release in some people, which can be seen as a “crisis”. Most people do not have noticeable effects of this kind.

Several of the traditions teach the 21-day cleanse (there are 7 Chakras and 3 days of cleansing for each Chakra, or alternatively relating to Usui’s 21 days on Mt. Kurama). Some people do not have any “healing crisis” but they keep waiting for it to happen. Although they can do Reiki, they begin to wonder if perhaps something has gone “wrong” with the attunement since they are not cleansing as they’d been taught they would. Perhaps their classmates went through a cleansing, or perhaps they experienced what they could identify as “cleansing” but for a much shorter period of time. These expectations can leave a student with intense feelings of self-doubt and worry – elements that contradict the Reiki Principles.

In examining the work done by therapists in mental health as well as alcohol recovery, some elements have become evident regarding the group process. An observation that researchers who have studied group processes found was that the stories that people tell of their past experiences with regards to their illness (mental disorders, alcoholism, addiction) change over time as they work in the group. When they enter, they will discuss their symptoms that brought them to treatment, but as the sessions continue, they will begin incorporating elements that seem to bring group approval. For example, the number of “blackouts” they report increase. They will incorporate these details into their presentations which become more similar between members over time. (This was compared in the research studies to pre-group individual interviews and other measures such as observation by peers and family.) It is both a process of group pressure and dynamics, as well as confabulation.

This element is mentioned because there are particular issues with teaching in a group setting. As a class is conditioned to expect the 21-day cleanse without question, classmates will share their experiences of the cleansing. A classmate who has not experienced a cleansing to the same extent as his peers may feel subconscious pressure to reassess and reclassify his own experiences to match those of his classmates, and this in turn creates a situation where the anecdotal evidences offered by each student begin to homogenize, becoming more and more consistent, which perpetuates the conditioning that “all” Reiki students experience the 21-day cleanse.

This is not to imply that all “cleansings” are purely a creation of a conditioned response. Many people who have not been taught about the 21-day cleanse experienced massive releases of emotional and mental toxins, sometimes becoming physically ill during the process. To buy exclusively into the idea of the 21-day cleanse can take away from the direct experience of just BEing Reiki, from your own direct experience of *what is* and into the realm of other’s conditioned beliefs of what you should be.

Anyone who has a detoxification reaction is encouraged to self-treat with Reiki often and contact their teacher for help. Also remember if any unusual, severe, or continuing discomfort

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should be referred to an appropriate medical professional. Symptoms may not have any direct relationship to attunement at all. Sometimes, normal reactions to events that occur and emotions that surface during the period after attunement are attributed to cleansing when they might really be simply a freer expression and awareness of feelings.

Reiki is about change. Most notice after taking Reiki that there are changes in their lives, many unforeseeable. All people experience reactions to the attunements to some degree. This is healing, aligning, changing.

What is experienced following an attunement is nothing to worry or fear. It is unique for each person. Make sure that you discuss with your teacher any problems you have. It is commonly taught that the best way to deal with any post-attunement symptoms is to drink lots of water. This helps flush from the system any toxins released and helps keep you grounded. Additionally, doing daily full body self treatments helps considerably.

People come to Reiki because they want to heal. Think about this. What is it that you want changed in your life? What is it you need healed? These things are part of your life and may be areas that you will heal. Also, if you are experiencing any psychological conditions, there is the possibility that as you are healing they might seem worse as they begin to be worked through – for example, if you are depressed or have just experienced a loss. Above all else, if you have any difficulties, problems, or emotional healing that is troublesome, contact your Reiki Teacher.

## SECTION 5 - LEVELS OF REIKI

In current practice in America, Australia, Japan, and other parts of the world, Reiki is taught in levels and through attunement by a Reiki Master. There are three levels that are generally used, although in the Usui/Tibetan school, the level of III-A has been added.

**Level I** – Reiki Level I (called *Sho Den* in Japan) is taught to those that wish to learn to use the Reiki Energy. The class is taught by a Reiki Master trained to pass the attunements and teach Reiki. There are various attunements for conferring the Reiki energy on a student.

Traditional Usui Healing Systems use four attunements. Depending on the school of Reiki one takes classes in, a Reiki I class material generally includes the hand positions used when doing Reiki on self and others, the Reiki principles, and the history of Reiki. You then receive the attunements. Reiki I is taught by some to heal on the physical level. Some schools also add information on the effect of the energy on the organs and indications of illness and how to treat them.

Some non-traditional schools add information on the Chakras. They may also add a speculative history that Reiki is from Tibet. Some schools teach the power symbol with level I. Many non-traditional schools only use one attunement for Level I.

**Level II** – Reiki Level II (called *Oku Den* in Japan) teaches the three Reiki Symbols and the student is given another attunement. Some conceptualize Reiki Level II as being a deepening of the Reiki experience and a greater commitment to Reiki. Reiki Level II is thought to heal on the Emotional level, while others believe that Reiki always heals on all levels. The Power Symbol, Mental/Emotional Healing Symbol and the Distance Symbol are taught. Their meanings and applications are taught. Some schools insist on an oral tradition (that is a Western Takata-based adaptation not practiced in Japan). Different schools have different time length requirements before Level II can be taken (usually three months between Level I and Level II).

Level II generally includes the three Reiki symbols (Focus, Harmony, and Connection), Mental/Emotional Healing, Distance Healing, and another attunement. Non-traditional schools

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add the techniques scanning and beaming. Some others add spiritual practices to Reiki including New Age practices, ascended masters, crystals, Tibetan methods, and other practices. The time between levels varies, and in some schools Level I and II are taught in the same weekend.

**Level III (Master Level)** – Third Level Reiki (called *Shinpi Den* in Japan) is the Master Level of Reiki. Reiki Level III is taught by some to heal on the spiritual level. The Usui Master Symbol is taught, and it completes the other three symbols taught at Level II. Some traditions require a great commitment on the part of the student, and there is a bond forged between student and master. Masters are taught how to initiate others into Reiki using the attunement process. Level III generally includes the Usui Master Symbol (Empowerment Symbol) and its meaning and application, the attunement process and practice in its application, and how to teach others.

Non-Traditional schools add in three additional symbols. These are the Tibetan Master Symbol (i.e., *Dumo*), the Fire Serpent Symbol, and the *Raku* Symbol. The attunement processes are modified as well with various Tibetan breathing techniques and the *Chi Kung* microcosmic orbit. The Usui/Tibetan Schools and other various Independent Practitioners have added a Level III-A in between Level II and the Master Level. Level III-A is often called Advanced Reiki Training (ART), although these techniques are neither “advanced” nor technically Reiki.

Some of the techniques that might be included here are: Reiki Meditation using the symbols for problem solving and for manifesting goals; Reiki and crystals; making a Reiki crystal grid; using pendulums with Reiki; Reiki meditation to meet your “Reiki guide”; Reiki Healing attunement; the Tibetan *Antahkarana* symbol and a meditation for its use; the *Hui Yin* position; and the Violet Breath. In this dichotomy, Level III-B teaches the addition of three “Tibetan” symbols, and how to perform the attunements. Level III-A is an extra level added onto Reiki in the Usui/Tibetan schools.

## SECTION 6 - HOW REIKI WORKS

This section is the simplest to write of the whole course. No one knows.

See? Simple!

Anything other than “no one knows” is purely speculation and belief.

There are those that speculate that it activates the *Hara* line. Others believe it opens the Chakras. Still others believe that it reconnects you to the Divine Energy. There are many theories.

In the *Usui Reiki Ryoho Gakkai*, the manual he gave his students he says, “I’ve never been given this method by anybody nor studied to get psychic power to heal. I accidentally realized that I have received healing power when I felt the air in mysterious way during fasting. So I have a hard time explaining exactly even I am the founder. Scholars and men of intelligence have been studying this phenomenon but modern science can’t solve it. But I believe that day will come naturally.” Even the founder seemed to be at a loss of how to describe it.

It is recommended that you not waste your time worrying how it works and instead give yourself time to consider the following suggestion: Reiki cannot be grasped with the mind, it can only be known in the doing and being of it. When you “do” Reiki, it is not so much in the “doing” as it is a state of BEing. In doing Reiki, you are in the moment of oneness that Usui shared. In the movie “The Matrix”, Morpheus tells Neo, “...sooner or later you’re going to realize, just as I did, there’s a difference in knowing the path and walking the path”. Everything you have heard to this point in this course is about “knowing the path”. In doing Reiki, we are walking the path.

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Reiki Level I is the first step in the Reiki Process. The ability to do Reiki is passed onto a Practitioner by receiving an attunement or initiation from a Reiki Master. This attunement is all you need to use Reiki healing energy in your own life and for those around you. Reiki can be used on adults, children, animals, and plants. People generally like receiving Reiki and report that it is a relaxing and stress relieving process. A normal treatment takes about 45 minutes to an hour to do. With children and animals, it generally goes much faster thanks to their lack of conditioned resistances. (They are also much less likely to sit still for an hour.)

## SECTION 7 - ETHICS IN REIKI

### *THE REIKI ETHICS*

Reiki is a unique healing method. It requires that you touch another person – not just with your hands but also with energy. You share in the loving energy of the source that God (however you perceive God to be) has made available to all. It is a unique and special gift.

Many people coming for healing are vulnerable. They may be vulnerable emotionally or physically. It is imperative that you do not violate the trust that they place in you. If a person is experiencing emotional release as a result of the treatment, it is essential that you maintain their confidentiality and respect their lives and wishes.

What follows are some ethical considerations to help you be aware of some of the issues that you might face as a result of practicing Reiki. This will be addressed again in Level II when you learn distance healing with Reiki.

**Ask permission prior to treating anyone.** Some people actually do not wish to be healed. Respect their wishes.

**Consider all information given to you by the people you treat with confidentiality.** Any information that is discussed in the Reiki session should be confidential between you and the person.

Before doing Reiki on someone, give people a brief description of what happens during a session and where you will be touching them. Have them sign a hold-harmless agreement also indicating any areas that should not be touched. In cases where there are potentially volatile areas (trigger points that are not consistently vulnerable), give your subject a “safe-word” to say to signal you that they are having a strong reaction and want you to stop.

**Do not ever promise healing. Do not ever diagnose.** Explain to people that Reiki sessions do not guarantee a cure, and are not a substitute for appropriate medical care, and never suggest that the client change prescribed treatment or medication or interfere with treatment of a licensed health care provider.

**Suggest referrals to licensed medical or psychological professionals when appropriate.** Do not attempt to diagnose or do therapy with people if that is not the specialty that you are authorized or licensed to do.

**Respect touch and boundary issues for people.** Having clients disrobe is never necessary for a Reiki treatment. Do not touch private areas.

When working with children, make sure you have the permission of the parent.

## SECTION 8 - TOUCH ISSUES

Reiki I consists of the history of Reiki, information about Reiki, the hand positions, and receiving an attunement. One of the major issues that is often overlooked is Touch and the meaning of Touch. This is an important part of Reiki and of life.



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Touch is an essential part of wholeness and love. From studies done with monkeys, we know that without touch, babies cannot thrive. We know from other studies that a mother's touch can relieve pain in children. Touch can be a sign of affection and is almost always a non-verbal communication to another.

In sports games, athletes often touch each other as a sign of support and respect. Football players from opposing teams often pat each other on the back after a play as a sign of respect and support for one another.

Reiki is a "hands-on" healing art. In practicing healing, we touch others, or we touch ourselves. Let's explore both type of touch.

Self-touch is a particularly important issue. Many people are decidedly uncomfortable touching themselves. There are issues of self worth, body image, and sexuality involved. Some people feel touching themselves lovingly (not sexually) is narcissistic. It is important when doing Reiki on yourself to allow yourself to touch your body lovingly.

The issues you might have about self-touch will be apparent when you do Reiki on others, and so it is important to deal with any discomfort you might have.

Touching others as a Reiki healer is a loving act. It is reaching out to someone, to share a gift of healing. Many people are uncomfortable in touching others. Most of the practice of the hand positions in Reiki I classes are to allow people to not only learn Reiki and the hand positions but to deal with touch issues.

Some practitioners may occasionally find that the recipient may experience sexual arousal. This will happen from time to time, particularly with a female practitioner and a male recipient. (Some have speculated that this is a result of the Kundalini rising – something rising in any case!) Understand that many people touch very little in daily life, and many people only really touch others in the context of intimate relations. Because of this, they may experience arousal with the physical act of being touched. As previously stated, this is not all that common, but to know in advance it might occur is important.

Pay attention to the pressure you use as you place your hands on yourself, as this is the best guide as to how much hand pressure to place on others. Be sensitive to others' bodies. People who have abuse experiences may be very sensitive to being touched. Treating people who may have a difficult problem being touched is not a problem. Just as Reiki will pass through clothes, it will pass through the space above them. Simply raise your hands above the areas that might be difficult or that people do not want touched, and do Reiki. It will work just as well. You can alternatively place your hands to the side of the area and intend that it heal that area.

The subject of nudity and Reiki needs to be addressed. There is never any reason to have anyone disrobe in order to use Reiki. If the energy can be sent distantly to heal (as taught in Level II), then it should have no problem passing through some simple fabric. I have heard that one school teaches that attunements have to be performed nude. This practice is never necessary and places the student in an awkward position that is grossly inappropriate.

## SECTION 9 - THE HAND POSITIONS

There are several sets of hand positions. It has been found that Dr. Usui used five hand positions and then used *Reiji* (sensing) and *Byosen* (scanning) to know where to place the hands. Hayashi seems to have had seven hands positions originally. In his clinic, there was the 12-position set that several Reiki practitioners would use at once on the person receiving.

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### Path of Reiki

A Reiki treatment involves giving Reiki using the hands. Takata standardized Dr. Hayashi's sets into the system of hand positions that is common in the West. The sets, whether you use Takata's twelve, Hayashi's seven, or another set, are a good, general, all-over treatment.

The hand positions were designed for people that have not developed Reiji and Byosen. They cover the majority of the meridians and treat most of the major and minor organs. As your intimacy with the Reiki energy develops with practice, Reiji will develop naturally and you will intuit more where your hands should go. Byosen is taught in many Level II Reiki classes. Remember Reiki is in the DOing and BEing. You will learn far more by DOing Reiki than reading a book.

It is always a good idea to learn the hand positions and use them. You will notice over time that you will develop a sense of when to move your hands and how long to hold them in any location. This is the essence of Reiji – sensing.

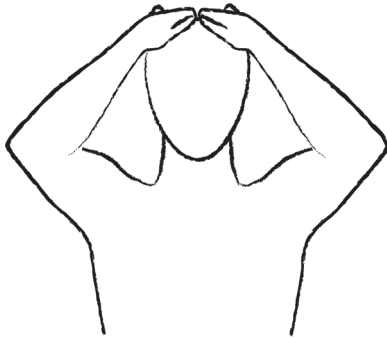
The Reiki hand positions are relatively simple to do and generally correspond to the seven basic Chakras. Each position is held for three to five minutes, more or less. Trust your intuition. At times, you might feel led to place your hands on a certain area, and in this case trust your intuition and do that. Reiki sessions are conducted with the client fully clothed. When working around private areas you may want to hold your hands about three to five inches above the area instead of directly on the person.

After your Reiki I attunement, it is nice to practice Reiki as much as you can. Self-treatments help to teach you the hand positions and the experience of giving Reiki. The most difficult part of giving treatments at first will be self-consciousness at doing Reiki on others and being a clear channel. Touching another person is an intimate and trusting act. You may wonder what in the world you are doing, if you are doing it correctly, or worry that they might think you some flake, or even hopeful that the Reiki will work. In all these cases simply be free of expectations and keep the ego in check. The Reiki will work, even if you do not believe in it. There is no wrong way to do it. The self-consciousness in touching others and in the process of doing Reiki will decrease in time as you get more practice in doing Reiki on others. Nothing breeds self-confidence like practice.

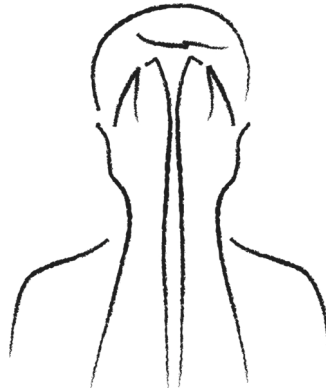
The hand positions for self-treatment are the same as for treating others. You will learn far more about Reiki by doing treatments to yourself (and others) than you will ever learn in any class or book.

Self-healing is wonderful thing that can be done as often as you like, at any time. Treating yourself is an excellent way to become familiar with using Reiki. Give yourself treatments daily to learn the Reiki energy. Treating yourself daily will help clear up any toxin build-up or blockages that may occur. You can do them in meetings, on a bus, in traffic, or in the park. If you are not free to do the traditional hand positions, place your hands where you can in an unobtrusive manner and let the Reiki flow!

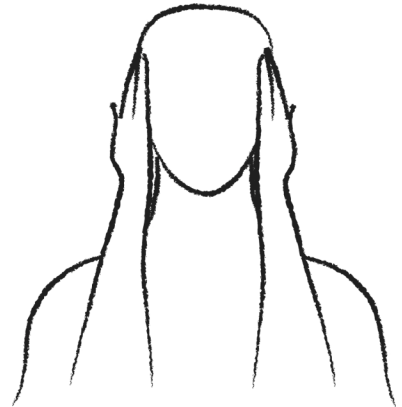
**HAND POSITIONS - FOR SELF TREATMENT**



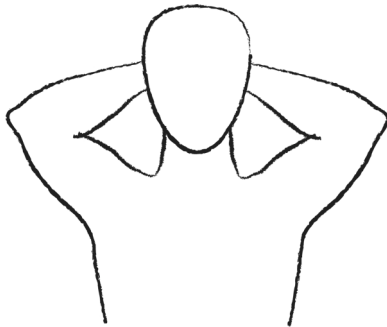
Crown of your head



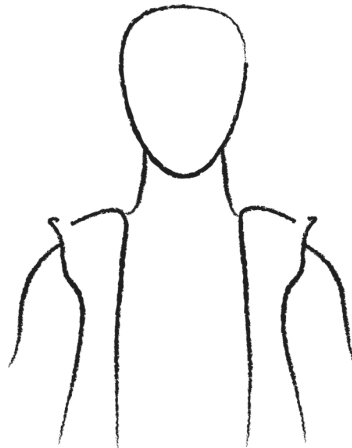
In front of your face



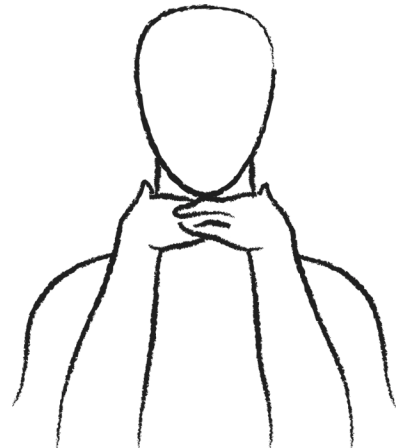
At your temples



Behind your head



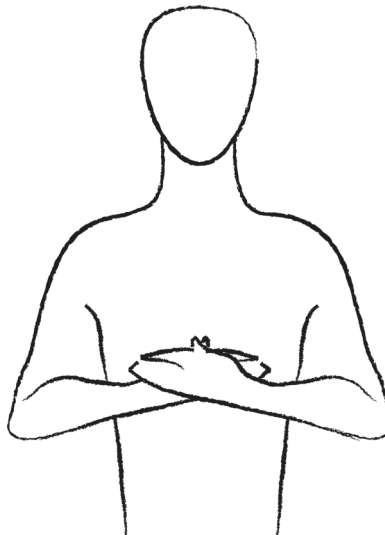
On your shoulders



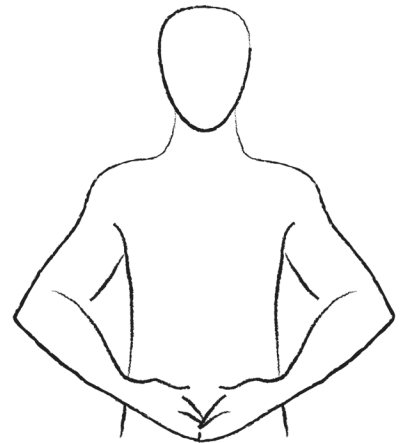
In front of your throat



At your heart

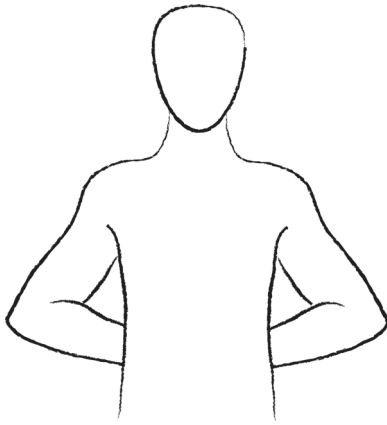


Over your Solar Plexus

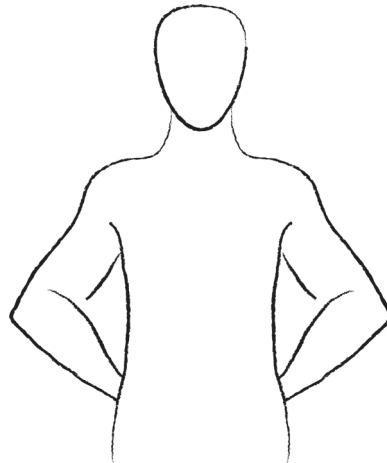


At your hips

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At your kidneys



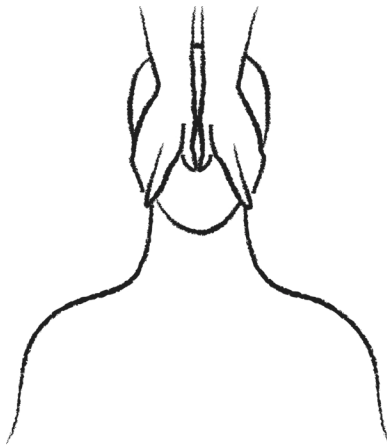
At your lower back

**HAND POSITIONS FOR TREATMENTS FOR OTHERS**

Starting from a position standing behind your client's head:

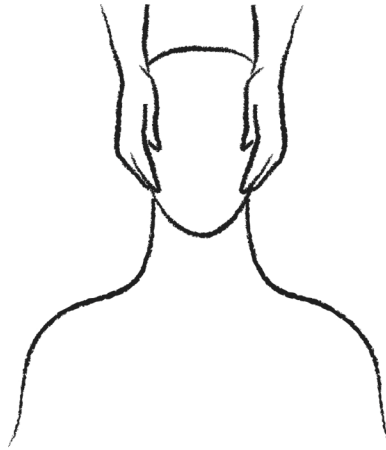


Top of head, over the crown Chakra

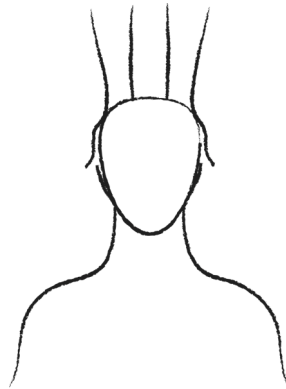


Over the eyes, palms on forehead, fingertips on cheekbone, this position enhances the sixth Chakra at the brow. When the eyes are relaxed the body is relaxed

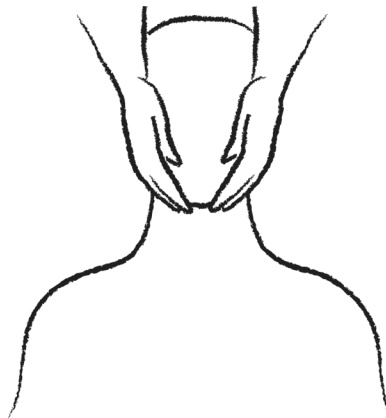
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Sides of face covering the temples

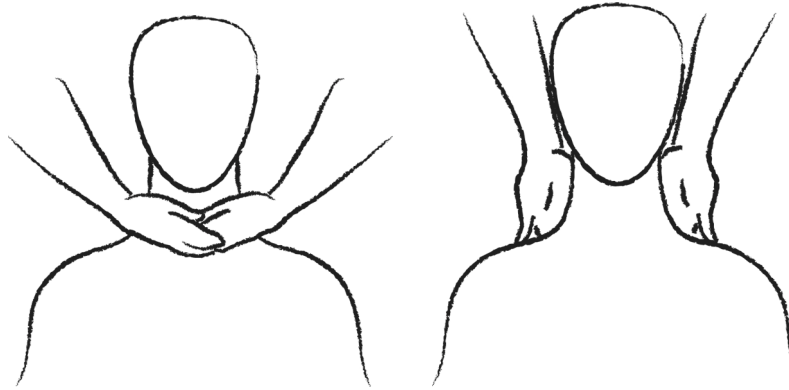


Back of head with fingertips at occipital ridge where the skull and neck join. This relaxes the brain stem and cerebellum, promoting a sense of serenity and balance. This position helps with past life recall and reduces stress

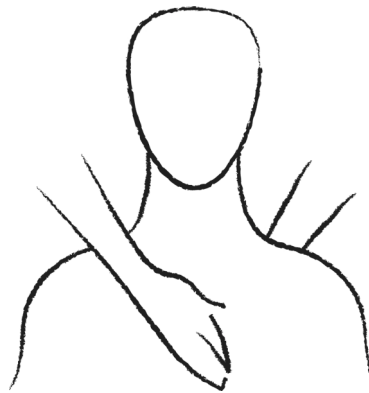


Cover the jaw with palms while placing thumbs at corner of mouth. Reduces TMJ

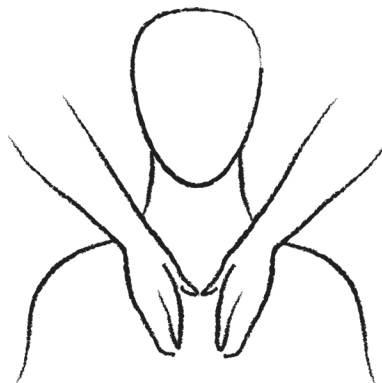
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Throat, place hand in V formation over throat. Releases the breath and increases Flow of energy to whole body the thyroid gland regulates metabolism and balances blood pressure and cleanses the lymphatic system fifth Chakra at throat enhances communication. Many people are not comfortable with hands on their throat so you may wish to do this position within the aura an inch or two from the skin or choose from these alternate positions. Either both hands over the throat in front, or both hands on the back of the throat, or one in front and one in back

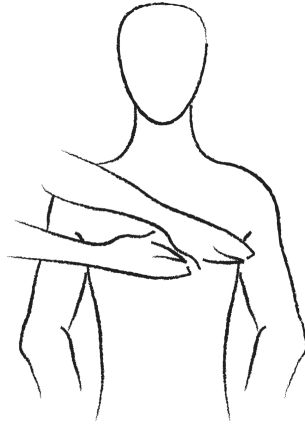


Or one on the front of the throat and the other angled down over the thymus.  
If you have not covered the thymus with the throat position place both hands in a V over the thymus.

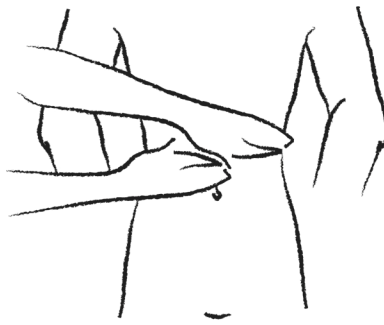


Over the chest just below the collar bones this position activates unconditional love of self and others energizes the thymus which regulates the immune system, also strengthens the lungs and diaphragm. Now move to the side of the client, most people like to move in a clockwise direction if you have not yet covered the thymus position do it from the side.

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Center of the chest hands either between the breasts or just above in a v or straight or one hand in thymus area and one in the center of chest, any of these can be done holding the hands an inch or two away from the skin without physically touching the client strengthens heart opening, sense of compassion and empathy .It revitalizes lungs heart and relaxes the diaphragm. Enhances love at the fourth Chakra



Solar plexus area above the waist just below the rib cage. This position energizes the solar plexus for vitality and life force. As we energize this area we generate support toward others and feel supported by the others and the universe. It helps digestion as we treat the liver, gallbladder, stomach and spleen. This position enhances our power center at the third Chakra

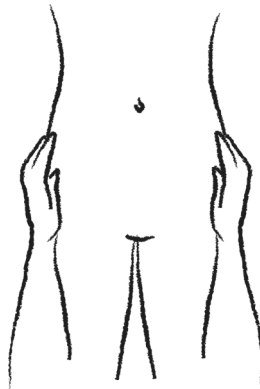


Two inches below waist this position circulates energy throughout the whole body. Relaxing this area helps digestion. Treats kidney and bladder encourages connection with the emotions at the second Chakra. Some people like to move their hands down the torso in hand width lengths others do one step at or just above the belly button and one below at the sacral Chakra

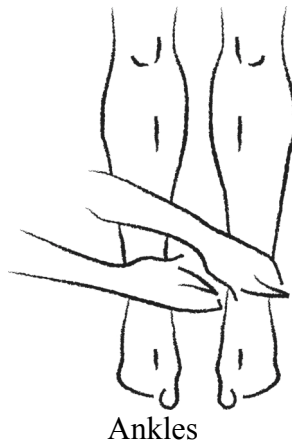
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Place hands so they form a V on either side of the pubic bone with the fingers pointing down and toward the middle. Many practitioners do not use this position or keep their hands in the aura above the root Chakra



An alternate position is placing the hands on either side of the pubic area with hands together first on one side and then on the other. This position relaxes large and small intestines, bladder ovaries and prostate. This position releases accumulated anxiety and fear as an activity of the first Chakra at the root center and helps one to feel cantered and grounded. Do not touch unless you are very good friends with the client. This is sometimes called the “Victorian” position. Professional Massage therapists or others who do body work may be comfortable with contact. But others may not be.



Ankles



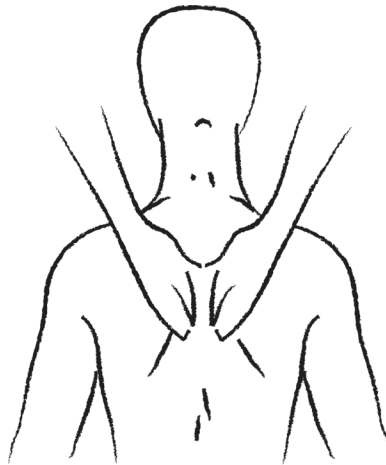
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Feet. You can treat the whole body from the feet. When time permits spend extra time on the feet.

### THE BACK

If there is enough time and the client is able to be comfortable face down you can have your client turn over and do the body torso positions on the back in approximately the same locations as the front.



Place hands on top of shoulder blades either both at once or first on one and then the other. This position relaxes trapezium muscles, deltoids and upper spinal column it reduces stress and promotes relaxation.

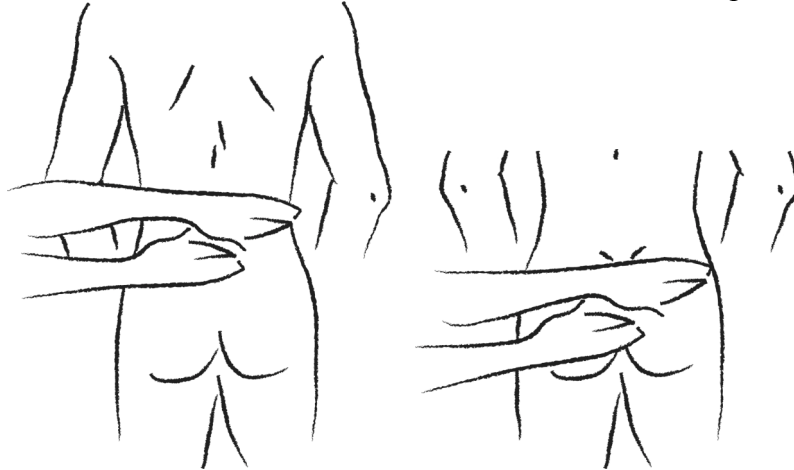


Place hands at mid back position hands side by side either both at once or first on one side and then the other. This position strengthens and relaxes adrenal glands and helps to release fears phobias and disturbing moodiness.

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Place hand at the base of the back on either side of the spine.



Another position is to place hands on either buttock either both at once, or first on one and then on the other these positions balance sciatica and assists the receiver in feeling more present in the world.



Before finishing the treatment, place hands on the knee and feet working on one side first and then the next. There are Chakras in both these areas and the Reiki energy can release blockages in this area to increase the flow of energy towards the earth. This helps people to be more flexible and to take action when needed

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Reiki proves very helpful and effective when focused on the joints – shoulders, elbows, wrists, knees, hips, feet, and hands. This releases tension and stress that is held in the joints. Each area of the body has a symbolic meaning in its healing, releasing tension in the ankles assists in reaching higher goals, releasing tension in the knees assists in release of emotion and ability to forgive. When the shoulders are free of tension and stress there may be increased determination.

### **TRADITIONAL JAPANESE REIKI HAND POSITIONS**

There are seven basic hand positions in TJR. We show first a self-session (a great way to start and end the day!) followed by a client session hand orientation. Pictures provided by: <http://www.sacrednet.com/tjr/hands.html>

#### *CHAIR REIKI, GIVING TREATMENTS TO SEATED RECIPIENTS*

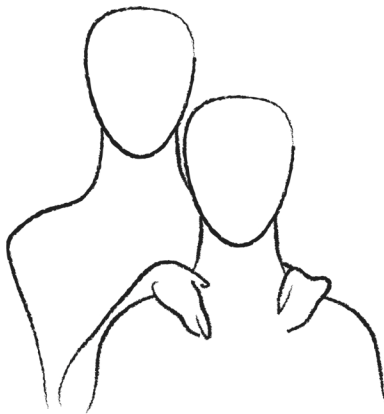
Sometimes there is no massage table or other comfortable place for a client to lie down. Reiki treatments can be given to a seated person quite easily and effectively. Seated treatments often take much less time than full treatments on a massage table. The chair used does not matter, as long as the recipient sits comfortably and the practitioner can be comfortable while giving the treatment. Make sure the recipient is grounded, with both feet flat on the ground and in upright position.

The first and simplest chair treatment is to stand behind the chair with the other person seated with their feet on the floor, hands on their lap, palms are usually turned up but this is not essential, legs uncrossed. Place your hands on their shoulders. Activate Reiki and leave your hands in place until the energy tapers off that's it. This Method usually runs 10 minutes or so before tapering off.

You can also do simplified hands on treatment on seated recipients using the traditional hand positions and kneeling for the lower hand placements.

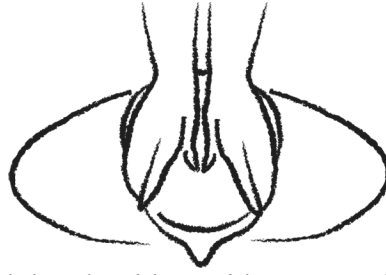
#### *A MORE DETAILED CHAIR METHOD*

Positions:



Stand behind the person, with your hands lightly on the shoulders.

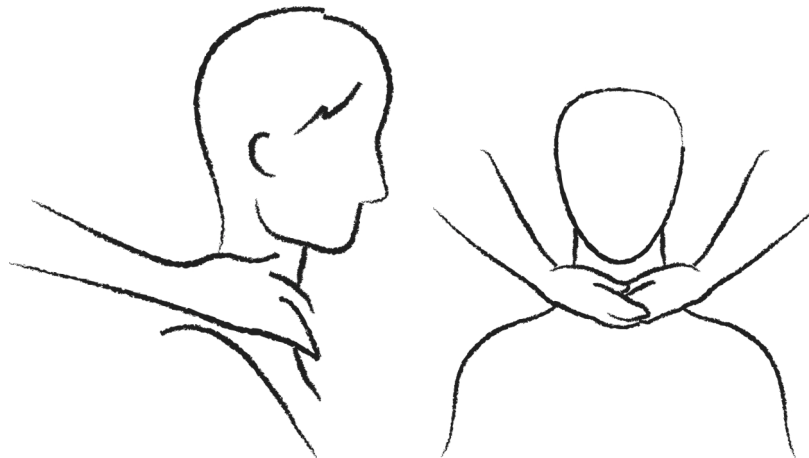
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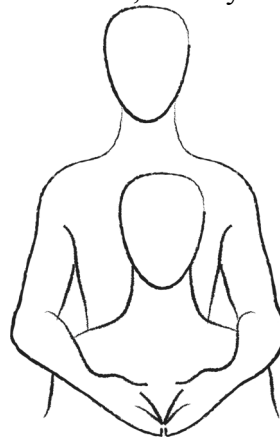
Place both hands, side to side on top of the head.



Hand on the forehead and the other on the back of the head.

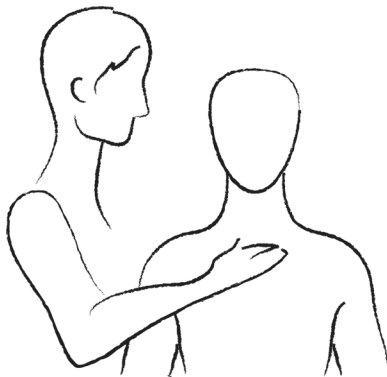


Place hands in a V position in front of the throat. Remember that many people have issues with things closing around their throats, so only keep your hands open here.

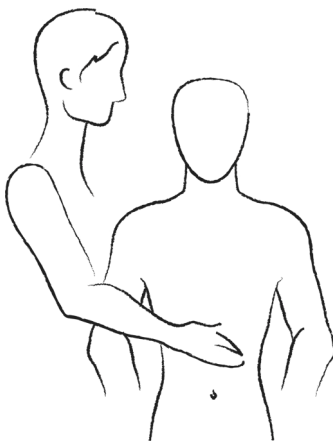


Optional position, from behind the person, put both hands on the chest.

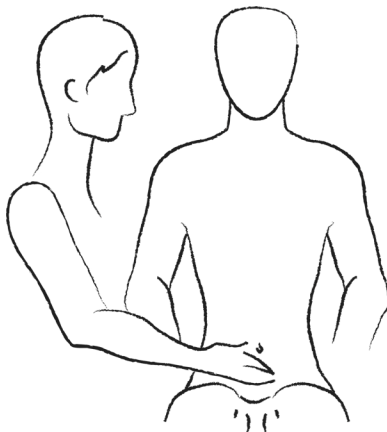
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From the side, place one hand under the collar bone and one on the back.

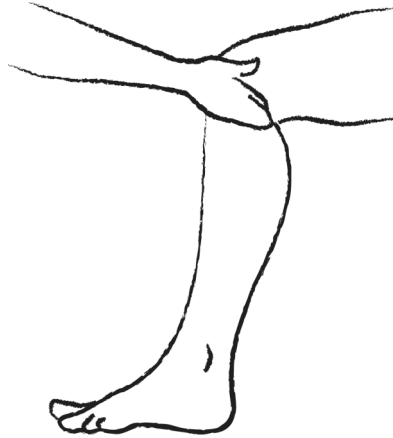


Continue by placing one hand on the solar plexus and the other at the same height on the back.  
By this time you can sit on a chair if you have one.



Place one hand under the navel (second Chakra) and the other at the same height at the back.

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Hold both knees, while sitting or kneeling in front of the person.



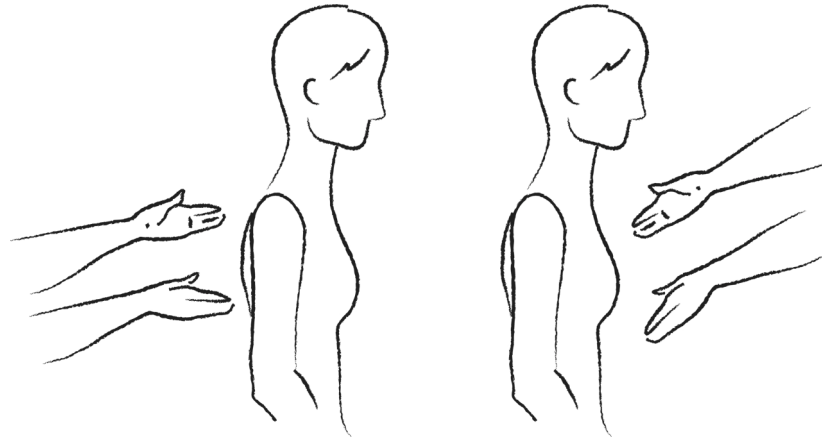
Finally, go to the feet.



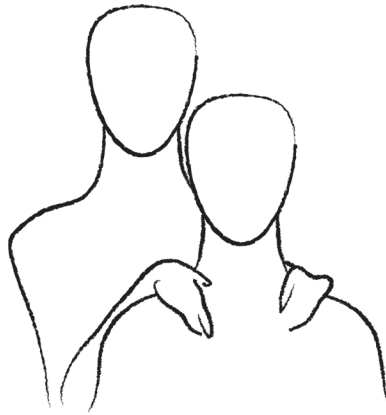
Run your hands through the energy field of the legs a few inches out 3 times.

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Run your hands down the aura three times: front, back and sides.



Go behind the person and place your hand in starting position.

Usui, Hayashi, and Takata all taught that certain hand positions (or series of them) are related to treating certain illnesses. In actual practice, Usui originally used five hand positions and then used *Reiji* (intuitive knowing) and *Byosen* (scanning of the person's energy body or field to guide hand placement) to know what areas needed treating. This implies that they knew what needed treating and would place the hands there to guide the energy to where it was needed. It shows a specific level of skill. In the Usui Reiki Ryoho Gakkai in Japan, you would not be allowed to study the second teachings until you had developed *Reiji*.

In starting to do Reiki, use the hand positions. These were developed by Usui, Hayashi, and Takata as a general overall guide for those that had not yet developed *Reiji* or *Byosen*. A copy of Dr. Hayashi's manual is included towards the end of this course. It outlines the places to put one's hands in the treatment of specific illnesses, and while it can be extremely interesting to observe his notes on these things, it is still imperative that the student focus more on developing *Reiji* and *Byosen* than on memorizing long lists of symptoms and remedies.

Listed below are some of the techniques taught by the school Dr. Usui's students founded in Japan. In some areas, these might be considered massaging and could bring up legal issues as licenses and certifications are often required for massage. As with any alternative healing method, it is important to educate yourself concerning the laws and regulations in your area.

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### Path of Reiki

#### 1) *TAPPING*

Lightly and rhythmically tap or pat the Ki field with either your palms or fingertips. This is used to relieve stagnation or congestion and improve circulation.

#### 2) *PUSHING/ PULSING*

Slightly open and close your palms, like a cat kneading. Do this at a steady pace. The Qi is emitted from the center of the hand. These indicators for pulsing are similar to tapping. This stimulates and improves circulation. Pulsing can be used over any area of the body.

#### 3) *STROKING/WAVING/COMBING*

This technique is useful for congestion or pain. The fingertips sweep down the clients energy field as though brushing away the pain.

### **SECTION 10 - REIKI TREATMENTS**

A Reiki healing session, on the average, takes about an hour. There are hand positions placed at various points of the body. The hands are either gently placed directly on the body or about three inches above, and the energy flows from the Reiki practitioner into the recipient. A Reiki treatment is generally a very relaxing and stress-reducing experience. Both treatments and attunements can cause also the release of emotions held in deep places in ourselves. Reiki can release this blocked energy, which allows the body's energy to flow freely again.

#### *TREATMENT*

Preparation prior to treating yourself or others is a meaningful way to honor Reiki. It is not technically necessary, but it is pleasant to do and helps separate everyday consciousness with proper mindfulness and a setting of the sacred – what we call a “key of consciousness”. What follows are some guidelines that are commonly used when treating self and others. These are not “required” or necessary to do Reiki. Some of these are in the Hayashi tradition and will add to your experience, the recipient's experience and understanding the spiritual mystery that is Reiki.

It is a good idea to have glasses of water easily accessible for both Reiki practitioner and the recipient. The water helps ground people and flushes the system of anything that was released during treatment. Likewise after an attunement, drink plenty of water to help keep the system balanced and to flush out the released impurities. You should wash your hands before and after giving a treatment. Disposable wipes are great for on-the-road treatments. You can play relaxing music and/or burn incense. The key is to create an environment that is conducive to feeling at peace with yourself and the Reiki energy.

Treatment can be done on a table, the floor, a bed, a chair, or just about anywhere. A massage table is ideal, but they can be expensive. Since most people do not see Reiki as a business but only use it on their family and friends, it's often not reasonable to spend a lot of money on special equipment. Still, making sure that both the recipient and the practitioner are comfortable is a high priority – performing Reiki while your back is straining in an awkward position can be very distracting.

#### *A. MINDFULNESS PREPARATION*

Before you begin a treatment on another person, you may want to perform a self-treatment or meditate to ground and clear your energy field.



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*Do Gassho.* Place the hands in prayer position in front of the heart. Wait to feel the connection with Reiki. Allow yourself to be mindful of the energy. Let go of all conscious desire of what the energy should do, what it needs to do. Let go and let Reiki. Reiki works best when ego works least – “when ego goes, Reiki flows”. This is “right-mindfulness”. We let go of expectations, desires of what Reiki should do and other controlling aspects of our ego and instead let Reiki work.

Make sure you greet your client and discuss what they can expect from Reiki. Answer any questions they may have. Ask them why they are seeking a Reiki treatment and what they expect from the treatment. Explain to the client what you will be doing. If you have a form and history to fill out do this now.

If an exchange is involved (payments or barter) make sure the details are clear and mutually agreeable. Tell the client again you are not a doctor and that Reiki is never a substitute for medical treatment.

In rare cases after treatment a cleansing period may occur and the client may feel worse before they feel better. If this happens have the client come in for a few days in a row. Sometimes repeating the treatment like this can alleviate rare healing crisis symptoms. The client should take off their shoes, glasses anything bulky. They should also wear loose fitting clothing.

#### ***B. BEGINNING REIKI - TOUCHING THE OTHER***

Move the hands from Gassho and let the palms be face up, towards the ceiling as if you were holding precious water in them or a delicate butterfly rested on them. Your hands are the sacred holding this loving gift. You have connected to Reiki, feel the energy in them. Turn them over gently and lay them on yourself or the person you are treating. The pressure is loving and gentle. Do not press. If there are reasons not to touch the other person (i.e., sensitivity to touch due to abuse, burns, wounds, risk of infection) then simply hold the hands above the area to be treated.

#### ***C. TREATING***

Reiki touch is very light no pressure is applied, nothing in Reiki resembles massage. Keep the hands on that position for 3 to 5 minutes. This is not a hard and fast rule but a simple guideline. Some experience that the energy begins to flow after laying the hand down. The energy will seem to increase for a time, and then ebb. You might feel this as tingles, or heat. When it ebbs, move to the next position. There are times you feel nothing and in these cases follow the 3 to 5 minute guideline.

#### ***D. MOVING BETWEEN POSITIONS***

Pick up the hands. Place them again in Gassho. Again feel the connection for a moment and then place them on the next position. This practice helps us keep the proper mindfulness. It also helps keep us centered. Lastly, it helps protect us legally. It is sad to say but we live in a legally contentious time. Some massage boards wish to regulate Reiki because they see it as a business that falls under their auspices. Even if you do not follow the Gassho between positions, never slide the hands between positions but place them as sliding might be misconstrued as “massage”. Remember some clients experience emotional clearing and may cry during the treatment or after. Have tissue handy. If they start crying during the treatment, continue the

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treatment (unless they ask you to stop) otherwise stopping to hand them a tissue may result in a reduction of the healing release.

#### **E. FINISHING**

Some people end the Reiki treatment with a finish. When you are done again place hands in Gassho. Some schools of Reiki suggest: that you rinse your hands and arms in cold water to break energetic contact with the person. This is generally good advice and helps break the energetic connection. When you are done with treatment, simply intend that the Reiki session is complete and that you are not connected to the person.

Some teachers also suggest that you break the energetic connection to your client, by “karate chopping” the astral cords that collect at your solar plexus. A practice that was used in Japan was called *Kenyoku* or “Dry Bathing”.

This was part of Usui’s Reiki Ryoho that was developed from Shinto practices to cleanse and purify the body and spirit. There is no right way to do a treatment. Just remember to BE Reiki and go with your intuition.

**REMEMBER, YOU ARE NOT A DOCTOR! WE DO NOT DIAGNOSE PEOPLE AND THEIR CONDITIONS!**

To do *Kenyoku* (Dry bathing), do the following steps.

*Kenyoku* is done either in the aura or energy field several inches above the body, or with the hand on the body.

To begin, put your fingers from your right hand near the top of the left shoulder. Your hand is flat, with the fingertips where the collarbone meets the shoulder.

Draw the flat hand down across the chest in a straight line down to the right hip. Exhale as you go. People who come from martial art schools will recognize this as an open-handed down block.

Repeat this procedure on the right side, reversing the directions (i.e., using your left hand from the right shoulder to the left hip.)

Repeat the procedure again on the left side.

Now, place the right hand on the edge of the left shoulder at the top of the arm. The fingertips that are on the edge of the shoulder are pointing outwards.

Bring the right hand down the outside of the arm all the way to the tips of the fingers. The hand is flat to the arm the entire length of travel. You can keep the left arm straight and at your side, or hold it up slightly. Again exhale as you go.

Martial artists will recognize this as a shirk which would be to remove the hand of someone that has grabbed your wrist or arm.

Do this again on the right side, with the left hand on the shoulder and bringing it down the right arm to the fingertips.

## **SECTION 11 - GROUP HEALING**

In Dr. Hayashi’s clinic in Japan, the practitioners worked in teams. Group sessions involve several Reiki practitioners working on one client all at the same time. This has the benefit of allowing many people to be treated more rapidly. It is also a blissful and pleasant experience. Groups generally consist of 2 to 4 practitioners. Any more than that and it gets crowded!!!

To organize a group, designate someone the leader. That person does the head positions. Divide up evenly the remaining positions with the other practitioners. Have people change

positions at the same time as instructed by the leader. This way everyone starts and finishes about the same time.

Reiki “Shares” are times when a group of Reiki practitioners get together and share Reiki group healing sessions together.

## **SECTION 12 – THE ATTUNEMENT**

The Reiki system is one that awakens this energy from teacher to student with an initiation. This initiation is often referred to as an empowerment or an attunement. An attunement is a ritual action performed by the Reiki teacher to awaken in the student this energy. There is a tremendous amount of speculation regarding how attunements work and why, and while all interesting theories and beliefs, all fall short of the mark.

I will share with you that you are, and always were this Universal life energy. The attunement gives you nothing you already were not. This “energy” is in everything, flowing everywhere. To paraphrase wise Solomon, “it shines on the wicked and the just”. It is intangible, amorphous and everywhere. You breath it in on every breath, you express it in every thought, and every movement. The teacher does not give you Reiki, nor does the attunement. What it does it bring back into awareness that which you already had and were.

It is like having something so familiar around you that you forget it is there, and the attunement just brings it back into consciousness. Once you see it, then you can express it in your being. Then you are Reiki.

Attunement styles and systems vary greatly from style to style and even from Reiki teacher to teacher. Some people have elaborate rituals that they believe must be performed exactly. Others are less structured. Some add from other rituals to the process by burning colored candles, using incense, playing music, saying prayers, calling “guides”, using power animals, etc. These things do nothing to add to the process but may provide additional meaning for those that have the beliefs associated with them.

During the attunement there are some things that are common to all the Reiki styles. You will generally be asked to sit in a chair, with the back straight. Most teachers ask for a period of quiet, contemplation or meditation for a few minutes before doing the process. Most teachers will place their hands on your head, forehead and on your hands during the attunement. Some may include tapping movements, and others may use a gentle breath empowerment technique.

The touching is generally light and not over personal areas.

## **SECTION 13 – ADDITIONAL IDEAS FOR REIKI**

Here are some additional ideas on using Reiki.

Mealtimes you can discreetly place your hands near or over your food. This will remove any negativity attached to the food, same for beverages. Children love Reiki! Hand positions are held for shorter periods due to them absorbing the energy quicker animals will accept Reiki if they want or need it. When giving Reiki on animals, simply place your hands wherever they comfortably fit over or near the pain. Some animals (cats!) will come back and demand more just because they love the energy! Plants respond well to Reiki. Cut flowers can be given a treatment to help preserve them. With potted plants, hold the pot in your hands, then sit back and watch your plants grow!

*Hatsurei-Ho* is a technique that is said to be from a Taoist *qigong* movement and is now taught in the Japanese Reiki society. You can use Hatsurei-Ho as a daily meditation along with

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recitation of the Reiki principals in the morning and evening if you so wish. Hatsurei-Ho is done prior to receiving *Rei-ju*, the channel strengthening form of attunement used by the Reiki Gakkai. It is very similar to ground and clearing exercise used in other metaphysical systems. Hatsurei-Ho contains the following techniques:

#### *PREPARATION - CALMING YOUR MIND*

It is important to begin with relaxation, which should bring about still and focused mind. Use a technique that suits you best. The Japanese are said to sing *Gyosei*. The way and the rhythm of singing did affect the mind and calmed it. I don't think here in the West singing *Gyosei* would help to calm down the mind, since most of us don't even know the Japanese language.

Observe your breathing for a few minutes without interfering or to use one of many mantras – “Om Mani Padme Hum” maybe.

#### *KIHON SHISEI - STANDARD POSTURE*

Sit on the floor on your knees, or chair.

Put a blanket under your knees. At first this posture will not give you any immediate satisfaction but when your knees become more flexible, you will start to perceive the benefits of this kind of sitting.

Relax and slowly close your eyes. Direct your attention onto your Hara or Tantien (3-5 centimeters below your navel). Put your hands on your lap with palms down.

#### *MOKUNEN – FOCUSING YOUR INTENT*

Say in your mind “I'll start *Hatsurei-Ho* now” to yourself.

With clarity in your mind just decide and do it.

#### *JYOSHIN KOKI-HO – THE CLEANSING BREATH*

This is a breathing method.

Place your hands on your lap with palms up and focus your intention on Tantien and relax, then start controlled breathing.

Inhale through your nose and exhale through your mouth. While inhaling, breathe in the life force – Reiki – coming down through your *Sahasrara* (Crown Chakra) into your *Tantien*. Let it fill your *Hara* and then all of your bodies, melting all tensions and anxiety. Let it sooth you.

When you exhale, visualize that the light that filled up your whole body, expands to outside of your body through your skin, onto infinity in all directions. Radiate it from you to the entire universe.

Repeat Steps 2 and 3 for a couple of minutes or as long as you like.

#### *GASSHO – PRAYER MUDRA*

Put your hands together holding them in front of your chest (like praying hands) a little higher than your heart.

Gassho is called “Namaste” in the Indo-traditions.

Combined with bowing down it is very powerful mudra. Just by doing it every day one derives benefits from it.

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*SEISHIN TOITSU – CONTEMPLATION*

You are in the Gassho or Namaste position. This technique involves breathing through your hands.

Inhale through your nose and exhale through your mouth. While inhaling, breathe in the life force – *Reiki* – coming through your hands into your *Tantien*. Let it fill your *Hara* and then all of your bodies, melting all tensions and anxiety. Let it calm you.

When you exhale, visualize that the light that filled up your whole body, expands to outside of your body through your hands. It is normally for hands and *Tantien* to become warm and vibrant at this point.

Repeat steps 2 and 3 for a couple of minutes or as long as you like.

*MOKUNEN – FOCUSING YOUR INTENT (FINISHING)*

Put your hands back on to your laps with your palms down. Finish with clear decision “I’ve finished *Hatsurei-Ho*”.

That is it. Allow your bodies to “come down” for a few minutes.

## ***Part 6: Usui Shiki Ryoho Reiki Level I Handouts***

### ***MEDITATIONS AND CHAKRAS***

#### **INTRODUCTION TO CHAKRAS**

According to East Indian philosophy, we possess seven major **Chakras** or energy centers on the body. Each of these forms a bridge, link, or energy transformer, changing pure (higher) energy into various forms, and connecting the four bodies (i.e. spiritual, mental, astral, and physical) together. The Chakras are located along the **nadis** (singular is “nadi”, a network of psychic nerves or channels) and follow the autonomic nervous system along the spinal cord.

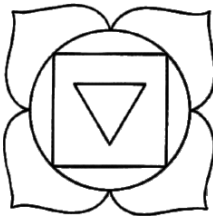
Chakras correlate with major acupuncture points along the “governing vessel meridian” (acupuncture term). The seven major Chakras are connected together by three major nadis, which are parallel and near each other. The middle nadi is called *Sushumna* and it has neutral characteristics. The nadi on the left (nearest your left hand) is the *Ida* nadi which has yin characteristics. On the other side of sushumna (nearest your right hand) is the *Pingala* nadi, having yang qualities.

Chakras are visible to clairvoyant sight as variously colored rotating circles or funnels. In the East, they are described as petalled flowers or lotuses, while in Western Shamanism they are divined as Spirit Tunnels.

There are many minor Chakras throughout the body, but in this writing we will focus only on the primary seven as the others are beyond the scope of this discussion. Each Chakra has a color and sound letter and a pitch associated with it which can be used to invoke it.

#### ***CHAKRA LOCATIONS AND ASSOCIATIONS***

##### ***ROOT CHAKRA - MULADHARA***



At the lowest point on your body at the perineum, the **Root Chakra** *Muladhara* sends its energy down into the earth as well as drawing nutrients up from the earth. It's a brilliant cycle of symbiosis that is often ignored. Muladhara is our first experience of being a member of a family – and that family is the collective consciousnesses on earth.

As the root of our being, Muladhara talks to us about our needs and how to get them met. Are we touched enough? Are we fed enough? Do we feel that we belong? These are all critical questions that Muladhara must ask and answer. And, as Sahasrara finds out what our purpose of this lifetime must be, Muladhara follows that up by *manifesting* those lessons in our lifetime.

**Colors:** Red, Brown, Mauve

**Key Words:** Grounding, Incarnation, Acceptance, Self-Preservation, Concept

**Developmental Age:** 0-3/5 years old

**Element:** Earth

**Body:** Physical

**Glandular Connection:** Gonads

**Quieting Fragrances:** Cedar, Patchouli

**Stimulating Fragrances:** Musk, Lavender, Hyacinth

**Harmonic Tone:** “OOHM” in C

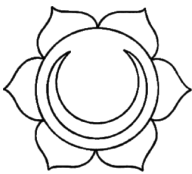
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**Crystals and Gemstones:** Smoky Quartz, Garnet, Alexandrite, Ruby, Agate Bloodstone, Onyx, Tiger's Eye, Rose Quartz

**Prayer or Affirmation:** Through incarnation may spirit be brought into matter. Through grounding and feeling rooted, may life-force be recharged and exchanged. We acknowledge wholeness and seek to gain and to reflect acceptance.

Muladhara has a lot of influence on how you're going to feel in terms of safety and security in your own environment. Things like how often you were held as an infant and whether you felt appreciated by your core family can have very long-reaching affects, and those are stored in Muladhara. If you feel that you weren't cared for sufficiently or accepted as a part of your core "tribe", whether that's the family or clan unit or the wider neighborhood unit, you could experience a lot of problems with lower colonic discomfort and discharging waste efficiently.

### THE SACRAL CHAKRA: SVADISTHANA



Our sexuality and our sensuality are so closely linked to our spirituality that it is truly no wonder that all religions and power structures have worked to limit and condemn the natural sexual habits of a population – the only way to effectively cut someone off from God is to sow a distrust of the sensual body. *The Sacral Chakra Svadisthana* is literally sacred. In every single ancient culture, the union of Man and Woman in the pleasures of the flesh emulated the union of the souls. To keep the Svadisthana of our planet balanced, we must reclaim this truth on a personal basis and integrate it with new habits of sexual liberation tempered with responsibility. When we have a firm grasp of our ability to create and what that means on a global scale, our empowerment happens with joy instead of fear.

- **Colors:** Orange, Amber, Gold (non-metallic)
- **Key Words:** Security, Sense of Others, Sexuality, Creativity, Empowerment, Co-Creativity, Sincerity
- **Developmental Age:** 3/5-8years old
- **Element:** Water
- **Body:** Etheric
- **Glandular Connection:** Lymphatic
- **Quieting Fragrances:** Musk, Amber
- **Stimulating Fragrances:** Rosemary, Rose-Geranium
- **Harmonic Tone:** "Ohm" in D
- **Crystals and Gemstones:** Amber, Citrine, Topaz, Aventurine, Moonstone, Jasper
- **Prayer or Affirmation:** May the union of humanity with each other and the earth enable true creativity. May release from a sense of sin and unworthiness lead us into the full knowledge of our empowerment as co-creators, at one with and a part of the Divine.

If you look over the affirmation of Svadisthana very carefully, you'll notice that this is the only prayer that refers to "sin" and "unworthiness". Populations have frequently been controlled throughout history by regulating the "acceptable" expressions of sexuality and, thus,

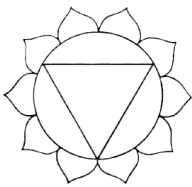
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faith – indeed, the connection without sexuality is often the quickest and most intense connection to religious expressions of spirituality. It is generally only actions of a sexual nature that make us feel “unclean” and devalued. Since we also acknowledge that our worth is unchangingly positive and cannot be compromised even through making mistakes, it is reasonable to conclude the “sin” and “unworthiness” are both fallacious concepts at their very core. You have the right to say “NO” to that devaluation.

Additionally, Svadisthana houses our lessons from our previous lives, as well as the long-term trauma and happiness of our childhoods. When unresolved issues live in Svadisthana for too long, we can see irregular menstrual cycles, urological dysfunction, and even cystic and cancerous growth. When you find old issues, send them up the line to Manipura and wish them a fond farewell in the fire.

#### THE SOLAR CHAKRA: MANIPURA



Cradled in the soft tissue of our torso, held in the gentle hands of our ribs and hips, is the fire in our belly, **Manipura**. This **Solar Chakra** gained its English name not only from its physical correlation to the solar plexus (a major nerve bundle at the joining of the ribs) but also from its fiery habits. When we talk about needing to stoke a “fire in the belly”, we’re saying that we need to take responsibility for ourselves and get something done.

Remember that we agreed that we as humans are made up of more than just our intellect and external emotions. Anahata holds the primary spiritual identity, but Manipura holds most of the expression of it. This is our seat of reason, logic and intuition. Intuition is not just a matter of receiving signals from some etheric plane of existence – it’s about the subconscious process of putting together information you receive unconsciously or peripherally. This is also where our higher emotions (love, fear, compassion, etc.) are expressed in materially ways. Thus, we experience crushes, jealousy, discomfort, puppy love, possessiveness, and the other more complex versions of the simpler higher emotions.

- **Colors:** Yellow, Gold, Rose
- **Key Words:** Logic, Reason, Opinion, Assimilation, Psychic Intuition
- **Developmental Age:** 8-12 years old
- **Element:** Fire
- **Body:** Astral
- **Glandular Connection:** Adrenals
- **Quieting Fragrances:** Vetivert, Rose
- **Stimulating Fragrances:** Bergamot, Ylang-ylang
- **Harmonic Tone:** “Ahm” in E
- **Crystals and Gemstones:** Yellow Citrine, Apatite, Calcite, Kunzite, Rose Quartz, Iron Pyrites (Fools’ Gold), Topaz, Malachite
- **Prayer or Affirmation:** Through the gift of fire, let reason, logic, opinion and assimilation become truly linked to inspiration that we are not bound within limitation and separation.

We can carry a lot of negative energy from our past around with us. When it’s time to get rid of it, we can build up the fire of Manipura to burn all the extra trash away. When we



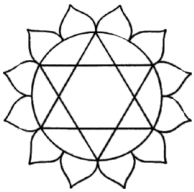
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relieve ourselves of enough of the trash from the past, we can learn our lessons as soon as they come to us and burn the negative energy quickly without having to carry it around for very long.

And do you know what happens to all that trash? Just as in the material world, it's converted to energy quickly and efficiently, allowing us to get even more done. When you're feeling sluggish and drained, pull up some old unresolved issues and put them in the fire. You'll have plenty of energy after that.

#### *THE HEART CHAKRA: ANAHATA*



This may seem like kind of a “no-brainer” when it comes to the realms of correspondence for this chakra, but the ***Heart Chakra Anahata*** seats more than you might expect. Remember this very vital piece of information: you are more than your intellect, AND you are more than your emotions. Anahata is more than just the seat of your emotions because it is the seat of YOU.

Anahata houses our core identity – but not the ego. The ego is the culmination of the “social-structure self” – Anahata is the part of you that has no need to be validated by the external world. Anahata knows the love of God, and knows it deserves the love of God. Only the interference of the ego would lead you to believe anything besides this universal truth.

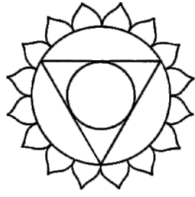
- **Colors:** Spring Green, Rose, Rose Amethyst
- **Key Words:** Compassion, Feeling, Tenderness, Love of God, Love of Others, Detachment, Identity, Self-love
- **Developmental Age:** 12-15 years old
- **Element:** Air
- **Body:** Feeling
- **Glandular Connection:** Thymus (growth gland behind the sternum)
- **Quieting Fragrances:** Sandalwood, Rose
- **Stimulating Fragrances:** Pine, Honeysuckle
- **Harmonic Tone:** “Ah” in F
- **Crystals and Gemstones:** Emerald, Green Calcite, Amber, Azurite, Chrysoberyl, Jade, Rose, Watermelon Tourmaline
- **Prayer or Affirmation:** In the golden center of the rose of the heart may tender compassion be linked to unconditional love. May true detachment enable growth and continuity. Through the understanding of birth within death and death within birth may there be transformation.

There are a lot of critical concepts centered on Anahata. Universal and unconditional loves are two sides of the side coin, but we see here a reference to compassion and tenderness and... detachment?!? Absolutely. As anyone that has ever had to deal with a crisis situation involving a child will tell you, emotional detachment is the wisest and best thing you can do in order to deal with the situation. In addition to allowing you to go through the actions necessary to resolve the problem, detachment also allows you to show compassion without panic. If you think about it, panic is possibly the most selfish reaction you can experience in a crisis – it takes you away from the people who need you the most.

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#### THE THROAT CHAKRA: VISSUDHA



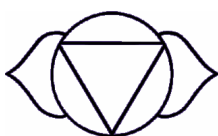
Although the Throat is technically the smallest area in terms of body mass, Vissudha is possibly one of the most important chakra in terms of physical health and well-being. Because of its location, there are a LOT of body elements that it influences – the trachea, the voice box, the cervical vertebrae, and the thyroid are just the big ones. There are also lymph nodes and major arteries that fall under its influence. You can feel the strongest presence of Vissudha just above the divot between your clavicle bones.

When we have a hard time expressing ourselves effectively, we can experience dysfunction in Vissudha. People who lose their voices a lot are often subconsciously avoiding talking about something that is truly important, either out of fear of hurting someone else or else out of fear of revealing something they are ashamed of. This is just one example of how dysfunction manifests here, but luckily it is also one of the more “vocal” chakras and lets us know when something is going wrong pretty quickly.

- **Colors:** Blue, Silver, Turquoise
- **Key Words:** Expression, Responsibility, Communication, Universal Truth
- **Developmental Age:** 15-21 years old
- **Element:** Ether/Akasha
- **Body:** Mental
- **Glandular Connection:** Thyroid and Parathyroid
- **Quieting Fragrances:** Lavender, Hyacinth
- **Stimulating Fragrances:** Patchouli, White Musk
- **Harmonic Tone:** “Ehm” in G
- **Crystals and Gemstones:** Lapis Lazuli, Aquamarine, Sodalite, Turquoise, Sapphire
- **Prayer or Affirmation:** Help us to develop responsibility. May universal truth impregnate causal action so that the voice of humanity may find true harmony with the voice of the earth.

If you think on the range of things that Vissudha covers, you’ll start to see a pattern. One of the things that all religions are based on at the core is the concept of “Respect”. (We use the word “Respect” instead of “Love” because it applies to more modes of responsible activity than our Western concept of “love”.) In order to effectively execute that Respect, however, we are forced to make judgment calls on what we say. How often have you had to struggle with the idea of telling your best friend that her boyfriend is cheating on her, or perhaps even telling your husband that he has horrible breath, or telling your wife that her cooking could choke an ox? Sometimes they seem like little things, but honesty is a critical part of respect, which is your responsibility as a person living on this planet.

#### THE THIRD EYE CHAKRA: AJNA



Right between the eyes and about a half an inch above our eyebrows (depending on the size of your face) is the **Third Eye Chakra, Ajna**. Ajna is readily recognizable as the symbol of a lot of occult and “secret” wisdoms since the Third Eye has long been associated with gypsies and fortune-tellers. Interestingly enough, this is not the seat of our intuition. It is,

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however, the seat of our perceptions, which are sometimes even more important than intuitive leaps. Our psychic awareness comes through a variety of perceptions that get processed through the spirit. It is, after all, that which we observe that feeds our intuitive ability to reason and assess. Hindu ladies wear a little gem or mark called a “bindi” on their Ajna as decoration as well as a mark of their caste (social status).

- **Colors:** Indigo, Turquoise, Mauve
- **Key Words:** Spirit, Completeness, Inspiration, Insight, Command, Perception
- **Developmental Age:** newborn
- **Element:** Radium
- **Body:** Higher Mental
- **Glandular Connection:** Pineal
- **Quieting Fragrances:** White Musk, Hyacinth
- **Stimulating Fragrances:** Violet, Rose-Geranium
- **Harmonic Tone:** “Eem” in A
- **Crystals and Gemstones:** Amethyst, Purple Apatite, Azurite, Calcite, Pearl, Sapphire, Blue and White Fluorite
- **Prayer or Affirmation:** We seek to command ourselves through the inspiration of the command of God. May true insight be enabled and the finite mind be inspired to a knowledge of completion.

Ajna is considered the “window through which the flame of our spirit shines”, as opposed to Sahasrara, which is the flame itself, so to speak. When we deal with issues of Ajna, we are looking at how we view the world, and how that perception affects the way we act, the way we feel, and the way we respond to stimuli. This might be the place you’d expect to work on problems with pessimism and optimism.

This is also the first chakra to address if you are seeking to develop your own intuitive and psychic abilities. The manifestation of psychic messages must go through Ajna, and working with this chakra with the intention of that growth enables us to discern between a dream and a prophecy, a fantasy and a vision.

#### THE CROWN CHAKRA: SAHASRARA



From the top of our heads, blossoming like the halos of angels, the **Crown Chakra Sahasrara** raises up its thousands of petals to the Divine Light, helping us connect with the Cosmic Consciousness to understand our purpose dharmically and karmically. (Karma is the collection of lessons you are set to learn over a cycle of lifetimes, while Dharma is the set of lessons that you collect and learn in this lifetime.)

This is where we feel the first warm rumbles of Reiki entering our spirit. This is where we connect with each other spiritually.

- **Colors:** Violet, White, Gold
- **Key Words:** Soul, Surrender, Release, Incoming Will
- **Element:** Magnetum
- **Body:** Soul, Ketheric (referring to the Tree of Life) or Causal
- **Glandular Connection:** Pituitary and Pineal
- **Quieting Fragrances:** Rosemary and Bergamot

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- **Stimulating Fragrances:** Violet, Amber
- **Crystals and Gemstones:** Diamond, White Tourmaline, White Jade, Snowy Quartz, Celestite
- **Prayer or Affirmation:** Through surrender and release let the incoming will be truly the will of God working within us and through us, leading us increasingly to knowledge of mystical union and mystical marriage.

There is a heading missing from the above list: “Developmental Age”. This is because Sahasrara is the first and lasting chakra. You are born with it completely intact and ready to rock. Some people call it the doorway of the soul, and others call it the “God-connection”, and both attitudes are completely right. Many more names could describe it, but we won’t get into that here.

Sahasrara, the Crown Chakra, is the place where we receive the Great Divine Light and also the Great Divine Message. If you are having a hard time figuring out your purpose in life, what job would be best for you, whether or not you’re moving in the right direction, this is the chakra to focus on first. This is, at the same time, the essence of BEing. When contemplating Sahasrara, we are closest to the Divine, and the Divine requires no action from us except that which we choose.

### **BREATHING – THE FOUR-FOLD BREATH**

The main purpose of *Pranayama* is to relax the body and mind. There are many kinds of Pranayama, but a simple one called the “Four-Fold Breath” works for most people. This consists of four short quick inhalations, then four short quick exhalations; then repeat, continuing until the allotted time is used up. It will take about 1 1/2 seconds for the four inhalations, and about 1 1/2 seconds for the four exhalations; or about 3 seconds for the complete in-out cycle.

There should be no strain of any kind during your Pranayama. You will probably notice a slight dizziness, particularly at first, since the effect of Pranayama is to hyperventilate. Try sitting back in a chair with your eyes closed when you do your Pranayama. Begin with a minute a day for the first week and gradually increase up to about five minutes a day. If you do the Pranayama before your magickal activity, it will help you to get “into the mood”. It is also an excellent aid to relaxation, tension release and centering yourself. Pranayama should not be done during times when there is heavy air pollution, especially if you have allergies. Other exercises you might consider are Hatha yoga, calisthenics, walking or jogging.

### **KUNDALINI YOGA**

There are numerous forms of meditation and each has their own specific traits and goals. While we can offer suggestions and guidelines, it will be necessary for you to research and study the various methods combining this with experimentation to discover which works best for you.

There is a special type of concentrative meditation, which is known as “Chakra meditation”. In essence, this is Kundalini yoga – the practice of causing psychic energy (Kundalini) to flow upward energizing the various Chakras along the way. The technique is very simple and will eventually produce powerful results, but patience is necessary. As each Chakra is activated and energized by this practice, it is believed that increased psychic and astral abilities will result until at last the crown Chakra is reached. With this, full enlightenment is attained. With some, Kundalini awakens all by itself, but the vast majority must diligently work at it.

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To practice this Chakra meditation, you simply need to concentrate on the Chakras, beginning with the Root Chakra, and moving progressively upward. See the listing of Chakra attributes for correspondences to assist in this. Focus on each center as you visualize them opening, your psychic energy traveling upward from the root Chakra opening, and energizing each higher Chakra. As mentioned, each Chakra has certain properties associated with it, so that this type of visualization will raise your overall consciousness, promote astral projection as well as a greater awareness of your spiritual self.

It is favorable to get into a daily routine for your meditations if at all possible. Ideally, fifteen to thirty minutes a day should be adequate, but do what works best for you. Naturally, being in good physical condition and having flexibility is very helpful, too. Diet will also play a vital role. If you are a fast food junky and/or a couch potato, don't expect noticeable results.

You will know if you are achieving results because you will either feel a light tingling vibration, buzzing sensations, or a sensation of warmth, and some people report feeling a light throbbing in the Chakras.

### A CHAKRA MEDITATION

You can do this meditation either standing or lying down. However, it is important to not cross your legs or arms since this will close your energy loop.

Center yourself. Hold your right hand a few inches above your Root Chakra. Focus on this spot and hold this focus for a moment. Visualize energy coming down from the Universe and flowing through your hand into the Chakra.

Each time you inhale, feel more energy being drawn into the Chakra. When you feel a comfy warmth in this area, move onto the next Chakra. Keep doing so until you have charged all of your Chakras.

This exercise is very helpful for when you are feeling out of balance. It also helps during times of physical illness. ***YOU SHOULD STILL SEE A DOCTOR IF YOUR CONDITION IS SERIOUS.*** This is not a substitute for a doctor's care, but it is an aid to help strengthen the healing process.

If you wish, you can hold crystals/stones in your hands while doing this or place the appropriate stone on the appropriate Chakra. The corresponding stones are:

- Red Jasper – Root Chakra
- Carnelian – Sacral Chakra
- Tiger's Eye – Solar Chakra
- Aventurine – Heart Chakra
- Sodalite – Throat Chakra
- Lapis Lazuli – Third Eye Chakra
- Amethyst – Crown Chakra

### TWIN HEARTS MEDITATION

#### ***WHAT IS THE MEDITATION ON TWIN HEARTS?***

Meditation on Twin Hearts is based on the principle that some of the major Chakras are entry points or gateways to certain levels or horizons of consciousness. To achieve illumination or Cosmic Consciousness, it is necessary to sufficiently activate the Crown Chakra, but this can be done only when the Heart Chakra is sufficiently activated. The Twin Hearts thus refer to the Heart and Crown Chakras.

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The Heart Chakra is an energy center in front of a person's chest. It is the energy counterpart of the physical heart. The Heart Chakra is the center for compassion, joy, affection, consideration, mercy, and other refined emotions.

The Heart Chakra is a replica, or twin, of the Crown Chakra. When you look at the Heart Chakra, it has twelve petals, similar to the twelve petals which form the inner core of the Crown Chakra. The Crown Chakra, on the other hand, is the center of illumination, or Divine Love, Oneness with all. It is situated on top of a person's head, providing energy for the brain and the glands therein. When the Crown Chakra is sufficiently activated, its inner core of twelve petals unfurl, open and turn upward like a golden cup, crown, lotus, or flower to receive spiritual energy which is distributed to other parts of the body. When the Crown Chakra is highly activated, a halo is produced around the head. During meditation, the Crown Chakra rotates so fast it appears as a brilliant flame of light on top of one's head.

The Twin Hearts Meditation was first introduced in Master Choa Kok Sui's book, *the Ancient Science and Art of Pranic Healing* (1987). Since the Meditation is a powerful tool in bringing about world peace, Master Choa has granted permission to disseminate, reprint, copy, and reproduce the Meditation with proper acknowledgement.

#### *WHAT HAPPENS DURING THE MEDITATION ON TWIN HEARTS?*

When a person does Meditation on Twin Hearts, divine energy flows down to the practitioner; filling him with Divine Light, Love and Power. The practitioner becomes a channel of this Divine energy.

Spiritual aspirants who have practiced this meditation for quite sometime may experience being enveloped by dazzling, sometimes blinding light. In addition, practitioners may experience divine ecstasy and bliss, and a feeling of Oneness with all creation. This has been a common experience among advanced yogis and saints of all religions, and can be verified through their holy scriptures.

This blinding, brilliant, and dazzling light is known as *Heaven Ki* in Taoist yoga, or the *Pillar of Light* in ancient Jewish Qabalah traditions. To the Indian yogis and saints, they call this Pillar of Light the *Antahkarana* or "spiritual bridge of light". The Christians refer to it as the *Descent of the Holy Spirit*, symbolized by a pillar of light with a descending white dove. The white dove represents the descent of Divine energy. This descent of the Divine energy causes the temporary expansion of the practitioner's major Chakras and inner aura, but if this meditation is practiced daily for a year, then the expansion may become permanent.

#### *BENEFITS FROM THE MEDITATION*

When people practice the Meditation on Twin Hearts daily or regularly, their major Chakras and auras will increase in size, making their energy bodies more dynamic and stronger. With bigger Chakras and inner aura, they can become more powerful healers and can heal most minor ailments very quickly and almost instantaneously. Having a powerful and dynamic energy body not only enhances one's healing powers but also increases one's effectively and productivity at work. People who have magnetic personalities or great charisma usually have bigger Chakras and inner auras than ordinary people, and they tend to have a stronger influence over most people. Furthermore, a person who regularly meditates becomes more intuitive and intelligent. When faced with a problem, he will have the increased ability to see directly through the problem and find the right or proper solutions.

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Those who intend to practice regularly the Meditation on Twin Hearts, however, should practice self-purification or character-building through daily reflection so their positive characteristics will be magnified or activated.

The Meditation on Twin Hearts is a form of world service. By blessing the earth with loving-kindness, you fill the world with positive spiritual energies. The blessings can be directed to organizations, specific countries, or group of nations. The potency of the blessings is increased many times when done by a group of persons. Another way of blessing the earth with loving-kindness is by daily radio broadcast at an appropriate time with some or most of the listeners participating in the meditation process. When practiced by a large number of people, the meditation miraculously heals the earth, thereby making it more harmonious and peaceful.

#### *THE MEDITATION PROCEDURE*

**WARNING:** The following are not allowed to practice the Meditation on Twin Hearts:

- Those below 18 years of age;
- Those with heart trouble, hypertension, glaucoma and severe kidney ailments; and
- Pregnant women.

Doing this meditation can have adverse effects to the people with the preceding conditions. People with the above qualifications who insist on practicing the meditation do so at their own risks.

**Cleansing Exercise** – Cleanse the etheric body by doing simple physical exercises for about five to ten minutes. During the exercise, light grayish matter, or used-up Prana, is expelled from the etheric body. Physical exercises also minimize possible Pranic congestion since the Meditation generates a lot of subtle energies in the body.

**Invoke for Divine Blessings** – The Invocation is important to one's protection, help, and guidance. Without the invocation, the practice of any advanced meditation technique can be dangerous.

**Activating the Heart Chakra** – Press the center of your chest (heart area) with your finger for a few seconds. Then concentrate on the front heart Chakra and bless the whole world with loving-kindness. The blessing should not be done mechanically. When blessing the entire earth, visualize it as a small ball in front of you, being filled with dazzling bluish pink light. During the blessing, visualize people smiling and filled with joy, faith, hope, and peace. Visualize enemies reconciling, embracing and forgiving each other. You should also personally feel joy, happiness, and peace filling your entire being while blessing the earth. Do not direct this blessing to infants, children or individuals because they might be overwhelmed by the intense energy generated by this meditation.

**Activating the Crown Chakra** – Press the top of your head for a few seconds. Then bless the planet earth with loving-kindness from the Crown Chakra. Feel the same positive energies you evoked in step 3. Visualize brilliant white light from your Crown Chakra blessing the entire earth.

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**Blessing with both Crown and Heart Chakras** – Bless the earth simultaneously from both the Crown and Heart Chakras with golden light. This will align the two Chakras and make the blessing more potent. Feel the same positive energies you evoked in step 3 and 4.

**Achieving Illumination** – For illumination (expansion of consciousness), visualize a point of dazzling white light on top of your head and simultaneously chant mentally the word AUM (Ah-omm--), or Amen (Ah-mennn--). Concentrate on the intervals or gaps (moments of silence) between the AUMs of Amens, while maintaining your concentration on the point of light. Do this for about 10 to 15 minutes. When you can fully concentrate simultaneously on the point of light and on the intervals between the AUMs, you will experience an inner explosion of light.

**Releasing Excess Energy** – After meditation, it is important to release all excess energy by blessing the earth through your hands, with light, loving-kindness, peace, and prosperity for several minutes until you feel your body has normalized. Continue blessing if you still feel congested; otherwise the excess energy may cause headaches and chest pains. The physical body may also deteriorate in the long run if there is too much energy in the etheric body.

Prepared by Ricardo B. Serrano, DAc, MH, ADS January 29, 1998  
Revised by Jacquelyn S Berke 2005 ~ To make it less religious



### ***Part 7: Reiki Ethics and Principles***

As Reiki Practitioners, we can heal ourselves and others and we can send healing to those we cannot be with. We can work with groups, healing lists and prayer lists, and as a master you can teach others and share this great gift with them.

As a Reiki Master and practitioner, be ethical in your behavior. Only use Reiki for the highest good of all. (Reiki cannot be used for harm, it will not work, and the Reiki will not flow.) Be honest with and about your abilities and skill. While I personally have had many spontaneous healings, I would never promise that or any healing. The ultimate responsibility to heal is with the person, not you. Do not promise what you cannot deliver. Do not make medical diagnoses, no matter what. Be conscious and respectful of peoples' bodies and their privacy issues. An intelligent practice is to have people sign a "hold harmless" agreement prior to treatment illustrating areas the hand positions cover and having the check off any areas they do not want touched.

Of all the ethics in Reiki, the most important is to ask permission prior to treatment. Understand that for some reason, some people actually do not wish to be healed. Respect that choice. People hold onto illnesses all the time if they serve some specific function (i.e. getting their needs met, having people care for them, etc). People have verbally rejected offers for Reiki, and practitioners have decided to send anyway – please, do not do that! Respect others' choices, however much you may personally disagree with them. (One student reported that their parent was a devout Christian and believed Reiki was not from God, and therefore did not want it sent. They decided that the parent was just misinformed and decided to send anyway. That would be unethical.)

If the recipient is not conscious or you cannot get an answer from the person directly, ask their Higher Self. Now many ask, what does this mean? Some people have Reiki "Guides" or Angels that they ask and presumably receive an answer from. Feel deep within yourself and then send some Reiki. If you feel uneasy or resistance, then that should tell you it is not being accepted. If the Reiki pours from your hands easily, then it is probably a safe assumption that it is being accepted. Finally, when you send distance Reiki, understand that although some people tell you they want the Reiki, they might unconsciously reject it. Always place in your sending the instruction that the energy be sent elsewhere if not accepted by the person. You can send to those in need, the universe, or the Earth.

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### ***Part 8: What “Is” and What “Is Not” Reiki...***

Welcome to the latest of articles fresh from the Reiki front. After reviewing literally thousands of websites and watching discussions on various message boards and e-lists, I was motivated to write these words. As an aside, it is not my place to say what Reiki is and what is not, so the title of this Article is a bit ironic at best and misleading at worst. My goal here is to illustrate differing ideas regarding this issue, and to highlight what is essential to Reiki practice from other techniques that have become part of current practice in some styles. Perhaps there is a bit of traditionalist in my heart after all. I don't care if you invent “Fish Slapping Reiki” (ala Monty Python's Flying Circus “Fish Slapping Dance”) and slap your clients with fish as you do Reiki, I just care that you mention that it is not Usui Reiki. To some, this distinction might seem trivial, or even irrelevant. They may even ask what relevance it has if people are dedicated healers.

While I acknowledge that it is important to remember that our primary purpose is that of healers, I also understand that when I do Reiki, I am representing my teachers, and their teachers back to Mikao Usui himself. I am representing this in my attitude and conduct and in how I present Reiki to the general public. If I am adding all sorts of things that Usui did not espouse, I believe it is my responsibility to label them as such. That is both honest and a courtesy to my clients and students. This is not to denigrate the practices of others. I am not commenting on the efficacy or appropriateness of practices added on to Reiki, but trying to illustrate the difference and implore people to be honest about what they are and label them and what they are doing.

With all the “new” styles, “new” symbols, and various other changes the question of exactly “what is” Reiki becomes a legitimate question. To fully evaluate this question, I believe that we must examine Reiki “the system” and Reiki the “energy”, new styles, traditional practice and newer modifications, channeled histories, and magical add-on techniques.

#### **REIKI THE “SYSTEM” AND REIKI THE “ENERGY”**

Most Masters do not differentiate between Reiki the “system” and Reiki the “energy” when talking about Reiki. Reiki the “energy” is the divine energy from the creator that is available to all creation on an equal basis that we use in the Reiki System for healing. Other systems such as Chi Gung, Seichim/SKHM, and others utilize this energy as well. Reiki, the universal life energy, is one name for the energy. When discussing Reiki the system, it would seem to be a different matter. Usui Reiki or the Usui System of Natural Healing has certain characteristics. They would seem to be a series of principles, hand positions, symbols and attunements that are used in a fairly specific way. That is the “system” of Reiki.

The question is, at what point does a change in the system become significant enough to constitute a change in Reiki “the system” to warrant somehow delineating it from other practices. For some practitioners, using distance attunements would constitute a change in the system. My views on this matter are listed in the Distance Attunement article in this course and so I will not bore you by repeating them here. Suffice it to say that I believe that distance attunements are a logical extension of the Distance Symbol and Distance healing that is part of the Usui System, and not a different system.

When the Reiki Alliance attempted to trademark the word “Reiki”, and “Usui System of Natural Healing”, one of their stated reasons was to try to delineate what was and was not Usui Reiki. These days there are those that call themselves “Traditional” practitioners (there are numerous groups and individuals that use this designation, most with different practices), “non-

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traditional” practitioners, people like me who laughingly call what they do “neo-traditional” and newer Reiki’s such as Karuna Reiki, Siddhartha Reiki, Lightarian Reiki, *Tera Mai*™ Reiki, various Tibetan/Usui Mixes, and others. This moves our discussion into the next facet of “New Styles”.

### NEW STYLES OF REIKI

We have seen that part of the confusion comes from there being a difference in the Reiki System and Reiki energy. Developers and advocates of the “new” Reiki’s feel comfortable calling them a type of Reiki since they are also “universal life energy”. They are therefore referring to Reiki “the energy”, and not Reiki “the system”. The problem is that the public at large and even some Reiki practitioners and masters do not understand this difference.

There might be confusion that these are just another “type” of Usui Reiki. My own opinion, for whatever that is worth (which would be nothing, the same price you are paying for this course!) is that people use the Reiki “name” because it is widely known and the confusion between their product and Usui Reiki is desirable because it gives the impression that it is Reiki “the system”.

Some of the newer Reiki’s use the time honored advertising strategies of soap commercials and offer the “new and improved” model. I have seen websites selling training saying that Usui Reiki is “lower frequency energy”, while Seichim is “higher frequency energy”, and Sekhem is the “highest frequency and unlimited in power”. I have seen practitioners of Karuna Reiki make claims that it is “more powerful”, “deeper working”, and “higher frequency” than Usui Reiki. On some Lightarian Reiki websites, I have seen it stated that Lightarian Reiki is a higher band of energy than Karuna Reiki thus establishing a continuum of power of energy systems with good old Vanilla type Usui Reiki at the bottom. By implication, Usui Reiki is ok, but not as powerful and good as our brand of Reiki. Usui Reiki must be the “Kleenex or Xerox of the Energy System World, as it is the basis that all others are judged by.

Indeed some teachers even promise *Satori* experiences, and even enlightenment as one’s “light body” vibration is raised. Does anyone really believe that enlightenment is something you can put in a bottle, or receive an attunement, or just learn our system for \$999.95 no ups and no extras and you will receive enlightenment? Do the words “snake oil” have any meaning to you?

But before we add to the confusion and hype and soap commercials atmosphere two points must be made. First, I am not commenting on anyone’s practice of healing. There are so many dedicated healers who are committed to healing themselves, others and the world. If they find meaning in these practices then I wish them well and all the success in the world. However, when you make claims like those above you place yourself in a position of public scrutiny. People have a right to know if what you say is true. Let’s examine some of the statements that I have included above.

First, can anyone establish that his or her energy is “higher frequency”? Answer: No, they cannot. They can through subjective perception of the energy but that is subject to perception and beliefs. There is simply no objective way to measure it. If you pay money for a class, and people all tell you that it is higher frequency and you feel it more strongly then your beliefs color your perception. How do we know that if you were just to commit to using Usui Reiki and practice heavily with it for the same amount of time as the class that you would not also notice the same feeling or increase? Additionally, you always feel the energy more strongly following any attunement process. Even as a Reiki master, if you were to receive an additional Usui attunement you would feel it more strongly.

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Second, can anyone give you enlightenment from his or her energy system? Answer: No, they cannot. If you have to work to become enlightened using the Buddha's teachings, Jesus' teachings and Mohammed's teachings, then I don't think that there is a short cut. You can raise your light body's vibration forever with attunements it is no shortcut for discarding the conditionings that cloud one's mind and that is hard work.

Third, the proof is in the pudding (so to speak). Can people with any of these "other & trade;" Reiki's heal any better than any Usui Reiki practitioner? Answer: No, they cannot – at least, not from what I have seen. And short of controlled scientific studies there is no way they can substantiate these claims. Perhaps using anecdotal evidence might be acceptable if they could demonstrate a pattern of healing cases that other Reiki practitioners could not heal or something... But fundamentally, if you are selling a healing system that is more deeply penetrating, higher frequency, etc., shouldn't that translate somehow into better and faster healing?

### **TRADITIONAL PRACTICE AND NEW MODIFICATIONS**

Here is an area of some difficulty as there are many techniques that have found their way into Reiki practice that are not Usui Shiki Ryoho. Many people who learned Usui Reiki were interested in a variety of other things including Magic, Wicca, Mythical ancient civilizations, New Age practices, crystals, and other things. People began experimenting with many of these and these "new" techniques eventually found their way into "Reiki".

Here are some examples. In distance healing (level II Reiki), Usui used a photograph, and Takata also taught to use a pillow or the thigh (teddy bear works nice too). It was the intent that the Reiki be sent that was essential. Some Masters added that while using a proxy to say, "by the 'law of correspondence' as I do Reiki on this teddy bear it is done to this person". When you add "by the law of correspondence" you are placing in things from a Wiccan/Magical tradition.

Some Masters teach "Psychic Surgery" in their Advanced Reiki Classes. This involves a pseudo-hypnotic visualization technique along with energy manipulation techniques. Some advanced classes teach about charging crystals with Reiki and giving them to clients, or making a crystal grid. While talismans and other charged objects have been part of Wicca, Strega (Italian Witchcraft), and other Magical systems for some time, they are not Reiki. Manifestation grids seem to me to take their cue from some sort of spell work.

Most of these things are commonly taught these days as some form of "Advanced" Reiki. Yet in reality, none of these are part of the Usui System, yet still classified under "Reiki". It gets confusing and perhaps really confusing to the consumer viewing all this from the outside. All I can comment on here is that while I may use some of these practices, they are not part of the original Usui teachings.

Now I am not commenting on the efficacy of these techniques. If you like them and use them and find them effective, then good I am happy for you. It is wonderful that you have these techniques available to you. The issue is that while an individual master may find that the additions are meaningful to them, they cannot demonstrate that they improve the Reiki or the healing. Reiki is a simple system. People will rise to whatever level of complication is needed for them. However, the question remains, are the additions Reiki. My answer: No, they are not part of the Reiki system, they are something else. Please if you are listening to this and offending yourself by these words, understand that I am not saying inferior and not saying bad. I am saying they are not necessary in the least to practice Reiki.

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The last area I want to explore is the neo-channeled histories. Channeling has been around for a long time. People have practiced this form of divination throughout history. Some religious traditions have strict sanctions against it, while others do not. Whatever your personal beliefs regarding this phenomenon the universal constants regarding channeling is that it is not a reliable practice, and it is dependent entirely upon the belief system of the practitioner.

The belief system of the practitioner will influence more than anything else the message received. Bearing this information in mind let us look at some of the latest channeled information on “Reiki” history.

Lately, I have seen Masters claiming that Reiki didn’t start with Usui but was much older than Usui. (I am forced to wonder, is that Reiki the “energy” or Reiki the “system”?) One common myth where this is seen is that Reiki was “re-discovered” and is from Tibet. Channelers are telling us that Reiki came from Egypt, from the Mayans, from Atlantis, and even the Lemurians. Some believe it came from the “Ascendant Masters”, while others think it came from the “Space Guys” (and some think the Ascendant Masters are the Space Guys!), and on and on.

It has been my experience that there is nothing that will cause the general public’s eyes to roll faster than saying, “Reiki comes from Lemuria 100,000 years ago, and the space guys taught the ascendant masters!” People then look at you with that “look”, (you know the look, the one where they think you have forgotten to take your medication again and wondering if they should contact the authorities because you might be dangerous...) I have known people that received Reiki and had the Reiki heal a pain, injury or condition who later told me that it was “nonsense”. Upon asking why, I found that their positive experience with Reiki was undone by reading a book where they learned that Jesus learned Reiki from the Tibetans, or Jesus didn’t die on the cross but went to India, or Reiki comes from the Ascended Masters, or the Space Guys, or Egyptian Goddesses, and they know this cause they read it in a published book by an “expert”, and therefore Reiki must be pure nonsense.

Personally I don’t care if you believe that Fox Mulder is an Ascended Master reincarnated to get the Reiki Ray Gun back from the Aliens who introduced Reiki to humans’ way back on the Continent of Reikiania 4 million years ago so humanity can be saved. However, I have a problem when people represent that as being Reiki “the history” in Reiki “the system” because it is dishonest and makes it difficult to seriously present Reiki to the public and seriously damages the credibility of Reiki for those trying to use Reiki to heal others within the context of the general medical community.

### **IN CONCLUSION**

Well now that I have managed to irritate just about everyone in the Reiki community, like angry peasants in a Frankenstein Movie storming the gates of the Castle Frankenstein, torches and pitchforks in hand.

Ok, maybe it is not as bad as that, but people seem to take all of this so very seriously, with zeal generally reserved for religions. As Fox Mulder says, “The Truth is out there”. Don’t take what I say as gospel; investigate, keep an open mind, and find out for yourself. In all things remember that the hallmark of the Reiki system is that Reiki is Simple. That is what makes it great. It is the acknowledgement that we are limited and finite, but the source and creator is infinite.

When our egos are in check and we let the universal love of the creator flow through us, wondrous things can happen. And you don’t need angels, crystal talismans, crystal grids,

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channeled histories, psychic surgeries, and other complications to make it work, you just need to place your hands on someone, feel the love of Reiki, and let it flow. The rest will take care of itself.

### ***Part 9: Reiki Share Ideas***

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RICHARD R. RIVARD REIKI SHIHAN / MASTER

#### **REIKI SHARE / EXCHANGE / CIRCLE IDEAS (ALSO FOR REIKI INFORMATION GATHERINGS)**

##### ***THINKING OF SETTING UP YOUR OWN REIKI EXCHANGE?***

If you have been looking around for a weekly or monthly gathering of Reiki practitioners in your area, but have had no success finding one, then perhaps it is time you started your own Reiki Share. You do not have to be a Reiki Master to do this, just someone interested in sharing Reiki with others.

A Reiki exchange, Reiki share or Reiki circle is usually a gathering of Reiki practitioners who come together to practice Reiki on each other. The exchange may include a meditation, a distance Reiki session for a specific person or event, a sample or complete Reiki session for those who wish to try out Reiki, a Reiki attunement, an exchange of Reiki information, and other items as the organizers and participant's desire.

Generally, newcomers to Reiki are welcome as are all levels of Reiki practitioners.

To get started I suggest the following process.

**1. Determine what kind of Reiki share you are interested in hosting.** For example, is this strictly for Reiki practitioners only, or are newcomers to Reiki invited? Will you have a meditation with your gathering? Will you share some Reiki information and ideas, or do simply wish to have everyone share Reiki with each other?

**2. How large of a group would you like?** This will determine whether the size of your space, the number of Reiki tables or equivalent (usually 2 to 5 people to a table), and whether you may need some assistance running the gathering.

**3. Find a place to hold the gathering.** These places are often right in your own area. Here are some ideas and I suggest you make sure they have washrooms easily available:

- your own home
- a church hall
- a local lodge hall
- a community center
- a local book store or clinic – these places may have some room to allow a small gathering and may enjoy the advertising you will bring to them
- the gymnasium or classroom of a local school

Here are some places I have used or attended for a gathering:

- a conference room in a local hospital
- a room at the local Masonic hall (I used this for the 1999 URRI workshop)
- a large room in a community center
- the recreation room in a Buddhist church
- in Japan, my friends and one of my teachers would rent out meeting rooms in buildings that provided such

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**4. Pick the duration of the gathering.** That is, how long do you want the share to last? This will affect your choice of time and day (see next). Here are some considerations.

- I suggest you allow a half hour at the beginning to get set up and for people to arrive. I notice that if I say the gathering begins at 1:30 pm. people tend to arrive from 1:30 to 2 pm.
- Allow a half hour at the end to pack things up, and especially for people to say their farewells. Often many participants have such a nice time they do not wish to leave right away. And it's nice if you do not have to rush to get out of a place you have rented.
- Allow time for your meditation and any talk you might give.
- Allow some time for chatting. After all, when Reiki people meet, they love to share experiences and ideas, and catch up on news. Sometimes this is simply done right over the Reiki table.

For the actual Reiki exchange, allow about 20 minutes per person per table. For example, if you are doing group Reiki and you have allotted 5 people at a table (4 giving Reiki to 1) you will find that a 15 minute treatment can be extremely powerful. Then allow 5 extra minutes for the transition between each recipient. In this case, 5 people at 20 minutes each means 100 minutes or one hour and 40 minutes for the exchange of Reiki.

So here is a possible scenario:

- 30 minutes set up and allowing for people to wander in
- 30 minutes for a meditation and for any short lecture or sharing of information / ideas
- 1 hr and 40 minutes for the Reiki share
- 20 minutes of conversation time, spread out throughout the evening (maybe you have a break half way through the exchange)
- 30 minutes to close up and say good-byes

This adds up to 4 hours. This is about the largest amount of time you will ever need, and it can be trimmed down as you see fit.

**5. Pick a time and day for the gathering.** Depending on your preferences, you can choose an evening or an afternoon. I have had success with a Friday evening, a Saturday afternoon, and recently I attended one on a Saturday evening. A weekday morning or afternoon might work out well for a group of seniors or night workers, while an evening or weekend may be more appropriate for day workers or people going to school.

**6. Consider your expenses and possible revenues.** The main concern is usually the rental fee for the location, if it is not going to be your own home. Normally I ask for a \$5 donation to cover costs. However if someone is not able to pay, of course they are most welcome to attend anyway – that's why I say "donation."

The word also explains that I am not doing this for profit, but I do realize that I may need help covering costs. Most people are quite happy to help out this way.

Other expenses may be:

- Snacks – always useful when doing energy work. This can simply be a bag of cookies, a plate of veggies, or something small and light. Instead of a donation, some of the participants can bring these.



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- Water and cups. Sometimes the hall can provide one or the other.
- Optionally, some tea or other beverage. Some halls might have tea pots and kettles you can use, or a small urn for hot water dispensing. Then you only need the individual tea bags.
- Paper towels or napkins - I use these mostly for the pillows on the tables.
- Tissues
- Hand sanitizer lotion, or baby wipes
- Name tags and pens. This is so people can get to know names. Newcomers can put a smiley on theirs. I use blank mailing labels for these.

#### 7. **Advertise your Reiki share.** Here are some ideas.

- You can use your friends and contacts to get the word out.
- The internet is great for this - announce your gathering on your favorite Reiki email list, bulletin board or your own web page.
- Make up a flyer and post it at bookstores, health food stores, Laundromats, nutrition oriented or vegetarian restaurants, community centers, your child's school bulletin board, the city market, telephone posts (remember to take them down afterwards).
- Put the gathering info and dates on the back of your business cards.

**8. What to bring for the gathering.** Here is everything you normally will need, but you can add or remove from the list as you see fit.

- **Chairs for sitting** – These are either for the meditation portion of the event or for sitting around the Reiki tables. The hall or place you use may have these but you may need to bring a few extras. I always keep some inexpensive folding chairs on hand at my place and they sometimes come in handy this way.
- **Reiki or massage tables** for the exchange, or something that will serve just as well. In my original gatherings I asked friends to bring their Reiki tables, but lately we have noticed that the halls usually have banquet tables that are sturdy enough to lie on. The newer tables like this are actually made of heavy duty plastic and have a metal tube running around the inside underneath the table, and across the middle for added support. They are fairly inexpensive at places like Home Depot. However, even the wooden ones can be quite sturdy - in fact in the early days of Western Reiki I noticed that many Reiki practitioners would use these for their home table before massage tables came down in price.
- **Blankets, foam pads or sleeping bags.** If you're using normal tables, you may need these for the tops to lie on. Ask people to bring these.
- **Pillows for the heads.** These can be very small pillows, and optionally you can bring some for under the knees. Again, ask people to bring these.
- **Paper towels or napkins for the pillows.** This is just a way to be more hygienic and replaces the need to change pillow cases for each person.
- **Hand sanitizer** – Where touch is involved, there is always the chance of transmitting bacteria or other germs. Even if you feel confident in your body's ability to stave off invasions, remember that exchanges involve touching a lot of people, and you can pass germs back and forth between them all.

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- **Lotion, or baby wipes**, or at the very least people can wash their hands in between Reiki sessions (the persons working exposed areas should do this).
- **Portable CD or cassette player and some soft soothing music** for your meditation and as a background for your Reiki exchange.
- **Water and cups** – people get thirsty and so I bring some bottled water if there is nothing available at the hall. Disposable cups make cleanup quick and easy.
- **Tea or other beverages** – this is optional but it does help to foster conversation as people stand around and drink.
- **Tissues are optional**, but mostly for those moments when the odd person or two may experience some tears from the treatment.
- **Munchies** – these are optional, but it is nice to have something light to eat and it helps to foster conversation. People like to stand around and chat and chew.
- **Basket or container** for donations.
- **Labels and pens**, for name tags. Get newcomers to put a smiley or happy face on theirs so you can know who they are and give them special attention.
- **Signs and tape** to tell people to make out a name tag, ask for a donation (\$5) and to explain the agenda and any guidelines for the gathering. Also, if you are using a room in a larger building, have a sign pointing the way at the entrance, and one at the door to the room.
- **Handouts**, perhaps advertising the future dates of the share, or explaining what Reiki is for newcomers, or again, to explain the gathering procedures. You might also have information printed from a Reiki web page. Note that if you are sharing a new idea at each gathering, it encourages people to come back for more.
- **Reiki business cards and pamphlets**. I have always invited people to promote themselves when they come to the gathering. They can bring any information they wish to share that relates to Reiki. I am never worried about someone stealing my students as I feel that the student will go to the teacher who is right for them at any time. And of course, if you worry about this, you are probably not doing a good job with the Usui Precepts (smile).
- **Reiki books or manuals**, you might want to tie these down (smile) but these can help explain how you teach Reiki or how you have learned it (if you are not a teacher). And they can inspire conversation among your participants.

Update this list after each gathering make a note as to what you felt was necessary, and what was not.

**9. Conducting your Reiki share.** Here are some ideas as to how a typical share might proceed. Please feel free to remove anything that does not fit in with your desires or understanding of Reiki. And do add to it if you wish to. It is only a guideline.

When you arrive at the meeting room, set up the chairs for the meditation or talk, Reiki tables (if there is room), the sign in table (signs, pamphlets and business cards can go here), water and beverages and munchies, paper towels and hand cleaners, and your music.

Allow about a half an hour for people to greet each other and then start the gathering.

Explain anything about the gathering that you feel is useful or necessary, mainly for the benefit of those who are new, and especially those new to Reiki. You might want to ask people

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to raise their hands if they are, and if the gathering is small enough people can introduce themselves.

You can either play a guided meditation tape or you can lead the participants on your own meditation.

During meditation, you can optionally have Reiki masters present go around and give simple Reiju or attunement to each person. This suggestion may surprise some experienced Reiki practitioners but this is actually what the original Reiki society in Japan still does (Usui Reiki Ryoho Gakkai) after 80 years, even with newcomers to the meeting (you can leave that part out if you wish). Consider this one way of giving back to the community or tithing yourself. A simple way to do this is for the Reiki master just to place their hands on the recipient's shoulders and imagine they are performing their Reiki I attunement on the person. This requires less than a minute to do and the person now has Reiki.

If newcomers are involved in this, during the exchange portion the person can be guided as to how to apply Reiki in a simple way, but if they wish more detail we suggest they come and take a class with a Master. I have found that those who cannot afford a class or find time for one will simply return to the Reiki share each month to gain more experience. You might want to explain this to people first, and if any do not wish to receive, they can indicate this - especially the newcomers. Another way to do this is to offer free reiju or attunement of to the side during the exchange portion; newcomers could receive after they have sampled Reiki on the tables.

- At the end of meditation, you can suggest people send Reiki to world situations, or to a list of people who need healing. I would sometimes suggest people imagine the person who needs healing as being in the center of the circle and then we would all send Reiki to the center.
- If you are sharing Reiki information, you can bring some Reiki books along to discuss. Or you might print some pages from a Reiki web site and hand these out for discussion. Always remember to give credit to the author and the web site.
- Begin the Reiki exchange part – if you need room, push the chairs back and set up the tables if they are not ready. Assign newcomers to individual tables and make sure there are several experienced Reiki people at each to guide them.
- Let the newcomers receive Reiki first.
- Have up to 4 people surround them and apply Reiki.
- Have someone monitor the time and after 15 minutes revive the recipient, help them sit up, and offer some water to help ground them. Do not let them get off the table too quickly – let them sit a minute so they can ground some more.
- Afterwards, if newcomers received Reiju or attunement in the meditation, they can help out giving Reiki to the next person. This is their chance to practice hands-on. Someone can guide them in applying this. Or, if Reiju is offered afterwards, you can ask them if they would like this energy. I used to let them help out with the next recipient but first suggested they simply call on the highest Light they could imagine and flow that out their hands. Then I would ask them if they wanted to receive the Reiki attunement. It is fine if they do not want to do either.
- You can call a short 5-minute break somewhere during the exchange if your time allows it, or just let people do this as they feel the need to.
- When everyone has received a treatment, you can have a closing meditation, or just tell people the gathering is over and say your farewells.

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- Try to leave the hall in the condition that you found it (smile).
- Pat yourself on the back for presenting a successful Reiki Exchange or Share.

**11. After the gathering,** take time to think about how things went, and to decide what you might change for the next one.

A great bonus to conducting a Reiki share is that people will become more familiar with you and your Reiki work. This can lead to more students and Reiki clients. You will also gain more self confidence and you might even move onwards to having your own Reiki booth at a local healing fair. All of this helps to get the experience of Reiki out to more and more people, and that alone can bring great satisfaction.

## ***Part 10: Reiki I Training Exercises***

Welcome to the Reiki Training Pages! Here you will find a set of progressive exercises that are designed to allow you to learn and use Reiki. For those studying with me, these are the minimum that I accept for certification.

### **LEVEL I TRAINING EXERCISES**

The purpose of the Level I activities is to get you using the Reiki energy, learn the hand positions, reflect on the principles, and do a number of healing sessions on yourself and others in-person, here where you have the opportunity to practice with each other.

Obviously learning via distance presents some limitations, but none that cannot be easily overcome by diligent practice.

#### ***ACTIVITY ONE – LEARNING THE REIKI PRINCIPLES, HISTORY, AND METHOD***

This activity is to teach you the Reiki principles, history, and method of Reiki. Read the Level I part of the course. Additionally, read the articles included. These will teach you about the Reiki System and some of the current thinking and issues that are going on in the Reiki community.

#### ***ACTIVITY TWO – LEARNING THE HAND POSITIONS***

This activity is to teach you the hand positions. From the hand positions in the Level I manual, study the pictures for self-treatments, chair treatments and treating others. Print a set of the pictures and put them up for your reference to have with you when you do treatments on yourself or others.

#### ***ACTIVITY THREE – SELF-TREATMENT***

This activity is to familiarize you with the Reiki Energy and the hands on aspect of doing a Reiki treatment. Perform self-treatments on yourself for a week.

Hand positions should be held three to five minutes each. Have your pictures of the hand positions with you for reference when doing the treatment. While doing the treatment, try to notice how your hands feel, your perception of the energy, how “much” energy seems to be going where and note how you feel afterwards.

#### ***ACTIVITY FOUR – TREATING OTHERS***

This activity is to practice using Reiki to treat others. First, find a willing volunteer. (If your kids volunteer, know in advance if they are young that they are not likely to sit still for very long.)

Have your set of pictures of the hand positions with you for reference. Perform a minimum of two different Reiki treatments on other people.

Again, try to notice how your hands feel. Pay attention to your perception of the energy, how “much” energy seems to be going where, and note how you and they feel afterwards. Make a note of your intuition if you are “guided” to place your hands in positions other than the standard hand positions. You are strongly encouraged to keep a journal of all your Reiki experiences and these treatments should go into that journal!

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*ACTIVITY FIVE – REFLECTION*

This activity is to have you reflect on your experience of Reiki so far, and to evaluate the treatments you are doing. Write a small essay discussing one self-treatment and one treatment performed on another. In the essay, discuss the following:

- How your hands felt during treatments.
- What the Reiki energy felt like to you.
- How it felt to touch another while doing the treatment.
- What ways, if any, you feel Reiki has helped you or changed things for you since the attunement.

*ACTIVITY SIX – REIKI LEVEL I MILESTONE*

This activity will help you realize from the time of your first attunement that your life is forever changed. These changes are positive, but as a new healer, you may need something to hang on to as your life becomes different.

The Principles can help in this process of new beginnings and growth. Meditating upon the Principles is calming and strengthening and great for self healing sessions.

Learning from Reiki comes from doing healings and letting the energy teach you. Please do a self-healing session daily after receiving your first attunement and at least three full body healings a week for others the first month after your attunement. Write all your observations of self treatments and treatments of others in a journal.

## ***Appendix A: Reiki Glossary***

With every area of learning there is usually a vocabulary that is used by people in the system to more effectively communicate ideas, concepts practices, and to make the discussion of subjects in that topic easier to understand. Reiki is no different. For absolute beginners, different terms like “attunements”, “symbols”, “Usui Shiki Ryoho” may be confusing at first.

This Glossary is an aid to assist you in understanding the many different concepts and practices in Reiki quickly.

***Advanced Reiki Training*** – (also known as *Level III-A*, *Reiki Master Practitioner*, or *Personal Mastery Level* in the Usui/Tibetan Systems) a collection of New Age techniques and pseudo-Tibetan practices added to the Hayashi-Takata System of Reiki in the West. Advanced Reiki Training generally consists of Reiki Crystal Grids, a healing attunement, the Antahkarana Symbol, Reiki Guide Meditation, Psychic Surgery, and Reiki Symbol Meditation. This is most closely associated with *Raku Kai* Reiki and William Rand’s Usui Tibetan Reiki.

***Antahkarana Symbol*** – A symbol consisting of a cube shape with 7’s on its face surfaces. It is presumably of Tibetan origin, although this cannot be determined. It is claimed to have panacea type effects on all areas of healing. This is used in a specific meditation as well as on “Master Frequency generator plates” developed by Ralf Jensen.

***Attunements*** – Attunement is a technique common to all forms of Reiki in the West. They use a process of placing the Reiki Symbols and energy into the meridians, aura or energy body of the recipient of the attunement process. Some attunement systems focus on placing the energy in the Chakras. Attunements empower people to use Reiki on themselves and others and facilitate a connection to the Reiki source.

***Beaming*** – Beaming is a technique of distance healing. It requires a line-of-sight to the person receiving the Reiki, and this is generally done when hands-on Reiki touch might be inappropriate (abuse cases, burn victims). Beaming is common to other healing systems such as in the Johrei Fellowship.

***Blood Exchange*** – The blood exchange is a Reiki method of cleansing the blood of toxins. It is thought that these practices stimulate the body to produce new blood cells and to stimulate the meridians affected.

***Breath of the Fire Dragon*** (See also *Violet Breath*) – A special breathing technique used to place the Reiki symbol in the Crown of the student during an attunement. It is also used in *Raku Kai* to develop the microcosmic orbit and strengthen the Reiki channel and promote health.

***Byosen*** (See also *Scanning*) – A process where the hands of the Reiki master move over the body of the recipient to determine if there are weaknesses, changes, or areas in need of treatment. There are a number of variations of this. This is called *Byosen Reikian ho* in the Reiki ho practices in Japan.

***Chakras*** – Chakras are energy vortices on the spiritual body that comprise part of the energetic system. The concepts of Chakras are Indo-Tibetan in origin and were added to Reiki in the *Raku Kai* system of Reiki. They are currently commonly taught in many forms of Reiki. Chakras were not part of the Japanese Reiki Practices or Mrs. Takata’s practices.

***Cho Ku Rei*** – The First Reiki Symbol. *Cho Ku Rei* is commonly called the “Power” symbol in the Western Styles of Reiki (*Usui Shiki Ryoho*) but is called “Focus” in Traditional

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Japanese Reiki and in Japan. Some meanings for the symbol might be “God is here”, or “Put the power here”.

**Cleansing** (*21-day cleanse*) – Cleansing (also “clearing”) is a process of the body removing toxins and realigning the energy fields following a Reiki treatment or attunement. Some practitioners feel this process takes 21 days or can be so severe it can cause a “healing crisis”. Many other practitioners feel that the reaction to attunements and treatments is individual and will last as long as is necessary for the individual. Cleansing was taught in the original system but was seldom thought to last more than a day.

**Dai Ko Mio** - (See also *Usui Master Symbol*) The *Dai Ko Mio* is the Master symbol used in the all Reiki Systems. It is the symbol for the Ultimate Source of Love, Light, Harmony and Healing. It is sometimes translated to mean the “Great Shining Light”. Distance attunements – an attunement that uses the Reiki Distance Symbol (*Hon Sha Ze Sho Nen*) to perform the attunement on someone not physically present – is a logical extension of the Reiki Distance Healing and the Distance Symbol.

**Distance Healing** – This is sending Reiki energy for the purpose of healing someone not physically present. This uses the *Hon Sha Ze Sho Nen* (Distance Symbol) and a variety of techniques such as the photo technique, Reiki stacks, healing lists, or teddy bear technique for a point of focus.

**Distance Symbol** (See also *Hon Sha Ze Sho Nen*) – The Third Reiki Symbol. The *Hon Sha Ze Sho Nen* is a combination of Japanese Kanji (symbol language) that can mean “no past, no present, no future”, and this represents the timeless original purity of the source of all and the spirit of man. A translation might be “To act in the Realization of Absolute Being ness” (Thanks to Gabriel Shivers for that definition).

**Dumo** (See also *Tibetan Master Symbol*) – The *Dumo* is a “Tibetan” Symbol that is part of the William Rand Usui/Tibetan System as well as used by various Independent Reiki Masters including Diane Stein. This symbol is also referred to as the “Tibetan *Dai Ko Mio*”. This symbol is thought to unify the body and mind. It is reported to work with fire in the base Chakra by igniting the Sacred Flame (i.e. the Kundalini energy). It is believed to pull negative energy and disease from the body and mind.

**Empowerments** – Any process to help another develop the ability to use an energy or technique. The *Reiju* technique was an empowerment used by Usui to pass the Reiki energy to others.

**Energy Exchanges** – A New Age concept often used to justify charging for Reiki training or treatments, particularly high fees. It appears to have been added onto the system in the Western world after the death of Mrs. Takata. The concept is that when one gives or trains another in Reiki, the person receiving must give materially to the Reiki teacher in order to keep the universe in balance.

**Fire Serpent** (See also *Nin Giz Zida*) – a “Tibetan” symbol used in the Usui/Tibetan tradition. The Fire Serpent represents the “Sleeping Serpent” coiling at the base of the spine. The Fire Serpent is used during an attunement with horizontal line over top of crown, snaking down the spine, and spiraling clockwise at base of spine; grounds energy into lower (feet to tailbone) body. By reversing the spiral (counter-clockwise) starting at base of spine, snaking up the spine and ending with horizontal line over the crown; it pushes energy up to four upper Chakras. It does not allow energy to escape out of crown Chakra. The Fire Serpent connects and opens all Chakras. It opens the central channel allowing the flow of Kundalini fire. It can be used in healing or meditation for more balance and receptivity.



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**Gakkai** – The *Usui Reiki Ryoho Gakkai* was the original organization that Mikao Usui founded which continues to practice and teach Reiki in an unbroken line since the passing of Mikao Usui. The Gakkai practices are referred to as *Reiki Ryoho*, or “*Reiho*”. The emphasis is more on a spiritual awakening and healing. The system takes longer to learn than its counterpart in the West.

**Global Reiki Masters Association (GRMA)** – The Global Reiki Masters Association (GRMA) is an international association of Reiki Masters. The members are a diverse group who respect all Reiki practices. The GRMA tries to provide truthful information, training, and empowerment about Reiki. The GRMA is dedicated to spreading the Gift of Reiki throughout the world to all that need and wish to have the Gift of Reiki in their lives. The GRMA was founded by Joseph “Running Wolf” Sparti so that all who wish to learn Reiki are able to do so free of the control of others. The GRMA sponsors free worldwide distance Master attunements several times per year. These singular Master Empowerments are performed by the membership of the GRMA.

**Hand Positions** – Hand positions refer to the specific hand positions used when performing a Reiki treatment. The Reiki practitioner places their hands on specified positions and lets the Reiki flow into the recipient’s body at these points to facilitate healing. It appears that in Usui’s original practices, there were five positions, and then he used *Reiju* and *Byosen* to sense and scan for other locations to be treated. In Traditional Japanese Reiki, which is of the Hayashi line, there are seven positions. In the Hayashi-Takata line, there are twelve. Other Reiki systems may use different numbers of positions.

**Hatsurei ho** – This is a meditation and breathing technique that was used by Usui. It is still used in *Reiki Ryoho* as practiced by the *Gakkai*. It is a technique that empowers the practitioner by increasing and enhancing their Reiki channel and their connection to the Reiki source. It is also to help the practitioner grow spiritually. It includes a self-cleansing ritual as well as two different meditation practices.

**Hayashi (Chujiro Hayashi, Dr. Hayashi)** – Dr. Chujiro Hayashi was made a Reiki Master in 1925 and was a student of Usui. Dr. Hayashi was a retired officer from the Japanese Navy. He opened a Reiki clinic, which followed something closer along the lines of a medical practice model. Dr. Hayashi made some modifications in the system, including a heavier emphasis on the symbols and attunements, and most likely developed the 12 standard hand positions from in use in the West today. These hand positions allowed Reiki to be given by several practitioners at once, and this “group healing” technique was used in his clinic. He was the teacher of Hawayo Takata.

**Healing Attunements** – A non-initiatory attunement technique thought to “increase healing”, developed by William Rand. Although the procedure is thought to not initiate the recipient into Reiki as a Practitioner, some Masters have concern over using this procedure because they found that recipients retained the ability to do Reiki but had no training.

**Healing Crisis** – A concept found in Pranic healing and other healing approaches that some Masters have added into Reiki. The concept of a healing crisis is that the recipient of a Reiki treatment or attunement experience a “release” and goes into an emotional or physical “crisis”. The concept is not widely accepted by most masters.

**Hui Yin** – This is an “energy cranking” technique used in attunements. It was added into *Raku Kai Reiki* and is part of William Rand’s Usui/Tibetan practices and Diane Stein’s work. It is more commonly known in *Chi Kung* as the “microcosmic orbit”.

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***Hon Sha Ze Sho Nen*** – The Third Reiki Symbol. The *Hon Sha Ze Sho Nen* is a combination of Japanese kanji (symbol language) that can mean “no past, no present, no future” which represents the timeless original purity of the source of All and the spirit of man. A translation might be “To act in the Realization of Absolute Being ness” (Thanks to Gabriel Shivers for that definition).

***Independent Reiki Masters*** – Independent Reiki Master is a term used to describe people who are Reiki Masters that are not aligned with a particular school or approach. They might use an eclectic approach with techniques from many schools. The vast majority of Reiki Masters in the West are Independent Reiki Masters.

***Intent*** – Reiki is an Intent-driven system. Intent is the key to using the Reiki energy in healing and attunements.

***Johrei*** – Johrei is a religion or spiritual practice that was developed by Mokichi Okada, a contemporary of Mikao Usui. He founded *Sei Kai Kyu Sei Kyo* better known as *Johrei* and as the Johrei Fellowship. Like Reiki, Johrei also uses *Reiju* to empower its followers. A “Johrei Reiki” was developed from *Raku Kai* Reiki using the White Light (Johrei) symbol as part of its practices and attunements. The name was changed to *Vajra* Reiki after some legal entanglements over the use of the word Johrei.

***Karuna Reiki*** – Karuna Reiki is a healing system founded by William Rand from his learning new symbols and Kathleen Milner’s healing system, which became *Tera Mai Reiki* and *Seichim*. It is claimed to be “higher frequency” than Usui Reiki. It was formerly known as *Sai Baba Reiki* but the name changed due to legal complications from using the Sai Baba name. The system is trademarked, controlled and regulated through the International Center for Reiki Studies in Michigan, USA.

***Karuna Ki*** – Karuna Ki is a Compassionate Heart Energy and Healing System developed by Vinny Amador from work with Tera Mai and Karuna. It shares common symbols with Karuna Reiki and Tera Mai Reiki but adds many new meditations, mudras, and other techniques. The system is based on the cultivation of the compassionate heart.

***Ki Ko*** – The name for Japanese Traditional *Chi Kung* (*Qi Gong*) practices. Usui used many *Chi Kung* practices in the development of Reiki.

***Levels in Reiki*** (See also *Sho-den*, *Oku-den*, *Shinpi-den*) – Reiki is traditionally taught in the West in three levels.

***Level I*** – Generally includes the Reiki Principles, the hand positions, Reiki History, and you receive the Reiki attunements. In traditional schools there are four attunements done at the first level. In other schools, including the Tibetan/Usui schools, there may be a combined Level I attunement. Some schools teach that Reiki I heals on the physical level.

***Level II*** – Generally includes the three Reiki Symbols (Focus, Harmony, and Connection), Mental/Emotional Healing, Distance Healing, and another attunement. The Tibetan/Usui school adds the techniques scanning and beaming. Some schools teach Reiki II is “emotional healing”.

***Level III (Master/Teacher Level)*** – Generally includes the Usui Master Symbol (Empowerment Symbol) and its meaning and application, the attunement process and practice in its application, and how to teach others. Some schools teach that Reiki III is for Spiritual healing. Some traditions (the Usui/Tibetan Schools and other various Independent Practitioners) have added a Level III-A in between Level II and the Master/Teacher Level. Level III-A is often called Advanced Reiki Training (ART). Some of the techniques that might be included here are: Reiki Meditation using the symbols, using the symbols for manifesting goals, Reiki and crystals,

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making a Reiki crystal grid, Reiki meditation to meet you “Reiki guide”, Reiki Healing attunement, the Tibetan Antahkarana symbol and a meditation for its use, the Hui Yin position and the Violet Breath.

**Master Symbol** (See also *Dai Ko Mio*) – The Dai Ko Mio is the Master symbol used in the all Reiki Systems. It is the symbol for the Ultimate Source of Love, Light, Harmony and Healing. It is sometimes translated to mean the “Great Shining Light”.

**Meditation** – Any number of focusing, breathing, or contemplative methods designed to bring about a heightened state of consciousness and/or enlightenment. In *Usui Reiki Ryoho*, the most important and prominent is the *Hatsurei ho*. Various other Western systems have added Reiki Meditations.

**Mental Emotional Symbol** (See also *Sei Hei Ki*) – This is the second Reiki symbol. It is thought to help heal on the mental and emotional levels in the body. It is also called the “Harmony” symbol in Traditional Japanese Reiki.

**Mikao Usui** – Developer of Reiki. Born August 15th, 1865 in the Yamagata district of Gifu prefecture in a village called Yago. Usui studied Buddhism at the school and temple on Mt. Kurama as a child. It is also thought that he may have studied a Japanese form of *Chi Kung* called *Ki Ko* and other oriental healing systems.

**Nin Giz Zida** (See also *Fire Serpent*) – A “Tibetan” symbol used in the Usui/Tibetan tradition. The Fire Serpent represents the “Sleeping Serpent” coiling at the base of the spine. The fire Serpent is used during an attunement with horizontal line over top of crown, snaking down the spine, and spiraling clockwise at base of spine; grounds energy into lower (feet to tailbone) body. By reversing the spiral (counter-clockwise) starting at base of spine, snaking up the spine and ending with horizontal line over the crown; it pushes energy up to four upper Chakras. It does not allow energy to escape out of crown Chakra. The fire serpent connects and opens all Chakras. It opens the central channel allowing the flow of Kundalini fire. It can be used in healing or meditation for more balance and receptivity.

**Non-Traditional Reiki** – Reiki in the Hayashi-Takata (Usui Shiki Ryoho Tradition) that has been modified in some way. This might include distance attunements, additions of crystals, Angels, other symbols, different attunements, and other things. The masters are generally Independent Reiki Masters.

**Oku-den** – The Second Teachings in Reiki Ryoho in Japan. It consists of two parts, which are *Oku den Zenki* and *Oku den Kouki*. These levels include *Hatsurei ho*, the hand techniques of *Ushi te*, *Oshi te*, and *Nade te*, *Sei Hei Ki Chiryō*, and *Enkaku Chiryō* (distance treatment), as well as the blood exchanges.

**Power Symbol** (See also *Cho Ku Rei*) – The First Reiki Symbol. Cho Ku Rei is commonly called the “Power” symbol in the Western styles of Reiki (Usui Shiki Ryoho), but it is called “Focus” in Traditional Japanese Reiki and in Japan. Some meanings for the symbol might be “God is here”.

**Raku** – A lightening-like symbol which is used at the end of attunements to separate the energies of the Master and the student. Most commonly used in the Usui/Tibetan and *Raku Kai* Traditions.

**Raku Kai Reiki** – A system of Reiki developed by Arthur Robertson. Arthur Robertson was a student of Iris Ishikuro (one of Takata’s twenty-two masters). The system incorporated Ralf Jensen’s Master Frequency Generator Plates, the “Tibetan” practices of the *Hui Yin*, and Breath of the Fire Dragon (i.e. *Violet Breath*), the Tibetan Symbols (*Raku*, *Dumo*, and the *Fire Serpent*), the *O Sui Ching* Water Ritual, and Iris Ishikuro’s use of the *White Light* Symbol

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(*Johrei*). This school has influenced or led to the development of the Usui/Tibetan Schools, *Vajra Reiki*, as well as *Karuna Reiki* and *Tera Mai Reiki*.

***Radiance Technique*** – A school of Reiki developed by Barbara Weber Ray, who was one of Takata's twenty-two Masters. Barbara claimed that she had information from Takata that was not given to the other masters. This school has also been known as *Real Reiki*. It originally had only three levels, but currently has six.

***Reiho*** – A shortened name for *Reiki Ryoho* or *Reiki ho*. It refers to practices and the system used in the *Usui Reiki Ryoho Gakkai*.

***Reiji*** – Reiji is the ability to find or spot imbalances in the body. It develops naturally as you practice Reiki. Consistent practice in healing others leads to the ability to be guided to the cause of the recipient's problem. This knowledge will be known even before scanning the person's body.

***Reiki*** – Reiki (pronounced Ray-Key) is a system of Enlightenment and Hands on Healing art developed in the early 1900's by Mikao Usui in Japan. It is an art that is passed from Master to student. The word Reiki comes from two Japanese words – Rei and Ki, meaning "universal life energy". The term "Reiki" is used to describe both the energy and the Usui system of using it. The original system by Usui was called *Usui Reiki Ryoho*. There are many variant's of Reiki being practiced these days. Included in this list might be *Usui Shiki Ryoho*, "Traditional Reiki" of the Takata-Furumoto line as practiced in America, Traditional Japanese Reiki developed from Hayashi's students in Japan and practiced in Canada, Various Non-Traditional Reiki Styles practiced by Independent Reiki Masters, Usui-Tibetan Reiki, Tibetan-Usui Reiki, *Raku Kai Reiki*, *Tera Mai*™ Reiki, Angelic Reiki and many others.

***Reiju*** – The original empowerment used by Mikao Usui to pass on the Reiki energy. *Reiju* developed into the attunements that are used in *Usui Shiki Ryoho* and in all Western Reiki systems.

***Reiki Alliance*** – An organization formed in the Western world by Mrs. Takata's twenty-two masters following her death. The organization was formed by Mrs. Takata's granddaughter, Mrs. Phyllis Furumoto. The Alliance claims to represent "Traditional" Reiki. Its practices represent the Hayashi-Takata lineage. Mrs. Furumoto went from forming the Alliance to calling herself "Grand Master" of Reiki and lately the "Spiritual" Lineage holder. The Alliance maintains a requirement that the master Level should cost Ten Thousand Dollars. An attempt was made by the Alliance in 1997 to trademark the name "Reiki" and *Usui Shiki Ryoho*, which failed in most countries.

***Reiki Circle*** – A group Reiki practice where Reiki is shared.

***Reiki Crystal Grids*** – A technique that charges crystals with Reiki and then places them in a geometric design. The purpose is to create a protective grid or to use it to send continuous healing. It is most commonly taught in the Usui/Tibetan Schools, and is a part of the Level III-A curriculum. It is an add-on technique to the system in the Western Reiki practices.

***Reiki Ethics*** – A set of guide lines for the personal and professional conduct of Reiki practitioners. An example might be not sending distance Reiki without permission. These vary from Master to Master and school to school.

***Reiki Guides*** – A belief that there are specific "guides" or spirits that work with Reiki and individual practitioners. Some refer to these as "Ascendant Masters", "Spirits", or "Guides". The belief in them varies to beings that help with Reiki to beliefs like Diane Stein's that the Reiki Guides do the attunements and facilitate treatments. This is an add-on to the system in the

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Western world that was popularized by Diane Stein in her book “Essential Reiki” and is taught as part of William Rand’s Level III-A class.

**Reiki History** – The stories of Mikao Usui and the development of Reiki. There are several versions from the Christianized version told by Mrs. Takata that is used in the Reiki Alliance to the historically accurate version that you can find in books like Frank Arjava Petter’s “Reiki Fire”. Most generally contain the thematic elements of Mikao Usui searching for a system of healing, meditating on Mt. Kurama, becoming enlightened, discovering he could heal, and starting a school to teach others to heal themselves.

**Reiki Master** – The original term for a Reiki Teacher in the Western world in the Usui Shiki Ryoho Tradition

**Reiki Master Practitioner** – A recent term used to describe people who have taken the Level III-A or “Personal Mastery” classes that some masters offer. Generally these people have received the Reiki Master attunement but are not given the Level III Master symbols or instructions for attuning others. This term is common in the Usui/Tibetan Traditions.

**Reiki Master Teacher** – A term for Masters in schools that have a Level III-A and Level III-B dichotomy. It refers to those that have completed the Level III-B and know the Reiki master symbols and how to attune others. This term is common in the Usui/Tibetan Traditions.

**Reiki Principles** – A series of five principles written by the Meiji Emperor and used by Usui in Reiki Ryoho. There are many different sets of these. These are designed to help empower the student and to bring about an awakened mental and spiritual state. The most accurate translation might be, “The Secret Method of Inviting Blessings, The spiritual Medicine of Many Illnesses. For today only do not anger, do not worry. Be Grateful and Do your work with appreciation. Be kind to all living things. In the morning and at night, with hands held in prayer, Think this in your mind, chant this with your mouth.

**Reiki Stacks** – A technique used for sending distance Reiki. The recipients and inanimate objects or situations that are to receive Reiki are placed on a list. Reiki is sent to all on the list. Users of the technique are warned by its developer, Reiki Master Anthony Glenn Agee, to not make the stack more than 10 people because he believes the energy multiplies or increases the higher you go up the list. (Other Masters do not find this to be the case). It is believed that you can “save” stacks to use at a later time.

**Reiki Treatment** – Receiving Reiki from a Reiki practitioner for the intent and purpose of healing. It generally consists of a practitioner placing their hands on various hand positions on the recipient’s body and takes about 35 to 60 minutes in person. It can also refer to distance Reiki treatment.

**Scanning** (See also *Byosen*) – A process where the hands of the Reiki master move over the body of the recipient to determine if there are weaknesses, changes, or areas in need of treatment. There are various methods used. This is called *Byosen Reikian ho* in the Reiki ho practices in Japan.

**Seichim Reiki** – Seichim was discovered by Patrick Ziegler in 1980 after a spiritual experience in the Great Pyramid in Egypt and after receiving Sufi Empowerments from a Sufi Master. The *Seichim Reiki* (also known as Renegade Reiki) system was developed by Tom Seaman, Ken Lowry, and Phoenix Summerfield.

**SKHM** – The current practice of *Seichim* by Patrick Ziegler. It is an empowerment type system that utilizes a connection to the SKHM energy source and earth mixed together in the heart. It uses “emotional release” as part of the process and as an indication that a connection

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has been made. It is very similar to Druidic practices, such as the Twin Powers Meditation taught in some Druid Schools.

***Sei Hei Ki*** (See also *Mental/Emotional Symbol*) – This is the second Reiki symbol. It is thought to help heal on the mental and emotional levels in the body. It is also called the “Harmony” symbol in Traditional Japanese Reiki.

***Sho-den*** – The First Teachings in Reiki Ryoho as taught in the Gakkai in Japan. It generally consists of The five principles, basics of using the system, The Waka Poetry of the Meiji Emperor, the hand positions, and Excerpts from the Handbook of Reiki Treatment (to guide treatment), and Questions and Answers from Usui.

***Shinpi-den*** – The fourth teaching or “Mystery Teachings” in the Usui Reiki Ryoho practices in Japan. It consisted of Kouketsu ho, Breathing out method (healing with the breath), The Reiki Group Treatment, Healing by sending a thought or wish, the Reiki Circle, and how to perform Reiju or the empowerment.

***Takata*** (*Mrs. Hawayo Takata*) – A student of Chujiro Hayashi, and the first Reiki Master to be allowed to teach Reiki in the Western world. She is the person most responsible for the spread of Reiki in the West today. Most Western lineages come from Mrs. Takata.

***Tera Mai Reiki*** – A school of Reiki developed by Kathleen Milner. This school draws from the Raku Kai Reiki line, and also adds a number of “channeled” symbols and procedures that Kathleen believes a “higher” being gave her on the “inner planes”.

***Tibetan Reiki*** – A school of Reiki that believes to have found the original practices from Tibet. There are a number of additional levels as well as a number of different symbols that are a mix of Sanskrit and Japanese Kanji. Tibetan Reiki is also used generically to describe Usui/Tibetan and Tibetan/Usui Reiki.

***Tibetan Master Symbol*** (See also *Dumo*) – The Dumo is a “Tibetan” Symbol that is part of the William Rand Usui/Tibetan System as well as used by various Independent Reiki Masters including Diane Stein. This symbol is also referred to as the “Tibetan *Dai Ko Mio*”. This symbol is thought to unify the body and mind. It is reported to work with fire in the base Chakra by igniting the Sacred flame (i.e., the *Kundalini* energy). It is believed to pull negative energy and disease from the body and mind.

***Traditional Japanese Reiki*** – A school of Reiki developed by Dave King in Canada. Traditional Japanese Reiki was developed from information from the Hayashi line in Japan that does not include the Takata lineage. It was developed and is practiced in the West.

***Traditional Reiki*** – This term generally refers to the practices of the Reiki Alliance and those that follow closely the Takata lineage.

***Usui Shiki Ryoho*** – This refers to Reiki of the Hayashi lineage. This can include Reiki in the Hayashi-Takata Lineage. It is the most common practice of Reiki in the Western world. This system uses attunements and a heavy reliance on the Reiki symbols.

***Usui Reiki Hikkei*** – This is the Usui Reiki Handbook that Mikao Usui Gave to his students. It contained four parts. Part one was the “Teachings of *Usui Reiki Ryoho*”. Part two was an “Explanation of Instruction for the Public”. Part three was the *Ryoho Shishon* or “Method of Healing Guide. Part four was the *Meiji Renno Gyosei* or “Poems of the Meiji Emperor”.

***Usui Reiki Ryoho*** – This refers to the practice of Reiki as Usui practiced it and as it is still practiced in Japan in an unbroken line since Usui. This system uses meditations, such as *Hatsurei ho*, and other practices so the person can develop spiritually and heal. Empowerments

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such as *Reiju* are used (rather than attunements) to help the student clear the channels and to help pass on the Reiki energy.

***Usui/Tibetan Reiki*** – A school of Reiki that was built on the work of Arthur Robertson's *Raku Kai* Reiki. It has four levels being Level I, Level II, Level III-A, and Level III-B. The system added a number of techniques such as using crystals, guides, healing attunements, as well as various “Tibetan” symbols. This system was made popular by William Rand and Diane Stein.

***Vajra Reiki*** (See also *Johrei*) – A system of Reiki that uses some of the Tibetan Material as well as the White Light (*Johrei*) symbol.

***Violet Breath*** (See also *Breath of the Fire Dragon*) – A special breathing technique used to place the Reiki symbol in the crown of the student during an attunement. It is also used in *Raku Kai* to develop the microcosmic orbit and strengthen the Reiki channel and promote health.