

Reiki

The Japanese art of energy healing

Tibetan/Usui Tradition of Natural Healing

First Degree Reiki Manual

靈氣

Reiki master: Mark Diegutis

Contents:

Introduction: Reiki Healing - what does it mean?

The History of Reiki

The Reiki Affirmations

The Ancient origins of Reiki

Chujiro Hayashi - The evolution of the Usui system of natural healing

Hawayo Takata

What is Reiki?

Reiki Attunements - how Reiki works

What can be treated? - Giving a treatment

Aura treatment - scanning

Hand positions

- *Self-treatment*
- *Treating others*
- *Treating backs*
- *Seated Treatments*

First Level summary

Causes of Dis-harmony and Disease

The seven Main Chakras

Reiki Healing – What does it mean?

“Reiki” is simply a Japanese name for the universal life force energy that exists all around us in the universe, and animates everything. Whatever you consider the source of that energy to be – God, the Earth, or anything else – it exists. The lives of our ancient ancestors were governed by this energy as it flowed from within the earth as well as all around them, as it was the source of all they needed. Where the energy flowed strongly, they built their settlements and temples of dedication to that energy, in order to connect with it for healing, fertility, to bless their crops and help them to live harmoniously. Such temples exist throughout the world – Stonehenge, Avebury, Knowth, the Serpent mound of Ohio, the monuments of Peru, the Nazca lines.

What our ancestors knew has been lost with the changes in our culture and lifestyle. The senses that we once used to connect to the Source have largely been forgotten. Now, thankfully, we are trying to reconnect and find our way forward/back to a better way of living among each other. The healing energy has been symbolised in different ways by many different cultures – the Chinese dragon, the Aboriginal spiral, the native American Indian serpent – but such slight variations of form are all expressions of the same force. What we now call “Reiki” is a healing tradition derived from the practices of one ancient culture, the Buddhists. However, healing knows no cultural boundaries and, like the shapes, which symbolize its energy, in practice it varies little between one people and the next. “Reiki” has no religion, but it is a spiritual path. The process of learning about the energy is one that humbles, enlightens, and offers profound spiritual joy. If you choose to work with the energy, you are simply offering yourself as a tool to the Source, for the benefit of those around you. Attunements to “Reiki” are simply a way of connecting you back to the Source. The attunement process is simply a way to remind you how to connect. Even the modern Church of England ceremony of christening a baby is a descendant of the attunement process. Attunements are also a powerful healing process and lift some of the individual’s

negative life issues. The more people who receive Reiki treatments and are attuned to Reiki – reconnected – the better for all of us.

The History of Reiki

Mikao Usui was born in Japan in the mid nineteenth century. As he was growing up in a Buddhist environment, he heard stories about the Buddha. He was impressed with the Buddha's quest for enlightenment, even though the Buddha, having born into extreme wealth, did not lack any material need or pleasure. Usui was fascinated by both the Buddha's desire to help others, and the unusual metaphysical abilities he received after enlightenment. He also noted that the Buddha was said to be able to heal physical illness and that many of the Buddha's disciples acquired healing abilities by following his teachings.

Usui looked at the people around him and saw that there were many who were unable to lead happy and productive lives because they were sick so often, or had physical disabilities. Feeling compassion for them, he wondered if it would be possible to acquire the ability to use energy to heal physical illness in the same way that the Buddha had done. With this thought in mind, he began to work on a system of using energy to encourage natural healing, so that he might help others. He began talking to Buddhist teachers and priests, asking if they knew how to heal the sick. Apparently, the ability to heal the body was either held as a secret Buddhist technique by a few spiritual groups, or had been lost through disuse. Usui travelled throughout Japan, studying at Buddhist temples. Usui was allowed to study the sacred writings at each temple and occasionally he would find something about healing and use the information to develop his system of natural healing.

Eventually, Usui visited the holy mountain of Koriyama where he fasted, meditated and worked on connecting to the same source of healing energy. He stayed there for 21 days and at the end of that time, he had learned enough to be able to connect to the energy he was looking for and project it through his hands to the bodies of others.

Usui went back to Tokyo to work in the poor quarter helping the sick, and to teach his system of healing to others.

Reiki Affirmations

The secret method of inviting blessings

The spiritual medicine of many illnesses for today only,

Anger not,

Worry not.

Do your work with appreciation

Be kind to all people 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

Usui's Reiki affirmations were taught to his students to provide a way for spiritual growth to be integrated with the physical aspect of Reiki healing. The purpose of the affirmations is to help people realise that healing consciously deciding to improve oneself is a necessary part of the healing experience. In order for there to be long term benefits, people must accept responsibility for their own healing and take an active part in it.

At that time, Usui's way of using energy to heal was very simple and intuitive and consisted of the energy centres and pathways through the body – the channels and Chakras. He used the attunement process to help others connect to the energy he was using. His students would work alongside him and learn how to treat and teach others. Usui practised and taught "Reiki" throughout Japan for the remainder of his life. Before his

death around 1930, he had taught sixteen other Reiki teachers, one of whom was Chujiro Hayashi.

There are all kinds of other stories around the history and development of Reiki. It was generally thought that these were added to make Reiki appear more acceptable to the west. The information given here, has been brought back by a student who kept his notes, and worked alongside Hayashi.

The founder - Mikao Usui



白井
鸕
男

The Ancient Origins of Reiki

The pre- Usui origins of Reiki are thought to come from a Tibetan Buddhist healing technique called Medicine Buddha. It involves the laying on of hands, similar to Reiki. The ability to do Medicine Buddha healing is transmitted to the student through an empowerment, and the Reiki Usui developed is believed to be a Tibetan technique that has been largely lost.

It is known that techniques of this kind are easily lost due to the failure of a teacher to pass the knowledge on. Therefore, it is important to teach as widely as possible so that such a valuable practice runs no further risk of being lost.

According to Phyllis Furumoto, the current Reiki Grand Master, the formula for contacting higher energies that Usui found in the Sanskrit sutras of Buddhist monasteries was the sutra on the Buddha of healing. This sutra was translated into English by Raoul Birnbaum and is presented in his book "The healing Buddha". The essence of this sutra is that there is a spiritual supreme being known as the Bodhisattva Supreme healer, who is available to assist those in need of healing. The formula for contacting this higher power involves physical and spiritual purification, meditation, repeating mantras and other practices. The most important part of the formula is the dedication of ones life to helping others. The Bodhisattva Supreme Healer is said to bestow great blessings of healing and enlightenment on anyone who sincerely follows this formula.

Chujiro Hayashi

Hayashi was a retired naval officer. He received the Reiki teachings from Usui in about 1925 at the age of 47. After Usui died, Hayashi taught Reiki to students in return for working alongside him treating sick people.

Up to this point, the Usui method of healing consisted of the energy itself, the attunement process and the Reiki affirmations. Hayashi went on to develop the method, opening a clinic in Tokyo and keeping detailed records of treatments given. He used this information to create a set of standard hand positions and the three level attunement process. Having a regimental background, Hayashi's system of working with energy became far more organised and regimented, which is the basis of Reiki as taught today.

Usui Shiki Ryoho

Reiki is a generic term in Japan, used to describe many types of healing and spiritual work. It is not exclusive to the system of healing based on Usui's work – the Usui Shiki Ryoho or Natural healing system.

The Usui system has evolved over time. In its current state, it is much more organised and structured than the simple, flexible, intuitive method practised by Usui. Many teachers have made changes in the way they teach Reiki, which accounts for the variation between one line of teaching and another. The current Grand Master of Reiki is Phyllis Furumoto – Hawayo Takata's granddaughter

Hawayo Takata

Hawayo was born in Hawaii. Her parents were Japanese immigrants and her father worked in the sugar cane fields. She married Saicha Takuta, the bookkeeper of the plantation where she worked. They had two daughters. Saichi died at the age of 34, leaving Hawayo to look after their children. In order to provide for her family, Hawayo had to work very hard, with little rest. After five years she developed a lung condition, had a nervous breakdown and was suffering from severe abdominal pain. Around this time, one of her sisters died and it was Hawayo's responsibility to travel to Japan.

In Japan, she went into hospital and was diagnosed as having a tumour, gallstones and appendicitis. After resting for several weeks, she was pronounced ready for the necessary operations. As she lay on the operating table and surgery was about to begin, Hawayo asked the doctor if there was any other way to regain her health other than through operations. The doctor told her about Hayashi's clinic and Hawayo decided to go there and try the treatments.

Hawayo had never heard of Reiki before and did not know what it was, but began receiving treatments at the clinic. The practitioners there used their hands to sense what was wrong, and because their diagnosis was so close to that of the doctors at the hospital, Hawayo felt she could trust them. Two practitioners treated her every day. The heat from their hands was so strong that Hawayo thought that they were using some kind of equipment, and looked everywhere - including up the practitioner's kimono sleeves - to find some! The practitioners told her how Reiki worked.

Hawayo's health improved and in four months, she was completely healed. She wanted to learn Reiki but was told that it was Japanese and should stay in Japan. However, she is said to have been a very determined woman who wouldn't take no for an answer. In the spring of 1936, Hawayo received her first degree

Reiki and worked with Hayashi for a year before receiving second degree.

Hawayo returned to Hawaii in 1937 and was followed by Hayashi and his daughter, who came to help establish Reiki there. In the winter of 1938 Hayashi gave Hawayo her third level attunements; she was the 13th and last Reiki teacher that Hayashi initiated. Hawayo introduced the fee system for the Third degrees because she felt that the Japanese concept of respect might be hard to instil in westerners minds and that Reiki may not be valued as it should be. She said she had to pay Dr. Hayashi \$10,000 to "buy" Reiki to bring outside Japan, and this instigated the idea of charging the large fee for third level Reiki training.

Between 1970 and her death on 11th December 1980, Hawayo initiated 22 Reiki teachers, many of whom were American. These have taught others and since 1980 Reiki has spread rapidly. There are thousands of Reiki teachers worldwide (last estimation at least 10,000) with hundreds of thousands of people practising Reiki. These numbers are growing daily.

What is Reiki?

The word Reiki comes from two Japanese words- Reí and Kí. Reí is the upper character Kí is the lower.

Rei- : Spiritual Wisdom

Hawayo Takata said that a general interpretation of the word "Reí" is "Universal" or "Present everywhere". A more esoteric interpretation is that it means Universal Spiritual Consciousness or knowledge; the wisdom that comes from the source.

Ki- : Life force

Ki is Chi in Chinese, Prana in Sanskrit and Ti or Kí in Hawaiian. This energy is given many names by all who are aware of it. Kí means life force. This is the energy that animates all things. Many cultures place great importance on this life force Kí is present all around us and can be accumulated and guided by the mind.

Reiki- : Spiritual guided life force energy

It is the consciousness called Reí that guides the life force called Kí in the practice we call Reiki. Reiki guides itself with its own wisdom. All healers use Kí, the life force energy, but Reiki is only used by someone who has been attuned to it. People, who already do healing work, report a 50% increase in the strength of their healing after taking the Reiki training.

Reiki Attunements

The process of attunement opens the crown, heart and palm Chakras (energy centres) and creates a link between the student and the Reiki source. The attunement is given to the student through the Reiki master. Once you have had an attunement, you will have Reiki for the rest of your life. It does not wear off and you can never lose it.

Reiki attunements are a great healing process and start a clearance physically as well mentally and emotionally, as the energy begins to flow more freely and strongly through you. This works on all levels and is simply a process of clearing negativity and boosting your spiritual growth. Emotional releases are common around Reiki attunements and the clearance will allow you to become more aware and more sensitive on all kinds of levels.

Working with Reiki

After the attunements, all that is necessary for you to use Reiki is to place your hands on or over the person to be healed with the intention of healing. Reiki begins to flow automatically. The best results are achieved by simply remaining calm and relaxed and allowing Reiki to work. Reiki can never do harm, so you never need worry about whether to give it or not – it is always helpful. You are not doing the healing – you are simply allowing the energy to come through you. Every time you give Reiki you also receive a treatment. This always increases your own energy and leaves a sense of well-being.

How does it work?

Life force flows within the physical body through pathways and energy centres called Chakras and meridians. It also flows all around us in an energy field called the Aura. This force nourishes the organs and cells of the body, supporting them in their vital functions. When the flow of this force is disrupted, it

causes diminished function in one or more of the organs and tissues of the physical body.

The life force is responsive to thoughts and feelings. It is affected when we accept, either consciously or unconsciously, negative thoughts or feelings about ourselves. These thought forms attach themselves to the energy field and cause a disruption of flow in the life force.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body, where any negative thought forms are attached, recharging negativity. In so doing, Reiki clears and heals the energy pathways, allowing the life forces to flow unimpeded.

What can be treated?

Reiki is both powerful and gentle. It has aided in healing virtually every known illness and injury, including serious problems like multiple sclerosis, heart disease and cancer as well as skin problems, cuts, bruises, broken bones, headache, colds, flu, poor memory, insomnia, lack of confidence and so on.

While Reiki is spiritual in nature, it is not a religion. There is nothing you have to believe in to make it work or to use it. It will work whether you believe in it or not.

Giving a treatment

- The standard hand positions are a guide for hand placements during a treatment they are not cast in iron. If you feel guided to place your hands differently, follow your intuition.
- Do not apply Reiki to a broken bone until it has been set. Reiki can be given to the person in another part of the body to help with shock and pain
- Open wounds should be treated from the sides rather than directly above. This also applies to burns. Use common sense and apply first-aid principles in an emergency situation.
- Give treatments gently with very little pressure – do not lean on your client! If possible, always keep one hand on the body when moving from one position to another.
- Always be aware of the clients personal privacy and be conscious that some people may have areas of their body where they prefer not to be touched. Working above the area, in the aura, is the best alternative.

Aura treatments

A complete treatment can be given with the hands above the body, still using the standard hand positions. The Reiki treats the aura or energy field, which is where illness appears first, before entering the physical body. Treating in the aura also helps to prevent a physical condition from manifesting.

Some people respond more strongly to an aura treatment, and others to a physical treatment. You will also find your own style and what feels best for you - many people work in a combination of ways. Keep your hands around four inches away from the body for the most powerful aura treatment.

Scanning

The attunement not only opens the palm Chakras so that Reiki energy can flow through, it also heightens their sensitivity to various forms of energy. By using your palms it is possible to sense where a person most needs energy.

First, mentally request to be guided to the places where the person needs Reiki. Place your non-dominant hand in the person's energy field about 4 inches away from the body, and move your hand very slowly down the body from the person's face to the feet. Notice any changes in the feeling in the palm of your hand - this is where the person needs Reiki. Trust your intuition. Give Reiki in these places until you feel the flow subsiding, or until you feel that the area is healed. You can continue in this way right down the body healing weak spots in the Aura.

As you interact with another person's energy field, you will become connected to them. You may become aware of the cause of the distortion and the personal problems connected to it.

You may also have insight as to what caused the problems and what can be done to facilitate the healing.

Share this information only if you are guided that it is appropriate to do so and then, with compassion and without judgment. Always treat the client and the process with great respect.

You can also scan your own body and give Reiki to areas of your own Aura that need it. This will help you get to know yourself better and bring into consciousness new levels of yourself that need healing. When you find a distortion, ask what happened to create the distortion and what you can do to help the healing.

Hand positions for Self-Treatment

Shoulders



Crown of Head



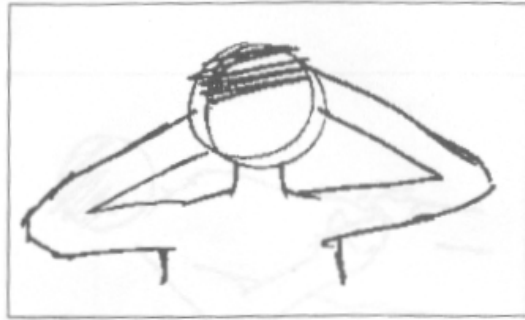
Front of face



Temples



Back of the head



Throat



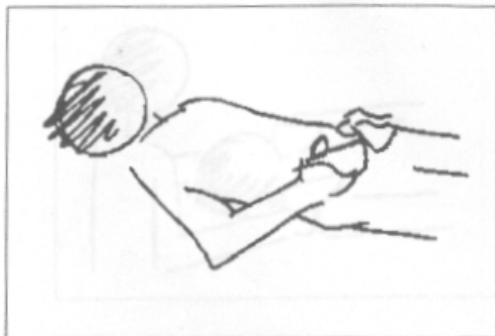
*Cross hands
Over heart*



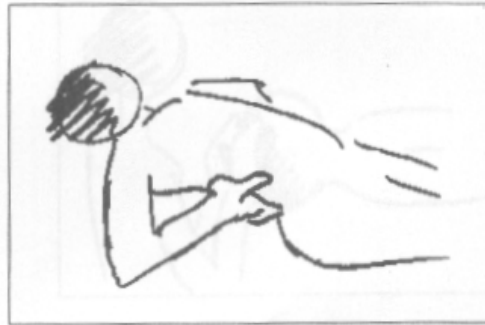
*Solar plexus /
Stomach*



Hips



Kidneys

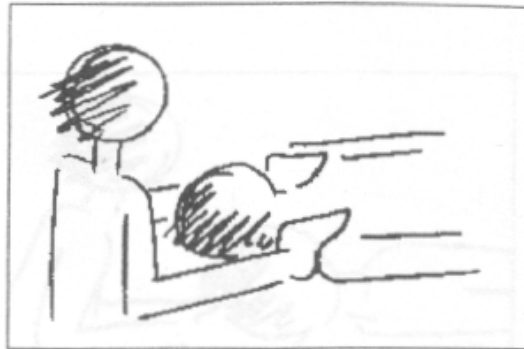


Lower back

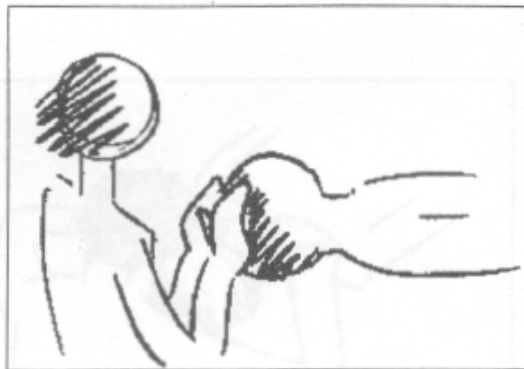


Hand positions for treating others

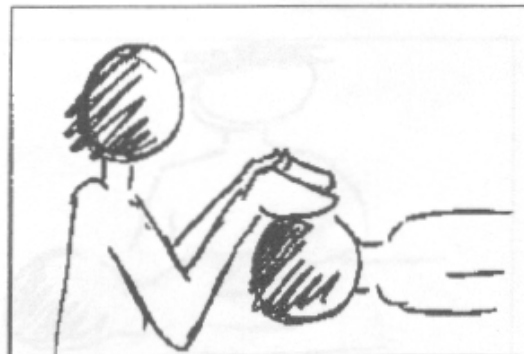
Shoulders



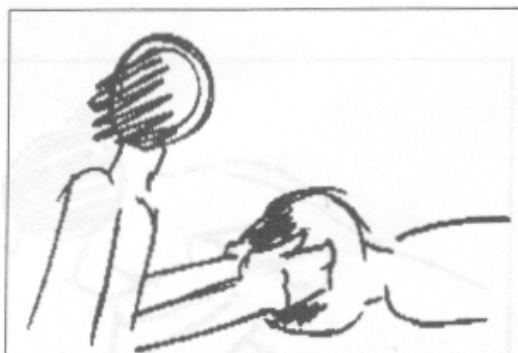
Crown of head



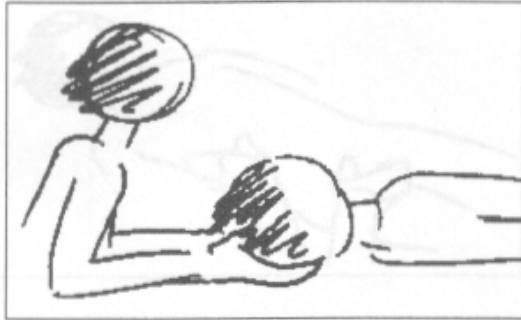
Third eye



Temples



Back of head



*Throat /
Collarbone*



Heart



*Solar plexus /
Stomach*



Liver / hip Then.



Elbow / Wrist



*Hands /
Body centre*



*Thighs then knees
Then ankles then
Feet*



Hand positions for treating backs

Shoulders



Crown / back of head



Back of neck /

Tailbone



Shoulder blades



Hand positions for seated treatments

Shoulders



Crown of head



Third eye

Back of head



Throat



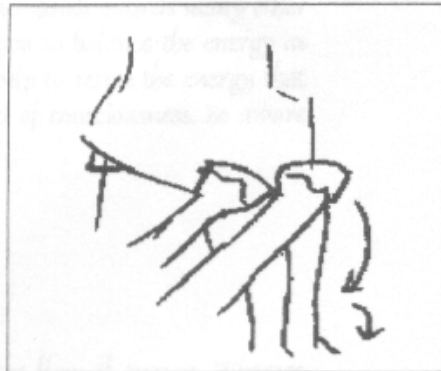
*Heart then
Solar plexus*



*Elbow/ wrist/
Hands on both sides*



*Knees then ankles,
Then feet*



First level Reiki summary

- Intent is very important. Always be ethical and maintain your integrity when working with Reiki. You can not force the body to heal and nothing you do will help if the individual is not ready for change.
- Keep in mind the Reiki affirmations. Any kind of healing work should be given unconditionally
- Listen to your intuition and be guided by it
- Practice – the more you use Reiki the stronger it becomes
- Always ask for permission to give Reiki to someone else
- Reiki is a journey. We all have our own lessons to learn and responsibility must be taken for improving and healing oneself. Receiving the attunements is the first step – the rest, learning by experience and practice, is up to you!

After first level

Practice self-healing for 21 days after your attunements. Also, get your hands onto as many people as you can to help clear and strengthen the energy flow. This helps you to balance the energy as you adjust to its flow. Additional attunements to the same level can help to refine the energy that you channel, increase the strength of the energy and raise your level of consciousness. Be aware that you may experience some clearance and self treat through it.

Second level Reiki

With attunements to second level, there is a noticeable increase in the flow of energy. Whereas first degree tends to concentrate on the physical health of the person receiving the attunement,

second degree focuses on the behavioural and mental healing in the receiver.

The increased flow of energy enhances treatments for others and, with learning the three Reiki symbols, distance healing and more specific use of the energy becomes possible. With first level these symbols are put into the aura and are used unconsciously. Learning the symbols enables you to consciously direct the energy.

Causes of disharmony and Dis-ease

various emotional issues are often manifested in certain parts of the body. When treating someone else, be aware of the area you are treating and the possible problems and causes of the dis-ease in that area. It can be hard to be "politically correct" about what you tell someone as you begin to become aware of the physical parts of the body - but be gentle!

Head

This is the control centre for the body. Too much analysing can result in headaches or migraines, or a general imbalance on a physical, emotional or spiritual level. Can be a repository for confusion or unexpressed emotion.

Eyes

Inner seeing and feeling. The need to be seen by others, or not seeing their needs. Not seeing what is plainly in front of our eyes or what lies ahead. The eyes are connected to the sinus and linked to unshed tears.

Ears

Not being heard, or the inability to hear others. Creating blocks in our perception. Also high blood pressure and balance.

Throat

Being "choked up". The inability to express to others how we really feel. Difficulty in speaking ones truth, or expressing too much negativity.

Neck

The link between our intellectual and physical processes. A "stiff necked" view; rigidity in thinking.

Chest

Broken heart or heartache. Loss, rejection, emotional pain and anguish. The inability to love or be loved through fear of losing. Asthma related to fear or insecurity, or emotional anger.

Abdomen

Storage area for anger or unresolved issues. Indecision - "no guts" - lack of gut feeling.

Liver

Stored anger over long periods of time. Long term insecurity.

Gallbladder

Anger that has turned to bitterness

Stomach

unable to digest aspects from the past such as old ideas or social conditioning. Finding things "hard to stomach". Ulcers show the eating away of the gut; butterflies represent anxiety over the future. Fear of change or disapproval.

Upper back

Too much giving and little receiving. Creating a "rod for one's back". Repressed feelings of others' ingratitude or guilt. Irritation, "getting ones back up"

Adrenals/kidneys

Shock and trauma, stress or fear. Inability to deal with fear or uncertainty in life. Over-stretching the nervous system.

Lower back

uncomfortable with life. Stresses of life, doing too much, barriers against the opposite sex.

Tailbone

Survival instinct. Deep feelings and fear of success or action in life.

Crown: violet

Spiritual, higher self
indigo

Third eye:

Wisdom, vision

Throat: blue

Communication

Heart: green

Love, relationships
With others

Solar plexus: yellow

Emotions

Sacral: orange

Energy, personal
Strength

Base or root: red

Grounding, instincts

