

The Traditional History of Reiki

Dr. Mikao Usui rediscovered Reiki in the late 1800's. Dr. Usui traveled to the United States and entered the Chicago School of Divinity, where he earned his Doctorate in Theology. However, he did not find the answer to his question, How may you heal the body? He returned to Japan and entered a Zen monastery. There he studied ancient Buddhist, Sanskrit, and Tibetan texts for many years. Dr. Usui felt like he had failed and expressed his feeling to one of the monks. The Zen never say this is the end "everything is a beginning." Do not give up your quest, because everything known to man can be known again. Finally in the original Sanskrit he found the formula for healing the body in the ancient texts, but he did not have the ability or understanding to use it. So he decided to Fast and Meditate. He traveled to the holy mountain of Kuriyama. He climbed the mountain chose the spot for his meditation then gathered 21 stones and piled them before him. Each day he threw one stone down the mountain. On the final morning just before dawn. Dr. Usui saw a beam of white light coming toward him. His first reaction was to run. However he decided to stay still. The light entered his third eye and he lost consciousness. He reported that he saw millions of rainbow bubbles and little known Sanskrit symbols glowing in gold. As he saw each of the symbols he was given the names and uses for each as well as information on how to activate the healing energy. Dr. Usui came down the mountain and experienced what is know as the miracles.

1. Coming down from the mountain he stubbed his toe on a rock and fell to the ground. His toe was bleeding. He instinctively grabbed his toe after a few minutes, the bleeding stopped and the pain disappeared.

2. Dr. Usui had fasted for 21 days and then ate a very large breakfast without any adverse effects.

3. The innkeeper's granddaughter had a bad toothache for several days. Dr. Usui laid his hands on her face and she immediately felt better.

Dr. Usui began to practice Reiki in the slums of Kyoto, where he healed the beggars at no cost asking only that they start a new life. He worked for seven years in an asylum treating many illnesses. However he found the same people returning who although healed of their physical ailments still chose to live by begging. Dr Usui was deeply shaken. He realized that he had forgotten something very important in his healing work: To teach gratitude. Following this he thought out the Reiki principles:

Ethical Principles of Reiki

Just for today do not worry

Just for today do not anger

Honor your parents, teachers, and elders

Earn your living honestly

Show gratitude to everything

Before his death, Dr Usui passed the teaching of Reiki to his closest associate Dr. Chijiro Hayashi. Dr. Hayashi opened a clinic in Tokyo where he practiced Reiki. (that is the story as it was passed on to me). Here Ms.Takata came for healing Hawayo Takata was Hawaiian of Japanese decent. She was in Japan facing surgery for gallbladder disease appendicitis and a

tumor. On the operating table she heard a voice telling her " The surgery is not necessary", She got up off the table and asked the surgeon if there was another way for her to heal. He directed her to Dr. Hayashi's clinic. She was completely healed in four months. She decided she would like to be trained in Reiki so she stayed in Japan and became a student of Dr. Hayashi. Dr Hayashi knew a great war was coming and decided to pass the complete teaching to two women. His wife and Hawayo Takata.

Reiki is universal healing energy:

Rei= universal

Ki = Life force, Chi, breath

Reiki = Universal life energy

When you are attuned to Reiki you are opened to the universal life energy. Reiki attunements are much like tuning in a TV station. The TV waves are there you just need to tune them in. The same is true with Reiki. Reiki does not only treat where your hands are placed but will travel to where it is needed in the body. Intuition is important when using Reiki. Move your hands to where you are guided even if that is not where the pain is.

WHEN NOT TO USE REIKI

Reiki neutralizes anesthesia quickly do not use before surgery or dental work.

Do not use on broken bones until a Doctor has set them.

Do not use on a severed limb until it has been re-attached. The energy can seal off veins and nerves making it hard to re-attach the limb. In these cases it is ok to treat other parts of the body such as the adrenals for shock.

If you are Diabetic Reiki can reduce the amount of insulin you need have your Doctor monitor your dosage.

OTHER USES FOR REIKI

Reiki your food, plants, and garden seeds.

Your pets, Reiki will also heal animals.

Gifts that you give. Stuffed animals, baby blankets, etc.

Reiki your money for increased flow.

Crystal and other stones.

Your car to make it run better or your kid's car to make it safer.

Reiki the adrenal glands when people are in shock.

Bee stings, bug bites, burns cuts, sprains and bruises.

Reiki someone who is dying to aid in a more conscious departure.

Reiki heals the planet and you every time you use it.

You can clear the room of negative energy.

WHAT DOES REIKI FEEL LIKE?

Anywhere from a tingle, to warm, hot or cool energy. Some people don't feel anything but they are still receiving healing or attunement. The more you use Reiki the stronger it gets. Use it everyday. Reiki your Mind, Body and for Healing Others.

Use your intuition even if it seems strange. The energy knows what to do so don't worry if you are doing it right because you are. You cannot make a mistake, the energy will go to where it is needed. One of the most important things is "intent" to send healing and "intent" to receive. Know that you have been called to Reiki for a reason you have a role to help restore the planet. Do not be attached to the results of the healing sessions. Do not try to force the energy let the Reiki flow where it will and do the healing. You are not doing the healing you are just a channel for the energy to flow through.

During your Attunement:

You may or may not feel something. Here are some of the things people experience. Tingles all over, warmth, light-headedness floating, astral projection, visions, and many other things. The attunement process is never the same twice.

Cleansing Process:

Some people go through a cleansing process and some don't it can last from 1 day to 21 days. This process can be uncomfortable for many people. The effects you may feel are anything from irritability, crying, depression, to flu like symptoms, sore throat etc. If you have these symptoms you need to ask your Master for healing. There is nothing to worry about if you do this you are just detoxing. This is a good thing. It means the built up contaminants in your chakras and energy system are being healed.

After the Attunement:

For Master and the person receiving the attunement

You should drink lots of water. It helps you cleanse your energy system and body.

Meditate 10-15 minutes each day

Go to bed early.

Exercise and get fresh air.

Stay away from crowds and loud noises.

Avoid negative thoughts and negative people.

Avoid media news.

Give yourself a Reiki treatment everyday.

LEGAL ASPECTS

You will soon be a Reiki practitioner. It is important that you are aware of these legal aspects when working with people. You cannot legally heal, cure, diagnose, or prescribe. Only a medical doctor can do these things (Ministers CAN Heal) you may get in trouble for practicing medicine

without a license if you use the words heal-cure-diagnose-prescribe You can use these words to avoid legal risk: practitioner-therapist-treatment-remission. There is another reason we do not use these words we in fact do not heal. We allow the universal energy (Reiki) to flow through us and the universal energy is what does the healing not us. The energy knows what to do. It comes from the INTENT to heal and the people come from the intent to be healed. Do not be attached to results. You cannot make a mistake in the application of the energy. On a physical level when you touch you heal. .

HOW DOES REIKI WORK

When you are attuned to Reiki energy your channels are opened to universal life energy. Reiki attunements are much like tuning a radio to a desired station. All of us have the universal life force energy essential for health and life. All of us have some healing energy coming from us. The attunement helps increase the flow of life force through your body for the benefit of yourself and others.

North and South on the Body:

The body has a North and South. The head is North and the feet are South. Your right hand is North and your left hand is South. Your right hand should always be North of the left hand.

Giving a Reiki Treatment

Wash your hands

Visualize the room filling with white light, ask your guides to support you during the healing session.

Bring client into the room. Find out why he/she has come for treatment.

Show the client where to sit or lie down (a massage table is great for this).

Have the client relax (soft music, incense, and candles are a good setting.)

Perform the standard treatment.

Allow client to remain still for a few minutes. If he is dizzy you can put your right hand on his forehead (3rd eye chakra) and your left hand on his solar plexus.

Be sure to disconnect from the client.

Make sure your client is fully present before they leave. Do not let weak or dizzy clients leave.

Walking around will also help to ground them. If you have time you can also let them sleep for a while.

Hand Positions For Self and others:

Hold each position 1 to 5 minutes or until it releases. These are the traditional hand placements, but your intuition should rule your hand placements, as well as let you know when to release a position.

Face: Place your hands cupped gently over your eyes.

This treats sinuses, eyes, vision, and forehead area also known as the third eye.

Side of Cheeks: Place hands on either side of the face lightly covering the ears and cheekbone area.

This treats ears, inner ear balance, jaws, and teeth.

Crown: Place one hand on the back of the head and one hand on the crown of the head.

This treats: Old memories and habitual behaviors.

Throat: Place your hands on your neck or very close.

This Treats: Throat area. Thyroid gland. Swollen glands. Helps one speak their mind, or make known their needs through speech.

Heart: Place your hands over your heart area with your fingertips facing inward, Just over the breast area.

Treats: Heart, Lungs, and Thymus Gland (key to our immune system). Is helpful during emotional upset or sadness. Use after crying to replenish your energy.

solar plexus: Place hands three fingers above the navel.

Treats: stomach, and other mid-torso organs. This also treats self-esteem issues.

Sacral: Place hands near the center of the hip bones.

Treats: Upper intestines, liver, gall bladder, and spleen. This is the area where your sexuality and relation to the world at large can be treated.

Root: Place hands just above the pubic line and/or on either side of the low hips *ovaries* for women.

This treats colon and reproductive organs. Is good for PMS and Menstrual difficulties. It is where your fight or flight reaction and your survival instincts can be treated.

Knees: Place hands on both knees one on each. Then place hands under the backs of the knees one under each.

This treats obviously the knee joints and femur areas of the legs and also helps with monetary and support issues of all kinds. If you are lacking in any kind of support you will find that pain sneaks up on you here.

Ankles: Place one hand on either ankle. This is where grounding begins to take place. This is your motion area. If you feel "stuck" or at a loss on where to go in life it will sometimes give one bad ankles, or sprains and so forth often.

Soles of feet: Place one hand on either sole of each foot. This is your connection to your "roots", your earthly mother, your grounding essence. If you are not grounded you will find that your feet quite literally soak up your reiki energy and you will feel it sort of like being vacuuumed out of your hands. After doing all the other hand placements and opening the chakras and helping to start to dislodge and blockages due to issues surrounding said chakras, this should be a comfortable and relaxing few minutes as you reconnect with your "source" and let all the chaos, hurts, and discord flow out of your soles and into the earth where it can be transformed and returned to you as healing energy.

Make sure and ground yourself after giving a treatment. You may have empathically collected some residual issues, pain, or struggle from your client. Be sure to disconnect in whatever way you find most useful so as not to adversely affect your own health.

Basics of the Chakras:

The Chakras are an Eastern Philosophical based idea that means that bodies are connected to the Universe through different "wheels" or "chakras". This is your energy system. When issues, disease, or stress arise in the life of a person it can affect the balance of the energy system. If the difficulty or disease is not treated and lasts for quite some time the chakra or chakras affected by said difficulties may do one or all of the following: close up, spin too fast, spin too slow, open up too much, block off completely. When a chakra is affected in any of these ways it shows both physically and mentally. When you read the following list and the associations with each chakra think deeply about the issues that may be affecting your own life and those of your loved ones. See if you can take an educated guess as to where their afflictions are located in their energy system or chakras. If you notice, the hand placements in reiki are either very close to or directly over the areas that the chakras are located within the body of the person. This is in effect what

you are doing: opening and balancing the chakras so that you can "beat the punch" of disease. It is said that disease first appears in the aura or energy system (chakras) of a person before it physically manifests. If this is so then this would lead one to believe the health of the chakras directly influences the health of the entire being. In Reiki, we aim to balance, to gently open and heal over time. Some issues or diseases that are blocking or imbalancing the chakras take time to bring up and out. This is normal. But this is what our gift of healing is for. Use it intuitively and wisely and you will be very successful.

Root Chakra: Color is Red, all shades from deep almost black red to mauve and rosey reds. It is the slowest spinning chakra of all. This chakra is located in the perineum, the area between the anus and the genitals. It governs: earth, physical reality, the genitalia, the developmental ages of 0-5 yrs of age, rootedness, acceptance of your incarnation, self-preservation. This is your survival instinct area. If you are missing the basic needs of life this chakra will have some troubles. Shelter, food, clothes, love, acceptance, sex, safety, warmth, and drink are the basics this chakra rules. Crystals used for healing: ruby, bloodstone, garnet, red aventurin, rose quartz, onyx, red tiger's eye. Scents: to stimulate: musk, lavender, hyacinth. to quiet: cedarwood, patchouli

Sacral Chakra: Color is orange, from yellow orange, red orange to deep deep orange. This chakra is located approximately two fingers below the navel. It governs: Security, Sense of others, Sexuality (not sex, but how you relate to sex), Creativity, Empowerment, Sincerity, the developmental ages of 5-8 yrs old. This is where self-esteem issues begin to show up in the energy system. This chakra is associated with water, taste, and the etheric body. Crystals: Amber, Citrine, Topaz, orange aventurin, carnelian. Scents to stimulate: rosemary, rose geranium, scents to quiet: musk, amber.

Solar Plexus Chakra: Color is yellow, from bright yellows to greenish yellows, to orangeish yellows. This chakra is located just below the sternum, extending down to the navel. It governs: logic, reason, opinion, self-esteem, assertiveness, boundary setting, the developmental ages of 8-12 yrs of age. It is associated with fire, sight, the astral body and the adrenals. Crystals: Yellow Citrine, fool's gold, tiger's eye, topaz, calcite, yellow jasper. The stimulating scents: bergamot, Ylang Ylang. The quietening scents: vetivert, rose.

Heart Chakra: Color is green, any shade and sometimes has pink mottled in it. It is located in the actual heart region but in the center of the body rather than to the left. It governs: Compassion, feeling, tenderness, love of self, others, deity, detachment and the developmental ages of 12-15 yrs of age. It's associated with air, touch, the feeling body, the thymus. Crystals: rose quartz, emerald, green calcite, green aventurin, jade, malachite, watermelon tourmalines. Stimulating scents: pine, honeysuckle. Quiet scents: sandalwood, rose.

Throat Chakra: color is blue, any shade with purple or some greenish tones, also silvery colors can appear here. Located in the neck, or adam's apple. It governs: Words, expression, responsibility, communication, universal truth, speaking out, and speaking one's true needs, and the developmental ages of 15-21 yrs of age. It is associated with hearing, the mental body, the ether/akasha element and the thyroid and parathyroid. Crystals: lapis lazuli, aquamarine, sodalite, turquoise, sapphire, blue diamond, blue quartz crystal. Stimulating scents: Patchouli, White Musk. Quietening Scents: Lavender, hyacinth. This is the last of the "physical" chakras. From here upward we deal with spiritual issues.

Brow Chakra or Third eye: Color is Indigo, sometimes turquoise. It is located between the eyebrows and up just a little. It governs: Spirit, completeness, Inspiration, Intuition, Insight, Spiritual gifts. It is associated with: the element radium, Higher Mental body, pineal gland. Crystal: amethyst, purple apatite, azurite, lupidiolyte. Stimulating scents: Violet Quietening scents: white musk, hyacinth

Crown Chakra: Color is white, deep violet, or gold. It is located on top of the head. It governs: soul, surrender, release, willpower, connection to deity and the universe in a loving manner. It is

associated with: the element magnetum, the soul or causal body, the pituitary gland. Crystals: Quartz, diamond, White tourmaline, white jade. Stimulating scents: violet amber. Quietening scents: Rosemary, Bergamot.

Crystal grids for reiki level 1: Crystal grids are basically reiki charged stones/crystals set on a desktop or altar in an arranged pattern and made for a specific purpose. Now that purpose can be simply to release the reiki energy channeled into the grid, to complex like helping one with an addiction. All you need to do is to find stones and crystals with the associations of the affliction or problem to be healed and that correspond to the proper chakra, you charge the stones with reiki, and set them up in a nice pattern and you leave them alone for a week. Each 7 day period you must re charge your grid.

Example: Troubles with self-love: take one large chunk of rose quartz (heart chakra) and surround it with quartz points pointing outward from the rose quartz placed in a circular pattern. The Quartz points direct and empower the energies of the rose quartz and send them out into the atmosphere in which one lives. If you have any trouble with this buy a good book on crystals and stones and look at their properties. Grids do not have to be ultra complicated. You can place one stone for each of the chakras in a line from Crown to Root, charge them all with the purpose of helping balance your whole energy system and leave it go. Simple and effective. As you progress further into Usui Reiki your grids will become more empowered by your reiki skills as they also progress.

Personal Notes from your teacher: Many so-called Reiki Masters say that if you are distantly attuned you aren't really a reiki practitioner at all. Well, think about this: Dr. Usui had no "master" or "teacher" he was spiritually or distantly attuned by the Universe so if the Founder of Reiki was given his that way and it obviously worked why then will it not work for us, his later students? Reiki works for anyone who truly wishes to have it as a gift from the Universe. Never let egos or others dictate to you what you have or don't have. You have been given this gift in love and hope and it is sacred. Don't let anyone make you feel inferior because you didn't either pay a huge amount for your teachings or that you weren't "in person" for your attunement. Trust me, if Reiki can circulate all across this globe with no problems it can easily leave my energy system and reach yours wherever you are.

On the subject of charging for healings or teaching, I feel that this world is in dire need of healers. Reiki should be given in love, not bought and sold like a product or in a businesslike manner. That takes the goodness out of it and replaces it with greed. It shoves shadows over something beautiful. It is entirely up to you what you charge, but I only ask that you put the fact of how bad your prospective student wants to heal and be healed first rather than how much they can afford. Trust me, Reiki affects Karma and it is going to bounce back and bless you for every single time you use it with an open heart. It is no accident that you came to find reiki. It was destiny and it found YOU!

You are my life long student. I will see to your welfare regarding your practice for the rest of your life. It is the duty of every teacher. So if you need me I am here.

If you have any questions please contact me at: rebecca_doolin@yahoo.com or at:

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Good luck and best wishes

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