

Reiki One Practitioner Manual



Bek Beechey – Reiki Master

Mens Medicine

Chapter 1: Energy is Everything

Reiki is essentially a beautiful form of energy healing. To explain this properly, let us go back a few steps. Energy is at the core of everybody and everything. The statement that "everything is made from energy" is a simplified way to describe the role of energy in the universe. It highlights the fundamental idea that energy is a fundamental property of the universe, and it plays a crucial role in the behaviour and existence of all things. It is important to clarify what this statement means in a more scientific context:

Energy as a Fundamental Property: In physics, energy is considered one of the fundamental properties of the universe, along with other fundamental properties like matter and forces. Energy is not created or destroyed but can be transferred or transformed from one form to another. This principle is known as the law of conservation of energy.

Matter-Energy Equivalence: According to Albert Einstein's famous equation, $E=mc^2$, matter and energy are interchangeable. This means that matter (mass) can be converted into energy, and vice versa. In nuclear reactions, such as in the sun or nuclear power plants, small amounts of matter are converted into a large amount of energy.

Energy and the Structure of Matter: At the quantum level, the behaviour of particles and the forces that govern them can be described in terms of energy. Energy levels and energy exchanges are fundamental to understanding the behaviour of particles and their interactions.

In the spiritual context: Energy is viewed as a non-physical, universal force or essence that is fundamental to the nature of reality and the interconnectedness of all things. It is believed to exist on a spiritual or vibrational level and can influence the well-being, consciousness, and experiences of individuals.

Here are some key aspects of the spiritual definition of energy.

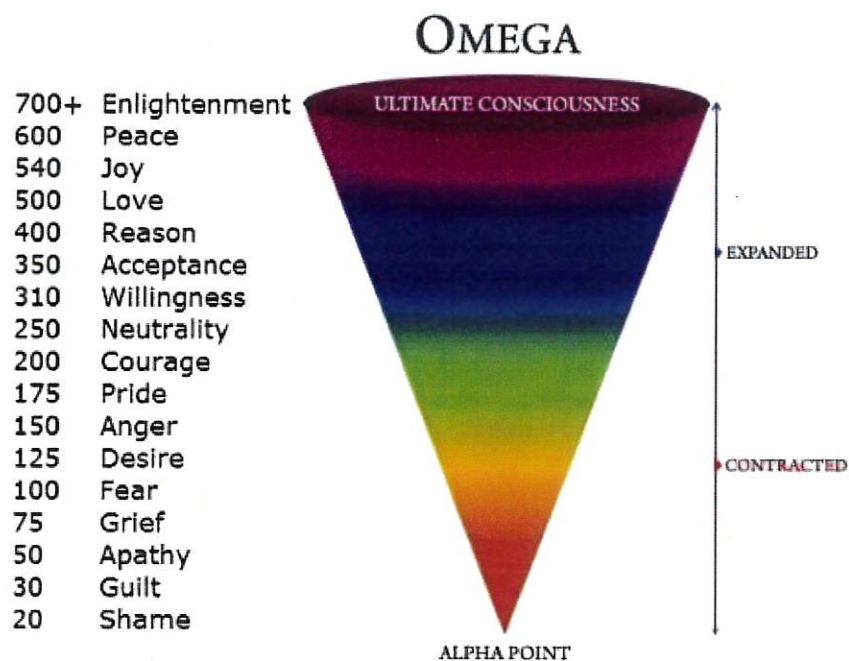
Life Force Energy: Many spiritual traditions and cultures believe in the existence of a life force or vital energy that animates all living things. This energy is sometimes referred to as "chi" in Chinese culture, "prana" in Hinduism, or "ki" in Japanese traditions.

Vibrational Energy: Everything is said to have a vibrational frequency, including thoughts, emotions, and physical objects. It is believed that higher, positive vibrations promote well-being and harmony, while lower vibrations may lead to negativity and discord.

Law of Attraction: The Law of Attraction is a spiritual concept that suggests that thoughts and intentions emit energy vibrations that attract similar energies or experiences into one's life. It emphasizes the role of positive thinking and intention in shaping one's reality.

Spiritual Growth: Many spiritual paths involve practices and techniques aimed at raising one's spiritual energy or consciousness. This is often seen as a path to personal growth, enlightenment, and a deeper connection with the universe or a higher power.

Energy Healing: Energy healing practices, such as Reiki are based on the idea that imbalances or blockages in the flow of spiritual energy can lead to physical or emotional ailments. Practitioners work to channel or manipulate this energy to promote healing and well-being.



Chapter Two : Reiki

Reiki is a Japanese word meaning Universal Life Energy. It is a noninvasive healing technique whereby you channel Universal Life force energy through you and the to your focus – which maybe yourself, somebody else, an animal or even an object. Often pronounced as “ray-key” in the West, Reiki is

comprised of two Japanese words: Rei, meaning *Spiritual Wisdom*; and Ki, which is *The Life Force*. Of course, there are variations to this definition but base on this reiki means: Universal life force energy. This universal energy is not chaotic or happenstance; its intelligent and goes to where it is needed for healing for the greatest good.

History of Reiki

The story of reiki is passed down from teacher to student by word of mouth. The founder of reiki was Japanese Dr Mikao Usui (pronounced ew-soo-ee). Dr Usui went on a self-discovery journey and climbed one of the sacred mountains in Japan – Mt Kori-Yama where he fasted and meditated for 21 days. On the last day, he became aware of a beam of light shooting towards him – reiki rushed toward him and into his third eye – he then went into a deep state of meditation/unconsciousness. While he was in this state, the reiki symbols were shown to him. He was then able to use reiki to heal himself and other and travelled throughout Japan and China teaching his techniques and the reiki principles. He taught many how to heal their physical body of symptoms but had not taught appreciation or gratitude for life or a new way of living. He then shares the principles of reiki to heal thoughts.

One of these students, Chujiro Hayashi, a retired naval officer was seeking a way to serve others. He was attuned by Dr Usui and became deeply involved with the practice of reiki. When Dr Usui was coming to the end of his life, he recognised Dr Hayashi as a Master of Reiki and charged him with keeping the essence of his teachings intact. He founded a clinic in Tokyo. It was in Tokyo he taught a Hawayo Takata the tool of Reiki. She was patient who was healed with Reiki and following this she asked to be admitted to the beginner's class to which she was refused. She realised she must show a deep commitment to Reiki. She went to Dr Hayashi and explained her commitment to stay in Japan and willingness for as long as possible. He accepted and her training began. In 1938, She was initiated as a Master of the Usui System of Natural Healing.

Hawayo Takata was a Japanese American living in Hawaii. She was a powerful healer and a great teacher, introducing the gift of reiki to the Western World. In addition, passing on the teaching of Reiki to her Grad-daughter Phyllis Lei Furumoto. Today, the Usui System of Natural Healing is practiced all over the world. You are a part of this history.

Spiritual Lineage

Dr Mikao Usui, Chujiro Hayashi, Hawayo Takata, Phyllis Lei Furumoto, Betty Bews, Conye Schlader, Dianne Weinberger, Carol Hogarth and Rebekah Beechey



Dr Mikao Usui

Hawayo Takata



Dr Chujiro Hayashi

Phyllis Lei Furumoto



The Reiki Principles

Reiki is a spiritual healing practice that is accompanied by a set of principles or precepts known as the Five Reiki Principles. These principles serve as guidelines for living a balanced and harmonious life. While different Reiki lineages may have variations in wording, the core principles are generally consistent. The principles are quite simple at first glance. But, to actually follow the principles and live your life by them, is much harder than many may think.

The traditional Five Reiki Principles:

1) Just for today, do not worry

This principle encourages living in the present moment and letting go of unnecessary stress and anxiety. It reminds you to trust in the unfolding of life.

2) Just for today, do not anger

This principle emphasizes the importance of letting go of anger and cultivating emotional balance. It encourages you to practice patience and forgiveness.

3) Just for today, be grateful

Gratitude is a central theme in Reiki. This principle invites you to focus on the positive aspects of your life, fostering a sense of appreciation for the present moment and everything around you.

4) Just for today, I will live honestly

This principle emphasizes the importance of integrity and ethical conduct. It encourages you to approach your work and interactions with honesty and sincerity.

5) Just for today, I will show kindness to every living thing

Compassion and kindness are at the core of this principle. It encourages you to extend love and compassion not only to humans but to all living beings, fostering a sense of interconnectedness.

Reiki effects on the physical body

Eight reasons for using reiki on the physical body

- 1) Maintain mental, physical and emotional balance
- 2) Reduce stress, relieve pain and heal on all levels of being
- 3) Reiki loosens up blocked energy and promotes a state of total relaxation
- 4) Enhance all healing work you currently give by increasing the amount of life force energy through your hands
- 5) Reiki accelerates the body's own ability to heal
- 6) Reiki is a method for maintaining a person's of well being physically, mentally, spiritually and emotionally.
- 7) Reiki is very nurturing, relaxing, and full of unconditional love and peace.
- 8) You have the power within to heal yourself. Reiki empowers you to take responsibility for your own healing while giving you the gift of being able to heal others. You can use reiki on yourself, others, animals, and plants.

Attunement – Level One

Reiki is wisdom and truth and the transferral of universal energy and what sets it apart from all other healing methods are the attunements. The reiki attunement is a process of empowerment which connects you to the unlimited source of reiki energy. With each attunement the energy that flows through you increases.

The first Attunement: Opens and activates the crown chakra. This allows energy to spiral down the spinal column to the base of the spine to energise and clear. It also activates the hand chakras, and you should feel the heat

The Second Attunement: Aligns and balances the upper four chakras. It strengthens and balances every time you do reiki. When doing a reiki treatment, you work from the heart space.

The Third and Fourth Attunement: Seals the reiki energy process into the mind, body, and soul. Once this is done it is with you for the rest of your life. You can never lose it and it cannot be taken away from you. The more you use reiki the stronger the energy will become.

Chapter Three: Feeling it

How to feel Reiki

Let's just pretend that you and I are looking at the same flower; you think it's a beautiful blue and I think its shape is odd and its violet in colour. Suffice to say, we are looking at the same thing but we are experiencing something very different. This is the same when feeling Reiki. Some people can feel the power of Reiki intensely, while others do not. The same energy yet different experiences and just because you cannot see or feel something, does not mean that it isn't there. It may or may not take some time for you to feel; it just depends on where you are on your own spiritual journey and how open minded you are to the entire concept of universal energy. This goes for both practitioners as well as recipients of Reiki. Whether you feel it easily or not – here's a hand energy exercise to help you learn to feel Reiki.

Hand Energy Exercise

The first step to be able to feel Reiki is to be completely open to the process. Keep your mind and heart open, quiet and still... It will come.

- 1) **Relax:** Get in a comfortable seated position, placing your hands on their respective thighs, palms face up. Close your eyes gently, lips touching, teeth touching and tongue against the roof of your mouth.
- 2) **Visualise:** On your inhale see in your mind's eye, the energy of the universe entering your Crown Chakra (top of your head) and filling your beautiful chest space. On your exhale, visualise this energy travelling down your arms and into your hands
- 3) **Rub:** Once you are ready open your eyes and rub your hands together robustly for a few moments.
- 4) **Hold:** Now, part your hands and hold them a few centimetres apart
- 5) **Feel:** As you hold this pose, you will start to feel a connection between your two hands. This could feel like an invisible box or ball and when you lightly push your hands towards each other – you feel a bit of bounce or resistance... That's Reiki.
- 6) **Move:** Still maintaining this stance, you can now pull your hands slightly further apart, shift one up or down, out and in. You may feel the Reiki stretch and pull at your palms.
- 7) **Compress:** Once you complete this, go back to the original hand position of a few cm apart. You may feel the energy compress.

- 8) **Intend:** With this little compressed unit of energy, Reiki, you can now place it anywhere you wish.

Chapter Four: Chakras

Understanding Chakras is an integral part of Reiki and energy healing. Chakra is the Sanskrit word for “wheel”. It is believed that each of us have chakra wheels positioned along our central nervous system which life force energy flows through. Each Chakra has a specific location, function and colour.

Quick Chakra guide

Chakra	Location	Function	Colour
Root/base	Tailbone	Physical Needs	Red
Sacral	Lower abdomen	Sensuality, sexuality and creativity	Orange
Solar Plexus	Stomach	Personal and will power	Yellow
Heart	Chest area	Compassion, love, relationship	Pink, Green
Throat	Neck	Communication and self-expression	Blue
Third Eye	Between eyebrows	Intuition, wisdom and enlightenment	Deep Violet, Indigo
Crown	Top of head	Spirituality, divine guidance	White, Gold, Whitish Violet

Crown Chakra
SAHASRARA



Third Eye Chakra
AJNA



Throat Chakra
VISHUDHA



Heart Chakra
ANAHATA



Solar Plexus Chakra
MANIPURA



Sacral Chakra
SVADHISTHANA



Root Chakra
MULADHARA



7 MAIN CHAKRAS for beginners

Chakra Guide

ROOT/BASE CHAKRA

Archangel: Chamuel, The love angel

Location: Base of the spine, at the seat of Kundalini

Colour: Red

Function: Safety, security, trust, grounding, health and wealth foundations, feeling cared for.

Essential Oils: Patchouli, Cedarwood, Sandalwood

Crystals: Garnet, Ruby, Agate, Onyx, Haematite, Red jasper, Black Tourmaline, Smokey Quartz

Excessive: Sluggish, lazy, tired, monetary, obesity, overeating, hoarding, materialism, greed, fear of change, addiction to security.

Deficient: Fearful, Anxious, Restless, Lack of Discipline, Underweight, financial difficulties, disorganisation.

Balanced: Good health, vitality, grounded, sense of trust in the world, feeling safe and secure, stability, prosperity, ability to relax.

Physical Dysfunctions: Frequent illness, disorders of the bowel, large intestine, bone, teeth, problems with legs, feet and base of spine, eating disorders, depression, immune related disorders, skin problems, lack of energy.

Addictions: Food, gambling, shopping, work

Healing strategy: Physical activity, lots of touch, massage, reconnect with the body, grounding, yoga, look at earliest relationship with mother, reclaim your right to be here.

Affirmations:

It is safe to be me, to be here

The earth supports me and meets my needs

I love my body and trust its wisdom

I am living in abundance

I am here and I am real

My life is full of prosperity

SACRAL CHAKRA

Archangel: Zadkiel, the angel of joy.

Location: Lower Abdomen (below the belly button)

Function: How you express yourself creatively, sensuality and sexuality

Colour: Orange

Essential Oils: Rosemary, Juniper, Sandalwood, Jasmine, Rose, Ylang-Ylang

Crystals: Amber, Carnelian, Topaz, Moonstone, Fire Agate, Fire Opal

Excessive: Sexual, pleasure addiction, excessively sensitive and strong emotions, invasive of others, seductive manipulation, obsessive attachment, emotional dependency

Deficient: Poor social skills, frigidity, fear of sex, lack of desire, passion, excitement, denial of pleasure, fear of change, rigidity of attitude.

Balanced: Graceful movements, emotional intelligence, ability to experience pleasure, nurture of self and others, ability to change, healthy boundaries.

Physical Dysfunction: Sexual dysfunction, ob/gyn problems, dysfunction with reproduction organs, spleen, urinary system, loss of appetite for food, sex, life; chronic lower back pain, scitica,

Addiction: Alcohol, sex and heroin

Healing Strategy: Movement therapy, emotional release, inner child work, boundary work, assign healthy pleasers, develop sensate intelligence.

Affirmations:

I accept and acknowledge my sexuality

My physical health is strong and pure

I deserve pleasure in my life

I absorb information from my feelings

Life is pleasurable

I move easily and effortlessly

SOLAR PLEXUS CHAKRA

Archangel: Jophiel, angel of beautiful thoughts

Location: Below the diaphragm

Colour: Yellow

Function: Emotional Balance, sense of internal strength and power

Essential oils: Juniper, Lavender, bergamot, rosemary

Crystals: Citrine, amber, tigers' eye, yellow tourmaline, yellow topaz

Excessive: Overly aggressive, dominating, controlling, blaming, arrogance, manipulative, power hungry, stubbornness, hyperactivity, competitive

Deficient: Low energy, weak will, poor self esteem, passive, sluggish, fearful, poor self discipline, emotionally and physically cold, victim mentality, blaming of others, unreliable and poor digestion

Balanced: inner harmony, self acceptance, respect for the emotions of others, feeling of unity with the rest of humanity, responsible, reliable and confident, sense of humour and able to meet challengers

Physical Imbalances: Arthritis, digestive disorders, ulcers, colon and intestinal disorders, anorexia, bulimia, pancreatitis, diabetes, gall stones, allergies, problems with stomach and liver.

Addictions: Amphetamines, cocaine, caffeine, work and anger

Healing Strategy: Risk taking, grounding, emotional contact, deep relaxation, stress control, vigorous exercise, sit ups, psychotherapy.

Affirmations:

I am enough

I have always been enough

I honour the power within me

I claim my personal power

HEART CHAKRA

Archangel: Raphael, the angel of the healer and healing

Location: Chest, heart and cardiac plexus

Colour: Pink, Green

Function: Love, love of self and healing

Essential Oils: Sandalwood, rose, cedarwood

Crystals: Rose quartz, emerald jade, aventurin, malachite, rhodonite

Excessive: Demanding, Jealousy, co-dependency, poor boundaries, overly sacrificing, possessive

Deficit: Antisocial, withdrawn, cold, shy, critical, judgemental, intolerant, loneliness, depression, fear of intimacy and relationships, lack of empathy, narcissism, bitter

Balanced: Compassionate, loving, self loving, empathetic, peaceful, balanced, good immune system

Physical Dysfunction: Disorders of the heart, lungs, thymus, breasts, arms, asthma, allergy, circulatory problems, immune system deficiency, tension between shoulder blades.

Addiction: Tobacco, sugar, love, marijuana

Healing Strategy: Self discovery, co-dependency work, forgiveness, inner child work, work with arms, reaching out, taking in and breathing exercises.

Affirmations

I am loved

I am nourished by the power of love

I give and receive love freely

I am loving to myself and others

There is an infinite supply of love

THROAT CHAKRA

Archangel: Michael, angel of protection

Location: Throat

Colour: Blue, light blue, turquoise

Function: Speaking your truth and wisdom, ability to let go control and go with the flow of life

Essential Oils: Lavender, patchouli

Crystals: Rose quartz, emerald jade, aventurine, lapis lazuli, aquamarine, blue kyanite

Excessive: Talks a lot, talking as a defence, inability to listen, gossiping, interruptions, over extended and interrupting.

Deficient: Fear of speaking, small, weak voice, difficulty putting feelings into word, shyness, tone deaf and poor rhythm.

Balanced: Good listener, resonant voice, good sense of timing and rhythm, clear communication, lives creatively

Physical Dysfunction: Raspy throat, chronic sore throat, mouth ulcers, gum difficulties, scoliosis, laryngitis, swollen glands, thyroid problems, headaches, pain in the neck and shoulders, ear infections and problems

Addictions: Opiates and marijuana

Healing Strategy: Learn communication skills, letter writing, inner child communication, practice silence, story telling, singing, chanting, release voice, loosen neck and shoulders

Affirmations:

I speak my truth

I feel safe to speak my truth

I easily and gracefully express my deepest feelings and emotions

Creativity flow in and through me

My voice is necessary

THIRD EYE CHAKRA:

Archangel: Uriel, angel of wisdom

Location: The centre of the forehead

Colour: Indigo, purple

Function: Intuition, visions, insight, clairvoyance

Crystals: Amethyst, azurite, fluorite, lepidolite

Excessive: Hallucinations, nightmares, obsession, delusion, difficulty concentrating, headaches

Deficient: Poor vision and memory, insensitivity, lack of imagination, difficulty visualizing, difficulty seeing the future, can't remember dreams, denial
Balanced: Intuitive, perceptive, imaginative, good memory, able to visualize, able to think symbolically, able to remember dreams

Physical Dysfunctions: Headaches, eye and ear disease, nose and sinus problems, facial nerve problems, nightmares, brain tumour, stroke, neurological disturbances, seizures, full spinal difficulty, learning disabilities

Addictions: Hallucinogens, marijuana

Healing Strategy: Meditation, visual stimulation, create visual art, colouring and drawing, working with memory, dream work, hypnosis, guided visualization, past life regression therapy

Affirmations:

My inner vision is clear and strong.

I trust my intuition and inner vision.

I see all things in clarity.

I am open to the wisdom within.

I can manifest my vision.

CROWN CHAKRA

Archangel: Zadkiel, angel of freedom, benevolence, mercy and forgiveness **Location:** The crown of the skull **Color:** Lavender, gold, silver **Essential**

Oils: Jasmine, frankincense **Crystals and Stones:** Diamond, clear quartz, moldavite, selenite, pyrite

Excessive: Over-intellectualization, spiritual addiction, confusion, dissociation from body **Deficient:** Spiritual cynicism, learning difficulties, rigid belief systems, apathy, materialism, greed, domination of others

Deficient: lack of spiritual inspiration or aspiration **Balanced:** Sense of spiritual connection, open-minded, wisdom and mastery, broad understanding, intelligent, thoughtful, aware, ability to perceive, analyse and assimilate information

Physical Dysfunctions: Energetic disorders, mystical depression, coma, migraines, brain tumors, amnesia, chronic exhaustion not linked to physical disorder, sensitivity to light, sound and other environmental factors

Addictions: Religion, spiritual practices

Healing Strategy: Re-establish physical, emotional, spirit connection, spiritual discipline, meditation, examine belief systems, goal setting

Affirmations:

I accept and acknowledge my spirituality.

Divinity resides within.

I am open to new ideas.

Information I need comes to me.

I am guided by higher power.

I am guided by inner wisdom.

The world is my teacher.

Chapter Three: Preparation

Since Reiki is a technique to channel energy, its very important that you now how to set your intentions to connect, know how to be a channel for it and then how to untangle yourself from it once you are done. I recommend the following preparations for a Reiki treatment

Personal Preparation:

The priority is for you own personal hygiene. This includes, having a shower or washing your hands and wrists up to your elbows with an antibacterial soap and/or hand gel. Brush your teeth and apply clean light clothes with deodorant as you will most likely sweat with the reiki energy as it flows through you. Remove any jewellery that might catch on client clothing or jangle and distract the client.

Energetic Protection:

I suggest that 30 minutes before your client arrives that you sit in a comfortable position and meditate on the Reiki work you are about to do. It is important that you protect yourself form lower energy is when we do any type of work. Reiki, however, is a continuous flow with no backwash but it is still important that you protect yourself. You can do this several ways

- White light with a blue outer shell (blue represent archangel Michael)
- Call in reiki spirit guides, ancestors, and guardian angels
- Use crystals – I like to wear black kyanite (believed to be a wing of arch angel Michael)
- Intention to transmute with love
- Energetic bubble, mirrors, armour etc

Preparing your Space:

- Ensure your space is clean and tidy
- Cleanse your space with Sage, Palo Santo or incense: I recommend standing at the entrance of the room and going anti clockwise, when you get to the corners 3 x circular motions and when over doors and windows waving left to right. Once back at the entrance sealing the room with a figure eight.
- Sit in a seated position and channel reiki energy through you and visualise a white mist coming from your hands and filling the room, intending that the reiki will cleanse any negative energies.
- Make sure the yoga mat and/or the massage table are clean with fresh towels between each client.
- I like to burn essential oils during the treatment but check with your client first to ensure they are ok with this.
- dim the lights and have candles burning
- Have a playlist and speaker ready to ensure a continuous flow of relaxing music
- Ensure there are no distractions from children, pets, phones etc

Preparing your client:

- Provide your client with prep information – where possible the day of the healing reduce or eliminate caffeine, alcohol, smoking, highly sugared and fried foods and heavy meats.
- Provide your client with a warm, welcoming greeting
- Sit with them first and explain the basics of reiki and what to expect during the healing – keeping clothing on, closing your eyes and relaxing
- Talk to them about why they have come for a reiki healing and let them share their story.
- where you will be placing your hands – if you feel uncomfortable at any stage, please let me know
- Discuss experiences they might have – sensations of warmth, tingling, energy flowing through their body.
- Explain that emotions may come up and that it's ok to feel them during the session
- Give them an opportunity to ask questions
- Ask for consent.

- Support them to a comfortable position – a pillow under the head and knees and tissue over their eyes with an eye pillow or mask
- Cover your client with a soft blanket – this helps them feel nurtured and prevents them from feeling cold

Chapter Five: Reiki Healing

Firstly, a reminder of important practices before commencing Reiki healing.

Letting Go: As a reiki practitioner, your purpose is to connect with universal energy. Once the energy passes through you, it is not up to you. Let go of any expectations you may have of reiki and trust that the universal energy will go directly where it is meant to go for the client's highest purpose.

Intention: Its important to set a loving intention for the energy to follow – you can be generic or specific with your intention

- 1) *I put my hands in prayer position, eyes closed, and sit for several moments to clear mt mind*
- 2) *I visualise the client and say (in my mind or allowed) "Please allow this healing to serve (insert client name)'s highest good", "Flow through me to resolve (insert client name) unease", or "Please let this session g just as it should".*

Disconnecting: Many people who don't understand energy will often pick up ailments or conditions of their clients, or sometimes just be extremely worn out after a session. Lets quickly look at both of these.

Ridding yourself of picked up symptoms: If you have picked up a symptom it's likely you have connected your energy with their energy or have not disconnected from the session

- 1) *Simply imagine the person or thing and visualise the energy between you two*
- 2) *Now see that energy connection being cut, like a pair of scissors cutting a string*
- 3) *Visualise yourself being immersed in white light from head to toe.*
- 4) *In addition to this, I would recommend washing your hands, taking a shower and changing your clothes*

Restoring your own energy: If you are tired or depleted following an energy healing its likely that you have given your own energy to the client – as opposed to channelling the universal energy through you. Some of your energy will flow as a by-product by you should consciously be aware not to give your energy to others. Here's way you can restore your energy

- 1) *Close your eyes and imagine a white healing light in the form of a mist surround you*
- 2) *Its soft and lovely to breathe in*
- 3) *With each breath in, you glow brighter and grow stronger*
- 4) *With each breath out you release any stagnant energy*
- 5) *As you breathe this healing mist it goes to every corner of your body and regenerates you from the core of each cell.*

Self Treat: Reiki One

When you self-treat you:

- 1) The more energy builds in your body
- 2) The greater confidence you have in using Reiki
- 3) The greater confidence you have in listening to your hands
- 4) The greater understanding you have of yourself
- 5) The greater health and harmony you bring into your life

Positions for the Head

Self Treat Head Position No. 1

Hands cover the front of the face, with tips of the fingers touching the hairline or the top of the forehead. Hands are abutted. Be sure to cover the nose.



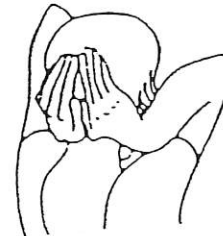
Self Treat Head Position No. 2

Tips of middle fingers are placed on the crown of the head. Allow fingers and hands to rest gently on the head.



Self-Treat Head Position No. 3

Heels of the hands are cupped under the occiput bones (the lower portion of the back of the head where the skull ends and the neck begins). Fingers extend straight upwards with the thumbs and index fingers touching. If this is awkward, use the alternative position described below.



Self-Treat Head Position No. 3 (Alternative Position)

Place hands horizontally behind the head. One hand is above the occiput ridge, the other below.



Self-Treat Head Position No. 4

Left hand is placed at the neck and rests on the chest. Right hand on the chest directly below.



Positions for the Front of the Body

Self-Treat Front Position No. 1A

Place your hands to cover the entire breast.



Self Treat Front Position No. 1

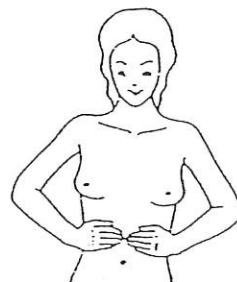
Place hands under the breast line with middle fingertips touching.

Hands are placed gently on the body. Fingertips about the centre-line of the body



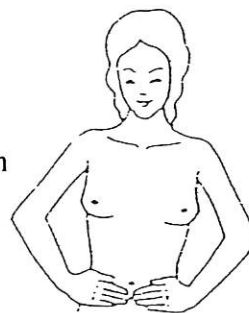
Self Treat Front Position No. 2

One hand-width down from Position No.1. Rest the lower edges of the hands on the waistline.



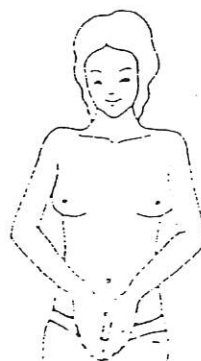
Self Treat Front Position No. 3

Thumbs along the waistline with one hand-width down from Position No.2



Self Treat Front Position No. 4

Hands pointed down. Thumbs and index fingers are touching. Fingers touch the pubic bone.



Positions for the Back of the Body

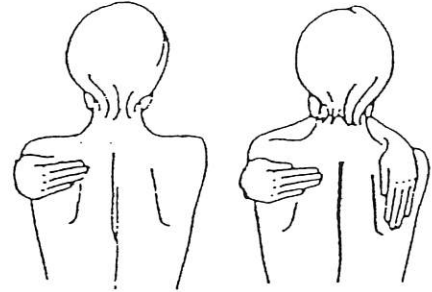
Self Treat Back Position No. 1

Reach up and place your hands on your shoulder muscles while your middle fingertips touch the channel of your spine (The indentation on either side of the centre line of the spine).



Self Treat Back Position No.2

Reach across in front of your body and place your right hand on your left shoulder blade. Reach across in front of your body and place your left hand on your right shoulder blade. Hugging yourself.



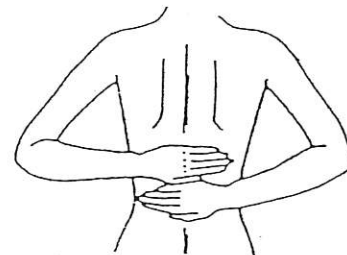
Self Treat Back Position No. 3

Reach around behind your back with the left hand. Place your right hand between the shoulder blades on the opposite side of the spine with fingers touching.



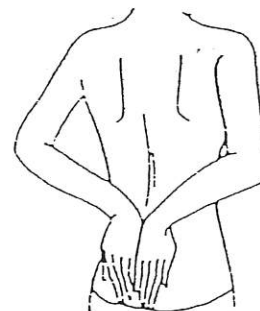
Self Treat Back Position No.4

Place one hand above the other with the knuckles of each hand over the centre line of the spine. Your lower hand rests at the waistline.



Self Treat Back Position No. 5

Point your hands downward with the edges of your hands and little fingers touching. The heels of your hands at the waistline and middle fingers touch the tip of the tailbone (coccyx).



HAND POSITIONS FOR TREATING OTHERS

Positions for the Head

Place a tissue over the eyes without covering the nose. The client should be informed that both hands will be placed over the eyes. Be very gentle. The hands should be placed lightly near the nose and eyes.

Figure 1

Heels of the hands are placed at the top of the forehead (hairline) with the index fingers and thumbs abut. The hands should rest gently on the client's face.

Imbalances:

Eye problems
Headaches
Migraines
Allergies
Sinus blockage
Hay Fever
Upper respiratory congestion
Stroke
Gum problems
Toothache
Glands:
Thalamus
Pituitary (Third Eye)

Figure 1

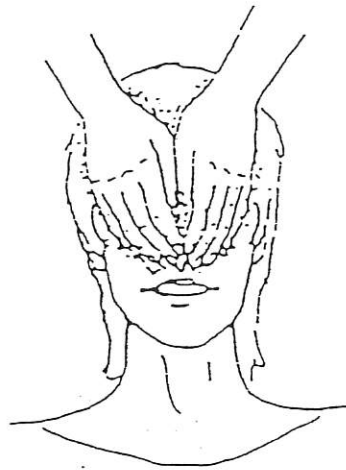


Figure 2

Heels of the hands are placed on the crown of the head with the hand resting on the skull. The fingers extend down toward the ears.

Imbalances:

Headaches
Migraines
Head Injuries
Mental organisation and disorders
Motor and thinking functions
Stroke
Stress
Glands:
Hypothalamus
Pineal (Crown)

Figure 2



Figure 3

With the hands abut, the fingertips of both hands are placed on the lower edge of the skull and the heels of the hands rest on the back of the head.

Imbalances:

Headaches

Migraines

Head injuries

Stroke

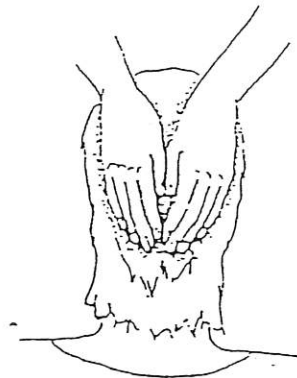
Eye problems

Nose bleed (with ice pack)

Glands: Pineal gland response point is located at the centre midpoint of the occipital bones.

Hypothalamus

Figure 3



Neck and Throat

Figure 4

Sit by the head of the client.

The heels of both hands are placed slightly above the neck line of the client with the index fingers and thumbs touching. The hands rest on the upper chest region.

Figure 4



Figure 5

Sitting by the client's right side:

Heel of left hand is placed at the client's throat with the fingers pointing down and resting on the client's chest.

Fingertips of right hand are placed at the client's throat with the heel on the client's chest.

Figure 5

Imbalances:

Immune stimulation

Energy stimulation

Weight control

Metabolism

Calcium absorption

Nervousness



Treat women's breasts as needed. Especially with regard to reproductive disorders. Do not permit hand contact with the breasts. Place a towel or blanket over the area prior to treating. Refer to self-treatment of the breast in this book.

Imbalances:

Tumours
Cysts
Lactation disorders
Migraine Headaches
Pain during menstrual cycle
Ovarian or cycle imbalances

FRONT

Figure 6

Left Hand: The left hand is placed under the breastline on the client's right side. The right hand is placed under the breastline on the client's left side. The heel of the right hand should be touching the middle fingertip of the left hand.

Figure 6

Imbalances: Right Side

Liver disorders
Blood disorders
Infections
Lower lungs
Digestive problems
Blood sugar imbalances

Imbalances: Left Side

Immune system
Lower lungs
Gas
Spleen

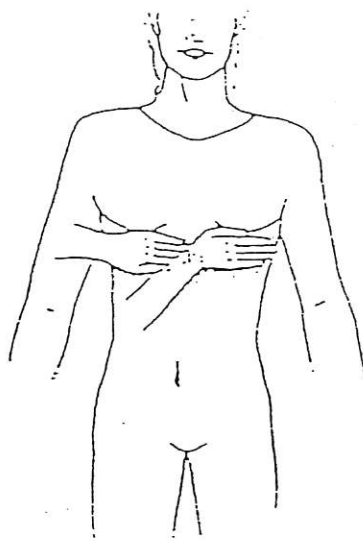


Figure 7

Move both hands one hand-width down the body.

Imbalances: Right Side

Gall bladder
Gall stones
Constipation
Upper colon
Colitis
Mucous accumulation
Vegetable protein digestion

Imbalances: Left Side

Diabetes
Pancreas
Digestive problems
Stomach problems
Ulcers, spasms
Upper colon
Blood sugar imbalances
Haemophilia

Figure 7

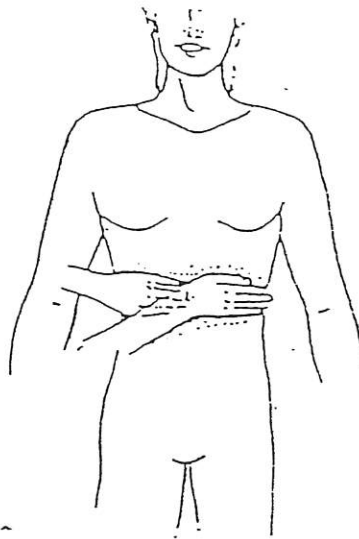


Figure 8

Move both hands one hand-width down the body.

Imbalances: Right and Left Side

Colon and upper small intestine
Colitis
Digestion
Constipation
Diverticulitis
Stress (solar plexus) mucous accumulation
Assimilation of nutrients from foods

Figure 8

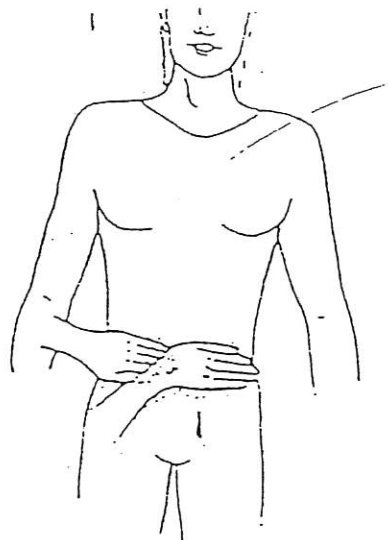


Figure 9

Do not make contact with the reproductive areas. Allow both hands to be supported by the arms without contacting the reproductive areas of the client's body. Cover the client with a towel or blanket. Fingers of left hand are placed above the pubic bone with the hand resting inside the pelvic bone area. Heel of right hand is placed above the pubic bone with the right hand resting inside the pelvic bone area.

Figure 9

Imbalances:

Menstrual problems

Ovaries

Menstrual cycle regulation dysfunction

Fallopian tubes

Lower intestines and colon

Bladder

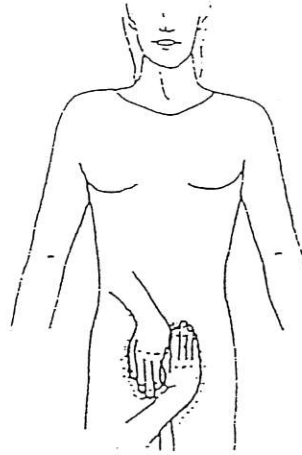
Infections

Cystitis, vaginal or uterine disorders

Arthritis

Migraines

Remember that reproductive dysfunction correlates to the Pituitary Pineal and Adrenal glands.



BACK

Figure 10

Heel of left hand rests on the shoulder muscle with the middle fingertip on the channel of the spine. The channel of the spine is the indentation of the centre line of the spine. Fingertips of the right hand are placed on the shoulder muscle with the heel of the hand touching the channel of the spine.

Figure 10

Imbalances:

Throat problems and throat chakra

Spinal problems

Tension

Headaches resulting from neck tension

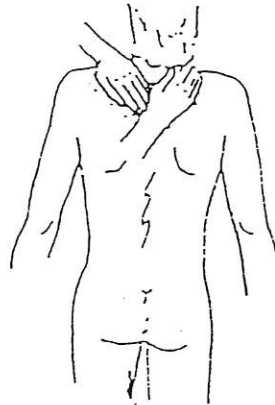


Figure 11

Left hand is placed on the left shoulder blade
Right hand is placed on the right shoulder blade.

Imbalances:

Back of lungs
Spinal problems
Tension
Nervousness



Figure 11

Figure 12

Left hand is placed over the left adrenal gland
(above the kidneys) and upper portion of the kidney.
Right hand is placed over the right adrenal gland
and the upper portion of the kidney.

Imbalances:

Hypo or hyperglycaemia (blood sugar imbalances)
Diabetes
Stress
Male or female reproductive problems
Infections
Migraines

Basically all body imbalances will require the need of
additional treatment time on the adrenal glands.
Treat the adrenal glands for shock, and to prevent shock.

Figure 12

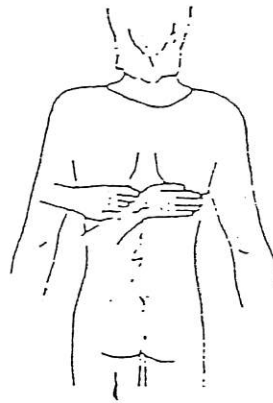


Figure 13

Both hands are placed on the client to cover the kidneys

Imbalances:

Kidney problems
Oedema
Infections (to increase the filtering of toxins from the body)
High blood pressure
Arthritis

Figure 13



Figure 14

Left hand rests on the coccyx (tailbone) with the fingers pointing down.
Right hand rests on the coccyx with the fingers pointing up.

Imbalances:

Intestinal disorders

Lower back

Lumbar and sacral disorders

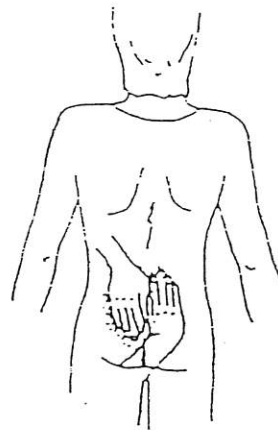


Figure 14

Specific Imbalances: Hearing Loss, Deafness, Earaches

Figures 15 to 18

The middle fingers of both hands are gently placed in the opening, with the middle fingers slightly bent to accomplish this. The index fingers should be placed on the head in front of the ear, while the ring and little fingers are placed on the head behind the ear.
Remember to treat under the jaw. Earaches are the Eustachian tubes filled up with fluid and mucous.

Figure 15

Treating Ears (Others)

Figure 15
Treating Ears
(Others)



Figure 16

Treating Eustachian Tubes (Others)

Figure 16
Treating Eustachian Tubes
(Others)



Figure 17

Treating Ears (Self)

Figure 17
Treating Ears
(Self)



Figure 18

Treating Eustachian Tubes (Self)

Figure 18
Treating Eustachian Tubes
(Self)



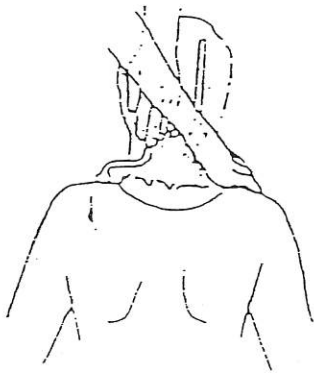
High/Low Blood Pressures, Strokes and Migraines

Figures 19-21

One hand is placed on the back of the head while the other rests gently on the side of the neck over the carotid artery. Treatment should continue until the energy flow stabilises. Reverse positions to balance the body after stabilisation.

In cases of very high blood pressure (above 180), it is suggested that treatment begin with the hand placed on the neck for only thirty seconds. The length of time should be increased each time hands are placed on the neck. This precaution will prevent a radical change in blood pressure that could cause faintness and nausea.

*Figure 19
Treating Others
(Rear View)*



*Figure 20
Treating Others
(Side View)*



*Figure 21
Treating Self
(Side View)
(Treat Both Sides)*



Immune System stimulation

Treating Others Figure 22

Left Hand: the left hand is placed on the thymus.
To locate the thymus, find the opening or separation of the third rib and the sternum bone. Just below where the ribs attach to the breast bone, there are two "bumps of Louie".

Right Hand: the right hand is placed on the spleen.
(second position left hand side of body)

Figure 22 Client

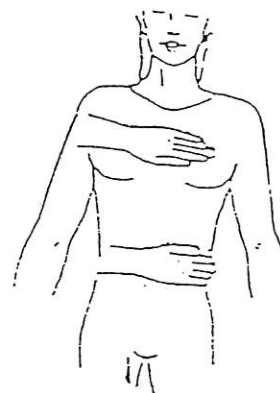


Figure 23

Treating Self
Figure 23

Left Hand: the left hand is placed on the left thymus.

Right Hand: the right hand is placed on the spleen.



Varicose Veins and Poor Circulation

Figures 24-25

It is required that treatment be alternated by treating first the left leg and then the right leg. Left hand is placed on the right side of the body. Right hand is placed so that it covers the centre quadrant line of the groin. The right hand should abut the body where the leg and body are joined. Then place the right hand on the left side of the body, and the left hand on the left leg. It is necessary for the client to spread his/her legs to provide room to place the hands. The client should wear loose fitting clothing or slacks for treatment.

Figure 24

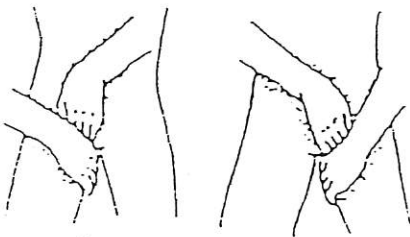


Figure 25

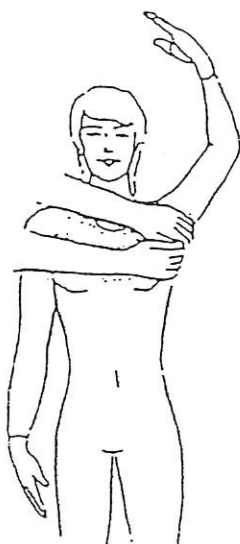


Circulation of the Arms

Figures 26-27

Both hands should be placed under the armpits to increase the blood circulation of the arms. Treating the lymphatic glands in this area is excellent for toxic build up. Also for the cysts in the armpit.

*Figure 26
Treating Others*



*Figure 27
Treating Self*



Lung and Related Respiratory Dysfunctions

Figure 28

Left hand is placed on the right side as indicated by the arrows.

Back of the Lungs

Figure 29

Left hand is placed on the left side of the body. Right hand is placed on the right side of the body. Move down one hand-width each time to cover the lower portion of the lungs. Also treat the sides of the lungs. It is easier to treat the left side when the client is lying face up. The right side when the client is lying face down. Never place a client who has pneumonia on their stomach. To treat the back of a client who has pneumonia: (a) reach under or behind the client. (b) have the client sit in a chair for treatments

Figure 28

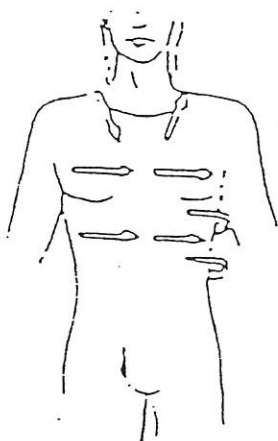
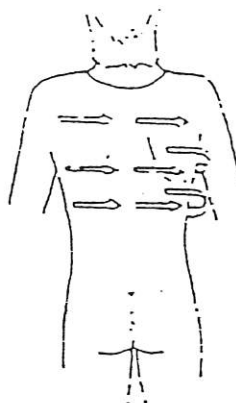


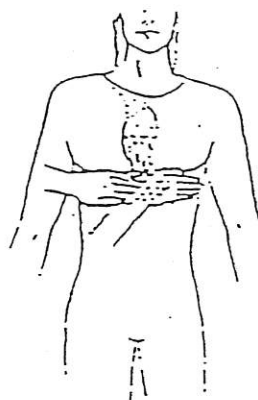
Figure 29



Heart Problems

Figure 30

In cases of all heart imbalances (except heart attacks), it is necessary to first work in Position 1 to release gas collected around the heart. When the gas is released, place both hands over the heart in Position 2.



Spinal Problems

Figure 31

Left hand is placed on the shoulder in position 1 on the left side of the spine. Right hand is placed in the adjacent position 1. Treatment should move down the entire spinal column from position 2 until reaching position 5. Spinal injuries will require lengthy sessions repeatedly.

Imbalances

Scoliosis (curvature of the spine)

Arthritis

Whiplash and related spinal injuries

Sciatica

Figure 31



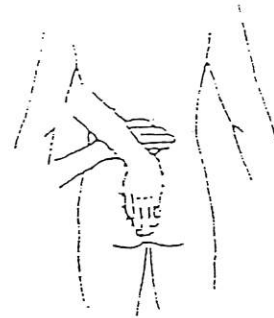
Prostrate (Men) and Haemorrhoids (Men/Women)

The client should not wear Panty Hose, tight slacks or jeans.

Figure 35

Figure 35

Left hand is placed over the sacral bone (centre line of the spine) with the fingertips pointing down and the middle fingertip touching the anal area (through the clothing). Right hand is placed across the lower back along the waistline, abutting the left hand to create a 'T' formation



Sinus Point

Figure 36A

Fingertips are placed in the notches located on the upper orbit ridge of the eyebrow line. Then proceed with Figure 36B.

Figure 36A



Figure 36B

Index fingertips in the centre of the lower orbit socket.

Figure 36B



First Aid

Always check for breathing, bleeding, and shock. Never move or attempt to lift an injured person because of possible damage to the spinal column. Call for medical assistance immediately. Never leave an injured person once assistance is rendered until a qualified medical person is available

Figure 37

Figure 37

Place the left hand on the injured area of the body.
Place the right hand on the adrenal glands
(position 3 with hand centred across the spine) to prevent shock.



Positions for Running Reiki Energy

Running Energy from the Feet and the Arms

Figures 41 – 46

Specific purposes include:

Broken bones

Arthritis

Infections

Immune System

Circulation

Cancer (stimulates white cell production of bone marrow, which enters the spleen, where the thymus hormone combines to produce the t-cells).

Immune system stimulation. Arthritis of the knee, hip, and ankle.

Arthritis of the shoulder/elbow and elbow/hand

Broken bone – hip, leg, etc.

Figure 41



Figure 42



Figure 43

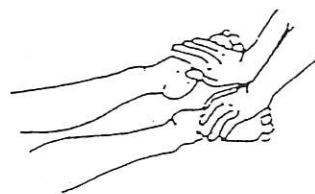


Figure 44

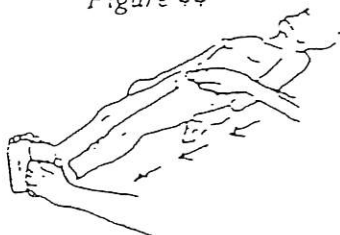


Figure 45

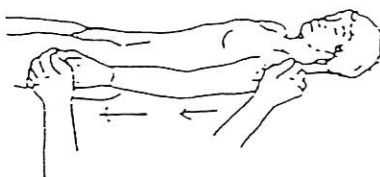
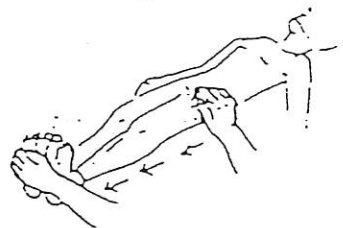


Figure 46



Chapter Six: Integration

It is important that you and/or clients ground yourself after an energy healing. Encourage the client to gently and slowly take their time to get up. They will be very relaxed and Zen. Grounding can be done by placing your bare feet on the grass, using essential oils, salt under the tongue. Let your client know that feelings and emotions may come up of the next couple of days and to just witness them for what they are. Nurture yourself with nourishing foods and plenty of water. Journaling is a great resource following a session.

Affirmation for Reiki Practitioners

I touch your eyes and you are free to see clearly to truly be a person of vision and insight.

I touch your head and you are free to think your own thoughts. Your mind is focused and your memory is clear. You know what you need to know.

I hold your head in my hands and you are free to turn your awareness within to listen deeply and feel the song of creation.

I touch your throat and you are free to speak the truth that comes from deep within you in the creative expression of your being.

I touch your chest and you are free to be inspired and allow yourself to be breathed by the breath of the universe.

I touch your heart and you are free to love for love's sake, to let go of the future, to feel the joy of love in the moment now.

I touch your abdomen and you are free to assimilate the new and experience your own power as a child of creation. You have the right to be here.

I touch your pelvis and you are free to move and to be balanced in times of change. You are safe.

I touch your shoulders and you are free to be responsible only for yourself to release the burdens of the past and concerns for the future.

I touch your back and you are free to stand erect and proudly in the splendour of the integrity of your character.

I touch your lower back and you are free to trust the process of life, to love and approve of yourself.

I touch your sacrum and you are free to trust the process of life, to release that which you no longer need.

You can feel the life force welling up within your own being, and know that you are whole. You are an integral part of the universe and you are loved. You are love.

You are empowered by the loving light of the universe. Remember who you are!

The Five Principles of Reiki

Just for today do not worry.

Just for today do not anger.

*Honour your parents,
teachers and elders.*

Earn your living honestly.

Show gratitude to every living thing.