



REIKI SHODEN LEVEL ONE

TRAINING MANUAL



CREATED BY:



Ordinary Pioneer
Yoga and Healing

WHAT IS REIKI

The word Reiki, pronounced "RAY-key" referring to a word that is common in Japan, meaning "spiritual energy." It also refers to the system of healing founded by Mikao Usui.

REI has also been translated to mean:

Spiritual, cosmic, universal, sacred, divine, supernatural, source of power

KI has also been translated to mean:

Energy, vitality, life force, breath, universal energy, consciousness

"The whole system of Reiki is based on embodying the precepts within oneself and one's life, not just about hands-on healing for others; the true aim of the system of Reiki is about rediscovering our True Self or enlightenment."

-Frans Stiene

OVERVIEW OF REIKI

Your lineage is Usui, meaning that we do our best to remember the traditional concepts/practices taught by the founder of Reiki, Mikao Usui.

There are 4 core components of the first level of Reiki training. We have Gassho, precepts, Reiju, and the self-healing treatment. There is not one component that is more important: all of them flow together into a harmonious whole.

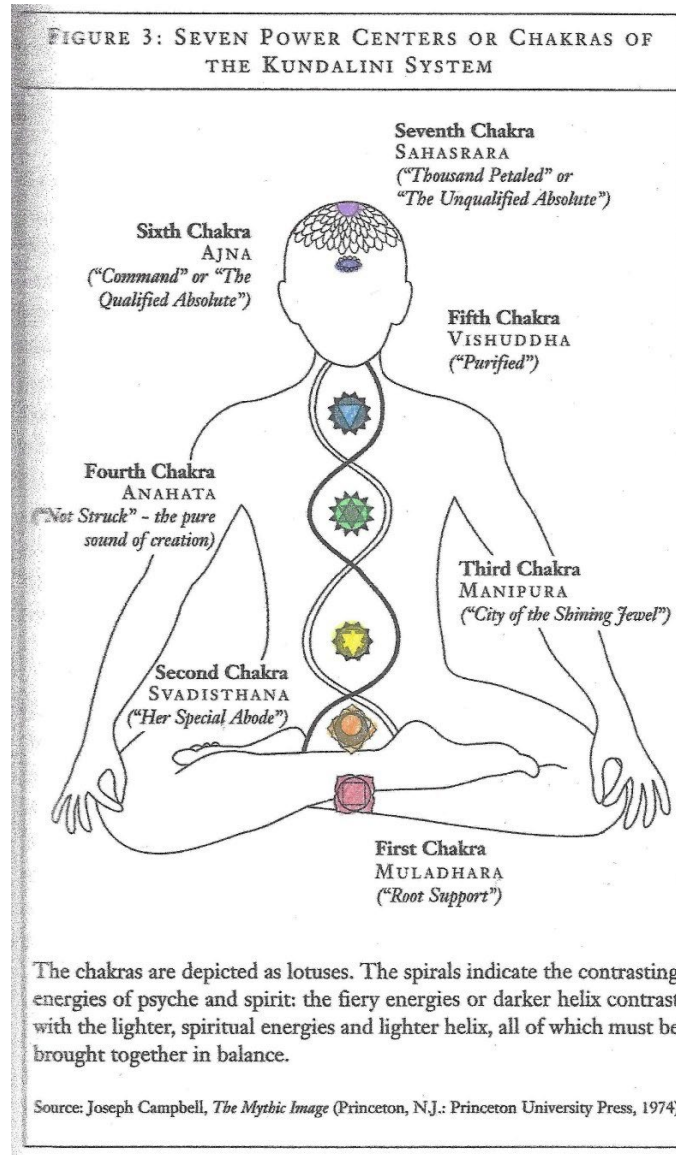
There are three levels of Reiki training: the first level is about healing yourself (Shoden), the second level (Okuden) is about working with others, and the third Master level (Shinpiden) is about learning to become a Reiki teacher and devoting your life to the practice.

REIKI FOR SELF HEALING

The self-treatment involves the practitioner gently placing their hands on or a few inches above their own body, slowly concentrating on one area at a time. The healing energy then flows down from primarily the crown chakra into the areas of the body that are in need. Through this process, your immune system is strengthened, toxins are cleansed, and the mind becomes calm, positive, and clear.



The Seven Chakras



❖ First Chakra (Root)

- Lessons related to the material world
- Organs
 - Physical body support, base of spine, legs, bones, feet, rectum, immune system
- Mental, Emotional Issues
 - Physical family and group safety and security, ability to prove for life's necessities, ability to stand up for self, feeling at home, social and family law and order
- Physical disfunctions
 - Chronic lower back pain, sciatica, varicose veins, rectal tumors/cancer, depression, immune-related disorders

❖ Second Chakra (Sacral)

- Lessons related to sexuality, work, and physical desire
- Organs
 - Sexual organs, large intestine, lower vertebrae, pelvis, appendix, bladder, hip area
- Mental, Emotional Issues
 - Blame and guilt, money and sex, power and control, creativity, ethics and honor in relationships
- Physical disfunctions
 - Chronic lower back pain, sciatica, ob/gyn problems, pelvic/low back pain, sexual potency, urinary problems

❖ Third Chakra (Solar Plexus)

- Lessons related to the ego, personality, and self-esteem
- Organs
 - Abdomen, stomach, upper intestines, liver, gallbladder, kidney, pancreas, adrenal glands, spleen, middle spine
- Mental, Emotional Issues
 - Trust, fear and intimidation, self-esteem, self-confidence and self-respect, care of oneself and others' responsibility for making decisions, sensitivity to criticism, personal honor
- Physical disfunctions
 - Arthritis, gastric or duodenal ulcers, colon/intestinal problems, pancreatitis/diabetes indigestion, anorexia or bulimia, liver dysfunction, hepatitis, adrenal dysfunction

❖ Fourth Chakra (Heart)

- Lessons related to love, forgiveness and compassion
- Organs
 - Heart and circulatory system, lungs, shoulders and arms, ribs/breasts, diaphragm, thymus gland
- Mental, Emotional Issues
 - Love and hatred, resentment and bitterness, grief and anger, self-centeredness, loneliness and commitment, forgiveness and compassion, hope and trust
- Physical disfunctions
 - Congestive heart failure, heart attack, mitral valve prolapse, cardiomegaly, asthma/allergy, lung cancer, bronchial pneumonia, upper back, shoulders, breast cancer

❖ Fifth Chakra (Throat)

- Lessons related to will and self-expression
- Organs
 - Throat, thyroid, trachea, neck vertebrae, mouth, teeth and gums, esophagus, parathyroid, hypothalamus
- Mental, Emotional Issues
 - Choice and strength of will, personal expression, following one's dream, using personal power to create, addiction, judgement and criticism, faith and knowledge, capacity to make decisions
- Physical disfunctions
 - Raspy throat, chronic sore throat, mouth ulcers, gum difficulties, TMJ problems, Scoliosis, laryngitis, swollen glands, thyroid problems

❖ Sixth Chakra (Third Eye/pineal gland)

- Lessons related to mind, intuition, insight, and wisdom
- Organs
 - Brain, nervous system, eyes, ears, nose, pineal gland, pituitary gland
- Mental, Emotional Issues
 - Self-evaluation, truth, intellectual abilities, feelings of adequacy, openness to the ideas of others, ability to learn from experience, emotional intelligence
- Physical disfunctions
 - Brain tumor, hemorrhage, stroke, neurological disturbances, blindness, deafness, full spinal difficulties, learning disabilities, seizures

❖ Seventh Chakra (Crown)

- Lessons related to spirituality
- Organs
 - Muscular system, skeletal system, skin
- Mental, Emotional Issues
 - Ability to trust life, values, ethics, courage, humanitarianism, selflessness, ability to see the larger pattern, faith and inspiration, spirituality and devotion
- Physical disfunctions
 - Energetic disorders, mystical depression, chronic exhaustion that is not linked to a physical disorder, extreme sensitivities to light, sound and other environmental factors

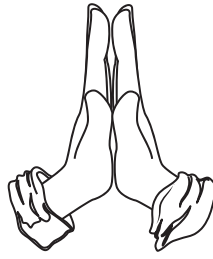
Timeline of Reiki

Japan

Late 1800s	Mikao Usui's quest for Reiki.
1925	Chujiro Hayashi receives the Reiki Master's degree (Reiki III) at age 47.1
1937	Death of Mikao Usui. He made 16-18 Reiki Masters, sources vary.
May 10, 1941	Death of Chujiro Hayashi. He made 13-16 Reiki Masters including the first women, his wife Chie Hayashi and Hawayo Takata.

Hawaii

December 1900	Birth Hawayo Kawamuru (Takata).
March 1917	Marries Saichi Takata.
October 1930	Death of Saichi Takata.
1935	Takata goes to Japan for healing at Maeda Hospital in Akasaka, then to Hayashi's Reiki clinic, Shina No Machi, Tokyo. She is healed in 4 months.
1936 (spring)	Takata receives Reiki I from Chujiro Hayashi.
1937	Takata receives Reiki II from Hayashi then returns to Hawaii. She opens her first healing clinic in Kapaa.
1938 (winter)	Takata receives Reiki III from Hayashi in Hawaii. On February 22, 1938, Chujiro Hayashi announces Hawayo Takata as Reiki Master and his successor.
December 1980	Death of Hawayo Takata. She made 22 Reiki Masters from 1970- 1980. Some sources give death date as December 12. ⁹



GASSHO MEDITATION

Gassho is a meditation technique taught by Mikao Usui to practice non-duality and oneness. Gassho literally means putting your palms together. While this technique is performed by simply placing your palms together, the practice can be challenging.

Practicing Gassho, increases focus of the mind which can be useful before a healing session. It releases the thought of, "I am separate from myself or any other." As we loose site on where one finger ends and the other begins, we experience our bodies as a drop in the sea of energy that is the same within us as around us. There is no beginning or end. It is one.

PRACTICING GASSHO

Sit comfortably and bring your palms together so your middle fingers touch (prayer). Place your hands in front of your heart, slightly away from your body.

Fix your attention on where the left middle finger meets your right middle finger.

Should your awareness begin to stray, simply draw it back to the area where your left middle finger meets your right middle finger.

Practice for 5-20 minutes in the morning upon waking, before bed, before a healing, and as needed throughout the day.



REIKI REIJU

The Reiju, also known as an attunement or blessing, is the initiation into Reiki. Each Reiju received (typically one per level of training) increases the healer's ability to channel Ki (life-force energy). It does not give the healer anything new that doesn't already exist. It simply creates an open channel to pass along the Reiki energy and allows for clarity of existing spiritual gifts. It is an opening gate for the higher divine self.

WHAT TO EXPECT FROM THE REIJU

- Seeing colors, lights, images, visions, guides
- Physical sensations such as tingling, pins and needles, temperature changes, heaviness, lightness, pressure
- Feelings of peace, love, fulfillment or a range of other emotions
- Nothing at all! And that's OK too!

Reiki is the special language we have been speaking our entire lives. The attunement is the joyful realization that we don't speak it alone.

WHAT TO EXPECT AFTER THE REIJU

- An adjustment period of 3-4 weeks (21 days)
- A time of balancing, harmony and self-care
- Energetic hits, subtle or intense
- Diet changes
- Heightened or lower energy levels
- Intense dreams
- Detox symptoms (diarrhea, excess urination, cold symptoms, skin changes)

SELF-CARE TECHNIQUES

- Eat and drink well
- Meditate (Gassho)
- Rest when tired
- Perform self-Reiki often
- Journal, reflect
- Discover and Practice Reiki Precepts
- Give yourself grace for the beautiful shedding process you are intentionally experiencing



REIKI PRECEPTS

The Reiki precepts were created by Mikao Usui to anchor our focus into discovering our truest self through mind and body. With the Reiki journey comes many challenges as we unwind the past, clearing the path to our rawest state of being. The Reiki precepts are there to guide us in times of suffering along this path, particularly after the Reiki initiation.

After Usui's original attunement, he went out into the slums to begin healing work on others. He found that they kept returning to him without any noticeable growth. He realized the importance of maintaining a balanced lifestyle in keeping with our life's purpose so we may continue to flourish, feel peace, and understand oneness among all living things.

There are many translations of the Reiki precepts. I encourage you to find the words that resonate with you most.

HOW TO USE REIKI PRECEPTS

Reiki precepts have a life of their own. "I will not worry" will hold different wait today then it will a week from now. There are many ways to connect with each precept. Here are a few suggestions:

- Meditate- Sit in silence for a few moments a day, repeating the precept. After some time, release the thought, allow your mind to take you into a deeper exploration of what the precept has to reveal to you in this current phase of your life.
- Journal- Write the precept in your journal and your initial thoughts, feelings, struggles and lessons around this precept. At the end of each day, record what you discovered and how the precept revealed itself to you through the days events.
- Chant/sing- This can be a great way to give the precept life. Use the expressive vibration of your voice to translate deeper meaning behind the precept. For example, start by chanting or singing the precept repeatedly. Soften the mind and allow your voice to shift and how you deliver each word. Try chanting/singing slow, then fast. Loud then soft. Out loud then silently.
- Intention/discovery- Each morning, set the intention to learn what the precept has to teach you that day. Simply say, "Just for today, I will not worry. Show me where I worry." When you come to a point in your day of worry, say "Just for today, I will not worry. Show me how to release this worry." Give self-Reiki to aid in your release.

Precepts can be practiced by using a different one every week, one a month, or allow them to come and go as you need them the most. Simply check in often as to what precept will support you the most during this time.



JUST FOR TODAY, I WILL NOT WORRY.

JUST FOR TODAY, I WILL NOT ANGER.

JUST FOR TODAY, I WILL DO MY WORK HONESTLY.

JUST FOR TODAY, I WILL BE KIND TO EVERY LIVING THING.

JUST FOR TODAY, I WILL BE GRATEFUL.



ALTERNATE REIKI PRECEPT TRANSLATIONS TO CONSIDER

JUST FOR TODAY,
DO NOT BE ANGRY
DO NOT WORRY
BE THANKFUL
DO WHAT YOU ARE MEANT TO DO
BE KIND TO OTHERS

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

DO NOT BEAR ANGER, FOR ANGER IS AN ILLUSION
DO NOT BE WORRIED, FOR FEAR IS A DISTRACTION
BE TRUE TO YOUR WAY AND YOUR BEING/TRUE SELF
SHOW COMPASSION TO YOURSELF AND OTHERS

JUST FOR TODAY, I WILL GIVE THANKS FOR MY MANY BLESSINGS
JUST FOR TODAY, I WILL NOT WORRY
JUST FOR TODAY, I WILL NOT BE ANGRY
JUST FOR TODAY, I WILL DO MY WORK HONESTLY
JUST FOR TODAY, I WILL BE KIND TO MY NEIGHBOR AND EVERY LIVING THING

Essential Reiki: a Complete Guide to an Ancient Healing Art, by Diane Stein, Crossing Press, 2000.
The Inner Heart of Reiki: Rediscovering Your True Self, by Frans Stiene, Ayni Books, 2015.





MEDITATE ON THE PRECEPTS

The Reiki Precepts, or principles, are available to support the Reiki practitioner on his or her healing journey as the energy flows, shifts and integrates through their life. They give us intentions to live by so that we may fully experience the growth and understanding Reiki has to offer. These precepts can be practiced by focusing on one at a time as we draw awareness to how it presents itself in our lives, whether through ease or suffering. One way to connect with each precept is through meditation.

SET UP FOR MEDITATION

Locate or create an environment that reminds you of peace and comfort (light a candle, burn incense, play soft music...). Sit upright with a straight spine in a chair or on a firm pillow. Softly close your eyes. If time allows, practice Gassho prior to practicing the precepts.

MEDITATION TO CONNECT WITH PRECEPTS

Ask your spirit and guides to reveal the precept they will have you focus on today and listen for the first precept that comes to your mind. If it's not on the above list, that's OK.

Silently repeat the precept to yourself quietly and intentionally, connecting with each and every word. Do this several times. If you notice any energetic blockages as you recite the precept, place your hands there as you send yourself Reiki throughout this practice.

Ask yourself the following and listen:

- How is this precept presently manifesting in my life?
- What am I resistant to around this precept?
- What have I surrendered to around this precept?
- What will this precept look like as I integrate it daily?
- How will I feel as this precept works in my life?
- How will I connect differently with others as I practice this precept?
- What else does this precept have to reveal to me?

Say silently to yourself:

"I let go of all that I am resisting to as this precept integrates throughout my life. I welcome all healing. I welcome all peace. I welcome all love."

Sit a few moments in this space of stillness and silence.

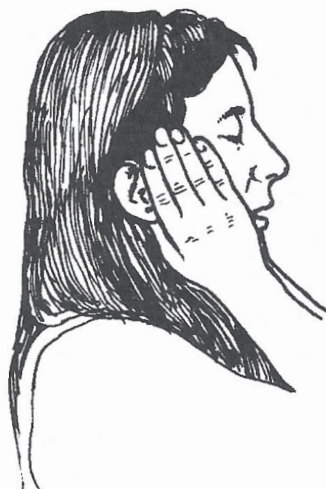
When a feeling of completeness arises, bring your hands to prayer at your heart center. Send your spirit and guides gratitude for supporting you on this healing journey. Journal on your discoveries.



Reiki I Hand Positions
Self-Healing
The Front—Head Positions



1. Over the eyes.



2. Over the cheeks, thumb is just under the ears.



2a. Alternate second position.



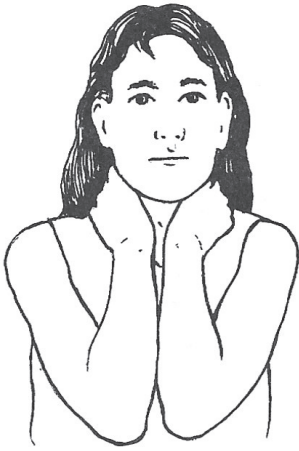
3. Back of the head, over the occipital ridge.



3a. Alternate third position.

Reiki I Hand Positions (continued)

Self-Healing



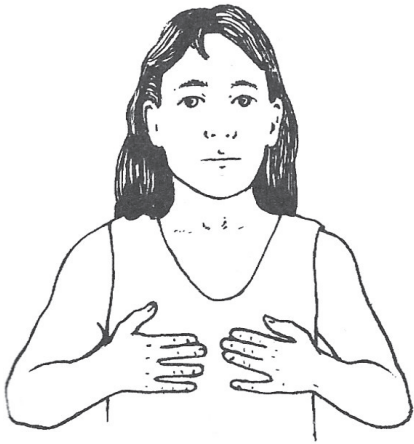
4. Over the throat.



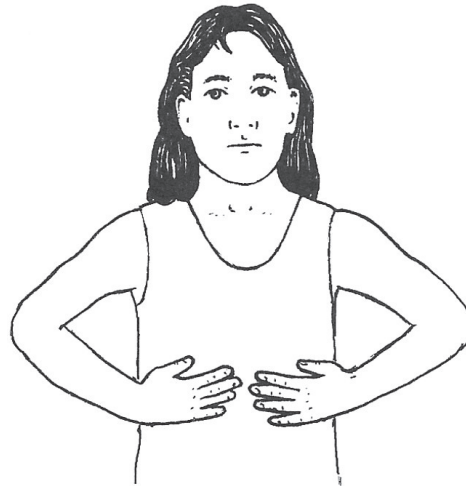
4a. Alternate throat position.



5. Over the heart—breastbone (self only).



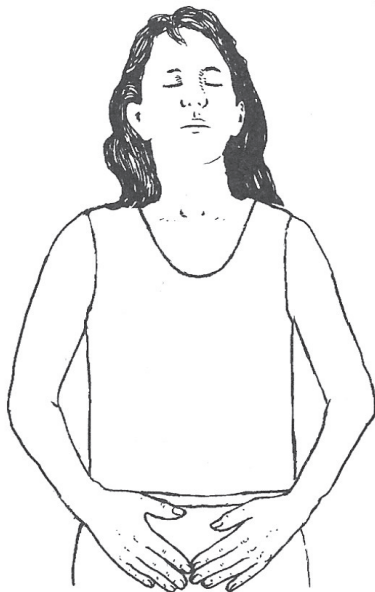
5a. Alternate fifth position (self only).



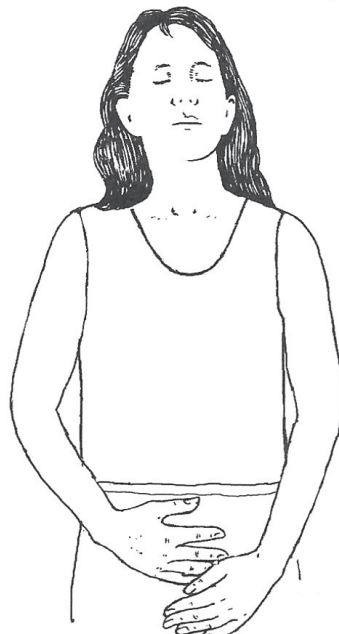
6. Over lower ribs below breasts.



7. Over middle abdomen.



8. Over pelvic bones—lower abdomen.

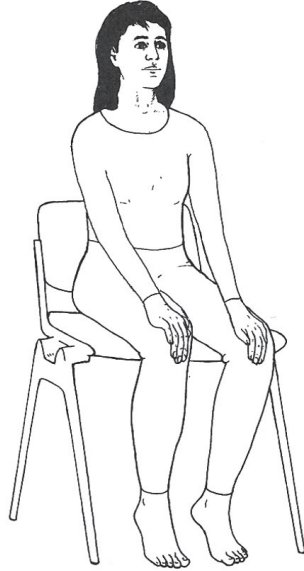


9. Hands in center above pubic bone (not touching genital area).



9a. Alternate ninth position—over pubic area (self only).

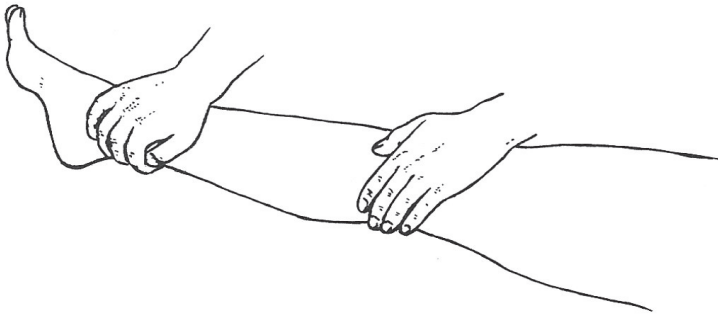
Reiki I Hand Positions (continued)
Self-Healing—The Front—Knees, Ankles and Feet



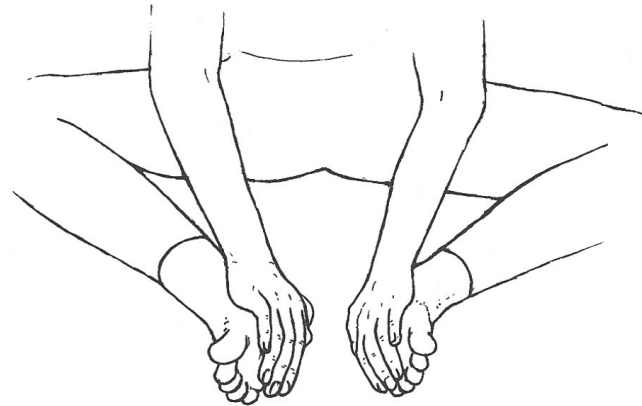
10. Front of both knees.



11. Front of both ankles.



10a.–11a. Knee and ankle done together. Do both legs.



12. Bottoms of both feet—or 12a. Bottom of one foot then the other.



12a.

Reiki I Hand Positions (continued)

Self-Healing—The Back



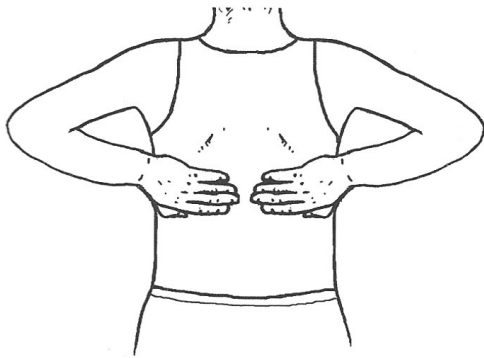
13. Back of the head—one hand over occipital ridge, one hand over crown (top).



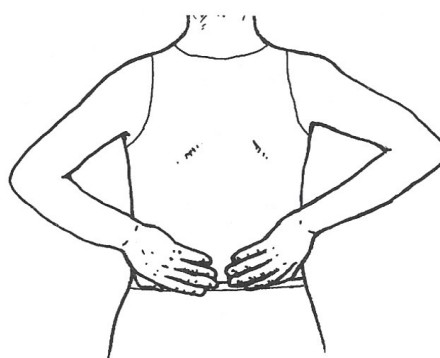
13a. Alternative head position for the back.



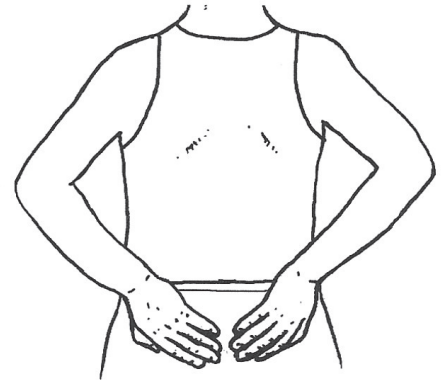
14. Back of the neck and over top of shoulder muscles.



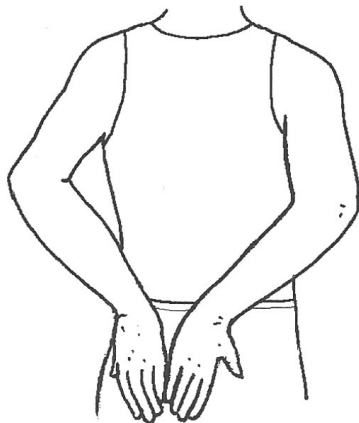
15. Over ribs, below shoulder blades, back of heart.



16. Middle back.



17. Lower back over sacrum.

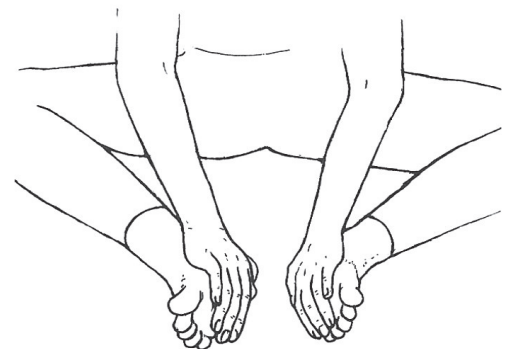


17a. Alternate or additional position for lower back.

18. Backs of both knees. (refer to figure 10, but do position from back).

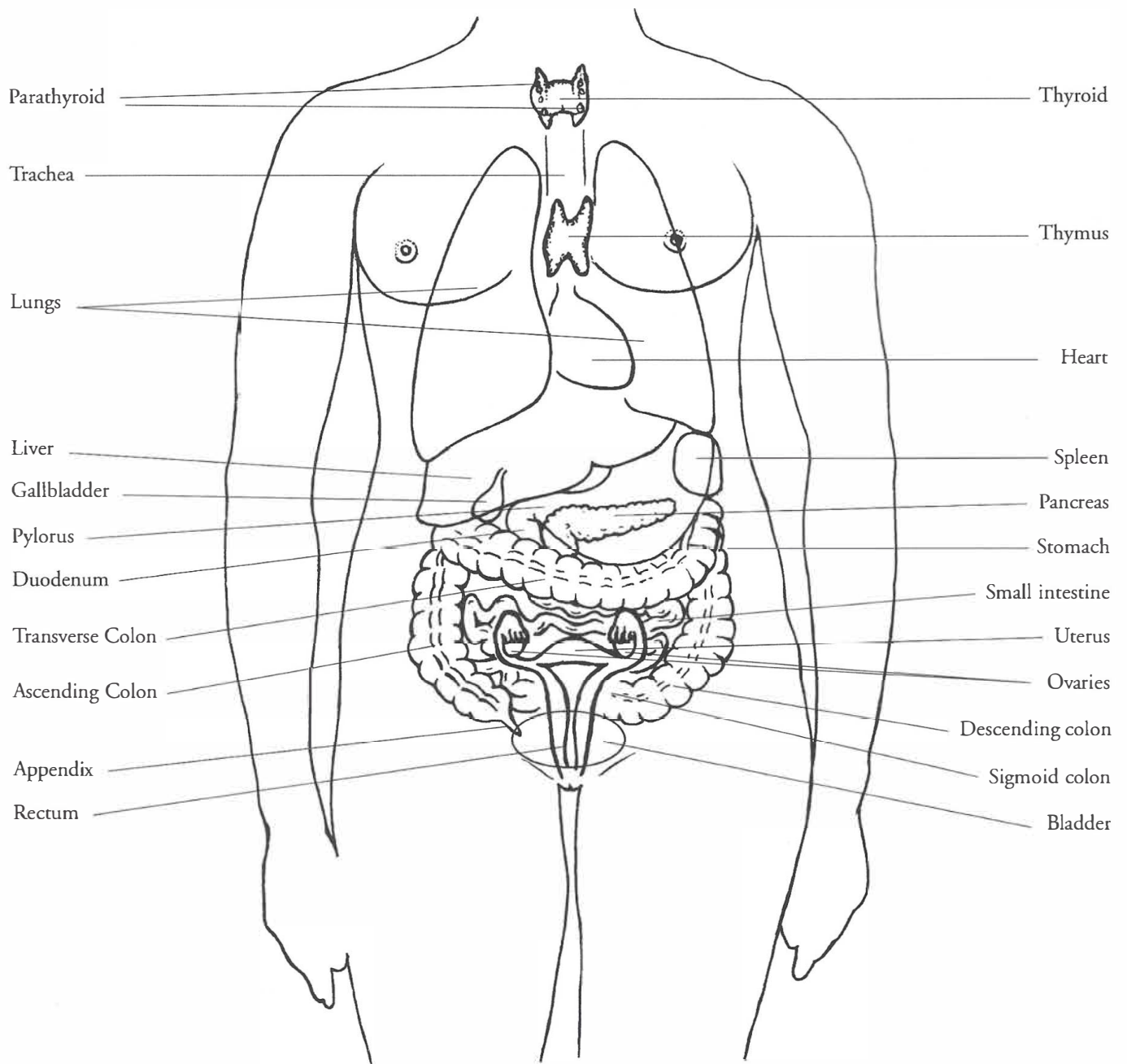
19. Backs of both ankles. (refer to figure 11, but do position from back).

19a. Hold back of knee and ankle at once on same leg. Repeat with the other leg.

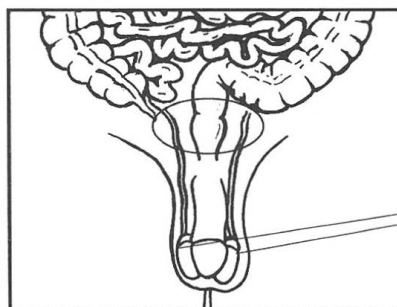


20. Bottoms of both feet.

Location of Major Body Organs—Front View

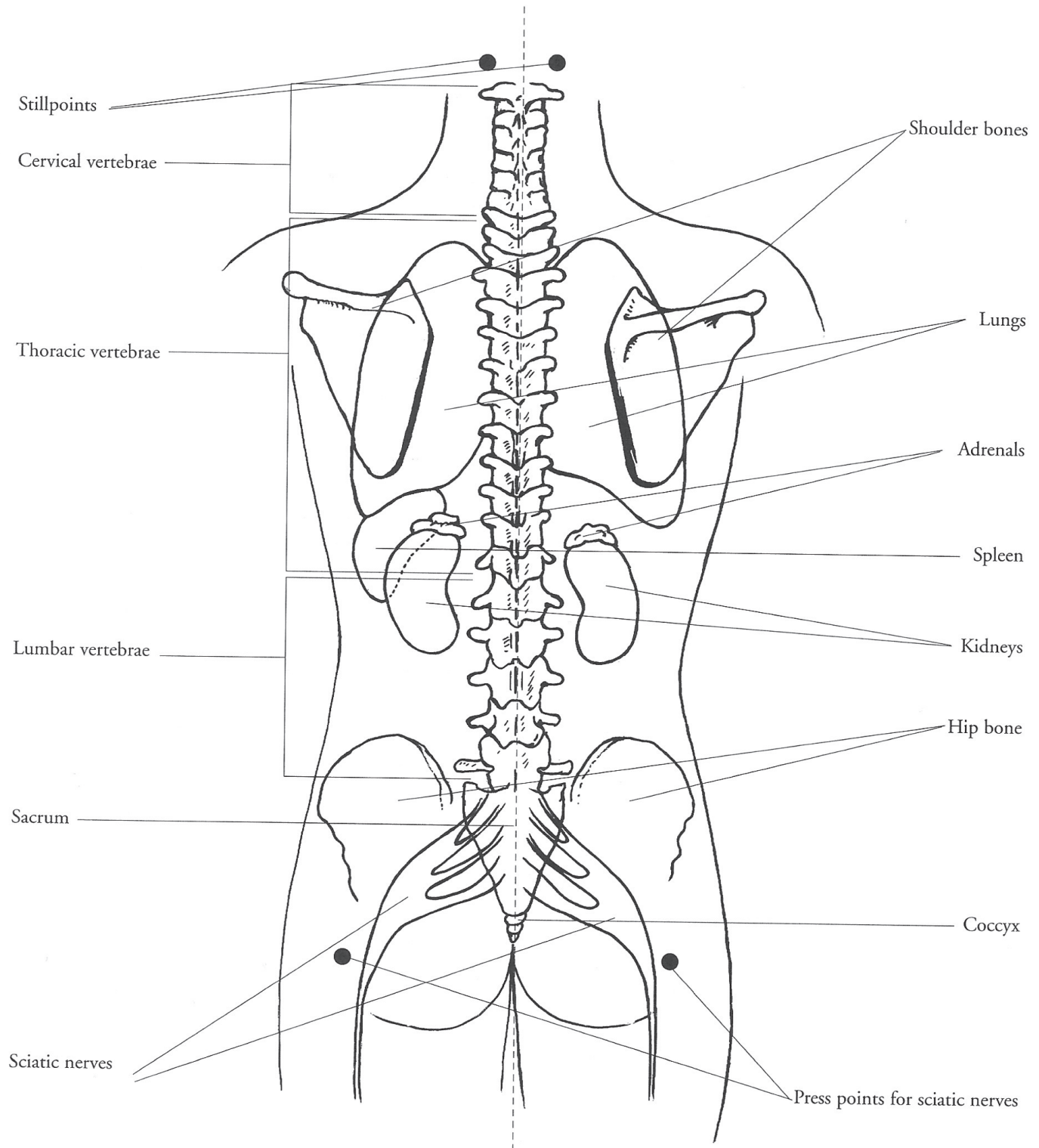


Male



Testes

Location of Major Body Organs—Back View



REIKI SELF-HEALING

After the Reiki initiation, self-healing sessions are available to aid in the detox of mind and body. It can be used as often as needed to bring ease into your healing. It can be as simple as pausing with a few moments of self-touch or elaborate with meditation, incense, candles, music...Take what is needed in each session and follow your intuition and guidance on how much time is needed.

BEFORE YOU BEGIN

- Creating a sacred space as if you would for someone very special (which you are!).
 - Choose no music or music that feels best in the moment
 - Consider using tools such as incense and/or crystals to enhance your intention
 - Get cozy using blankets and pillows or make a warm bath.
 - Remove distractions such as TV, phone, computer.
- Choose if you feel best sitting or laying down
 - Sitting upright engages the mind and prevents the body from being too relaxed.
 - Laying down relaxes the body but the mind can drift off or fall asleep.
- Set your intention for your healing.
 - It can be specific such as a particular release, a question or broad and open.
 - Set your intention, then let it go trusting that any insight received will happen as it should.

SUGGESTED SELF-HEALING RITUAL

- Meditate- Practice Gassho for 5 or more minutes (see Gassho handout)
- Recite your invoking mantra such as "I allow the Reiki to flow."
 - Alternate mantras: "Let the Reiki flow" "I allow the Reiki to flow in support of {person's} highest health and healing."
- Visualize the energy beginning to flow in from your crown, through your body, into the Earth then back up again.
 - NOTE: Reiki is always flowing through you. This visualization creates the intention to use Reiki in the present for a specific purpose.
 - If you have difficulties with visualizations, skip.
- Call upon the guidance of God/Universe/Gaia, guides, ancestors, ascended masters, your highest self. Translate based what resonates.
- Cite your intention for healing (if you know what that is)
- Begin self-healing (see hands-on handout)
- When a feeling that the session is complete, give thanks and gratitude for the guidance received and to yourself for the gift of self-healing.

