

# Reiki I

Usui Reiki Ryoho



Dale & Jeanne Stacy



**Important Note:** The information in this manual is designed for educational purposes only. This information is not intended to be a substitute for informed medical advice or care provided by physicians, qualified medical professionals or current medical practices. **This information is not intended for diagnosis, cure, mitigation, treatment, or prevention of disease. The techniques described in this manual can be used for an effective stress reduction & relaxation regimen.** This information is based upon the spiritual practices of many cultures around the world. The information provided herein is given with the intent of creating harmony, balance & wellness.

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**Suggestions for use of this workshop manual:**

- Use as a guide for note-taking during Reiki classes.
- Use to research Reiki perspectives if you are unable to physically attend a Reiki class.
- Use for a foundation to experience Reiki on your own.
- Use as a reference guide for teachers of Reiki.
- Use as a class manual.

**Notes for prospective Reiki practitioners:**

- It is suggested that you take a face-to-face workshop with a qualified Reiki Master.
- Attunements to the Reiki Energy are generally given by Reiki Masters; however, Mikao Usui received his Reiki “attunements” from Universal Spirit.
- Be comfortable using Reiki on yourself before sharing the energy with others.
- Reiki is pure love.

## Authors' Biographies



Dale Stacy, D.Div. & Jeanne Stacy, D.Div. are the Abbots/Na Kahu of EarthStar Spiritual Center in Greensboro, N.C. They are Ordained Interfaith Ministers, Kumu Ho'omana/Huna/Lomilomi Masters, Merkaba Masters, Shaman Masters & Usui Reiki Masters. Dale & Jeanne teach courses in Business, Personal Development, Energy Work, Qi Gong/Tai Chi & Shamanism. They have been teaching mind/body/spiritual classes since 1995.

Dale is a former police detective & graduate of N.C. State University. Jeanne is a retired middle school English/French teacher & graduate of East Carolina University. Each of them has a Doctorate of Divinity from Esoteric Theological Seminary – Dale in Huna Hawaiian Spirituality & Jeanne in Goddess/Divine Feminine Spirituality.

# **Reiki I**

## ***Usui Reiki Ryoho***

### **Class Synopsis**

Reiki, “Universal Energy,” is an ancient perspective of energy healing rooted in Tibetan Buddhism—blue light of the Medicine Buddha. Mikao Usui, a Buddhist, rediscovered this healing method in the late 1800’s. Reiki I is an energy work manual to provide a practicing foundation for self & others. We will discuss the history & philosophy of Reiki & its Japanese influence. Touching hand positions will be practiced for both illness & wellness focus. Students may contact Dale & Jeanne or an EarthStar Reiki Master for an attunement ceremony to connect with the Reiki Ray Energy.

Reiki may be used to promote relaxation & wellness. The Reiki philosophy shared in this class is based upon Mikao Usui’s system of natural healing – ***Usui Reiki Ryoho***.

### **Student Performance Objectives**

1. Examine the history & philosophy of Usui Reiki Ryoho.
2. Practice Reiki hand positions for illness/wellness sessions.
3. Participate in a Reiki attunement ceremony for each level.
4. Perform a Full Reiki session.

## History of Reiki

Mikao Usui (1865 – 1926) of Japan rediscovered Reiki near the end of the 19<sup>th</sup> century. He named the energy *Rei-Ki*— spirit energy. It has often been translated as “universal life energy.” Reiki has its foundations in Buddhism, Qi Gong & Shintoism.

Usui-san was married & had two children. Although he was not a licensed medical doctor, people called him “doctor” because of his dedication to healing.

He often traveled to a Buddhist temple on Mount Kurama in northern Kyoto. The Kurama temple was established in 770 C.E. & was part of the *Mikkyo* sect, which has roots in Tibetan Buddhism. The basic philosophy of the temple was *sonten* or “universal life energy is the source of all creation.” This energy manifests itself in three ways: love, light & power. The moon is associated with love, the sun with light & the earth with power.

While standing under the waterfall on Mount Kurama, Usui-san had a *satori*—a sudden understanding. During a 21-day fast, he experienced the Reiki power & received all the symbols for Reiki healing. After that experience, he founded the *Usui Reiki Ryoho Gakkai*—Usui Reiki Healing Method Society. It is believed that Usui-san taught Reiki to 2,000 people.

Mikao Usui died at the age of 62. He was buried at Saihoji Buddhist Temple in Tokyo.

### Dr. Chujiro Hayashi

Dr. Chujiro Hayashi was trained by Usui-san & given permission to teach his own students. He operated a healing *dojo*—studio with 10 beds. In 1938, he initiated Hawayo Takata as a Reiki Master. Dr. Hayashi passed away by ritual seppuku/hara kiri (belly cutting) in 1941.

### Hawayo Takata

Ms. Hawayo Takata lived in Hawaii. She went to Japan to receive her Reiki Master initiation with Dr. Hayashi on February 22, 1938. She took Reiki back to Hawaii, where she taught & initiated 22 Reiki Masters. She is credited with keeping the Western Reiki movement alive. She made transition December 12, 1980.

Reiki has evolved into a myriad of hand positions, levels/degrees & attunement ceremonies. There are many variations of Reiki since it readily complements other wellness modalities. Reiki is love.

# Usui Reiki Ryoho



**Mikao Usui**  
1865–1926

**Chujiro Hayashi**  
1878–1940

**Hawayo Takata**  
1900–1980

## The Five Reiki Principles

The Meiji Emperor of Japan (1868-1912) established principles for living a fulfilled & happy life. Mikao Usui applied the five principles to Reiki. Below is a translation of the original Reiki ideals found in Usui's notes:

### The secret method of inviting happiness

The wonderful medicine for all diseases

Just today

1. Don't get angry
2. Don't worry
3. Show appreciation
4. Work hard
5. Be kind to others

Mornings and evenings, sit in the gassho\* position & repeat these words out loud & in your heart

For the improvement of body & soul  
Usui Reiki Ryoho

(\*gassho = two hands coming together)



## **The Reiki Ideals**

Just for today, I will let go of anger.

Just for today, I will let go of worry.

Just for today, I will show appreciation.

Just for today, I will work on my spiritual growth.

Just for today, I will be kind to others.

*Mikao Usui*

## Healing & Reiki Perspectives

- Healing is Love.
- Heal yourself before healing others. – Ask permission to heal others.
- Healing is a personal decision. We are not responsible for healing people—only for providing an environment where healing may take place.
- Physical illness is a result of a spiritual challenge/lesson – continuing stress.
- We cannot “catch” anything, i.e., disease.....there is “nothing” to catch.
- There are 75-100 trillion cells in the human body.
- Calm is healing.....healing is calm.

\* \* \* \* \*

- Reiki is a philosophy of wellness. It is not a religion.
- Reiki = Rei/spirit & ki/energy. Ki is the life-force energy.
- Reiki is a simple “laying-on-of-hands,” although physical touch is not required.
- Reiki complements other modalities of medical practice.
- Reiki reduces stress & promotes relaxation.
- Reiki will remain with you, after receiving an attunement, for your entire life.
- Reiki flows to all levels: physical, mental, emotional & spiritual.
- Definitions:

|         |   |  |
|---------|---|--|
| Arigato | - | thank you                                  |
| Gakkai  | - | society                                    |
| Gassho  | - | two hands coming together                  |
| Kanji   | - | word character brought from China to Japan |
| Ki      | - | energy – nature – feeling                  |
| Namaste | - | Indian word: I greet the divine within you |
| Rei     | - | spirit – holy – mystery                    |
| Ryoho   | - | method/system                              |
| Satori  | - | sudden understanding                       |
| Zen     | - | meditation                                 |

## **Licenses/Statutes/Regulations for Reiki**

In the State of North Carolina, there are statutory/regulatory provisions that exempt Reiki practitioners from requiring a license to practice. Consult your governmental statutes, regulations or licensing requirements for your specific venue. Ask well-established energy workers in your area for information on licensing requirements.

- **Practicing without a Medical License: 90-18**

(c) The following shall not constitute practicing medicine or surgery as defined in subsection (b) of this section:

**(5) The treatment of the sick or suffering by mental or spiritual means without the use of any drugs or other material means.**

- **Massage and Bodywork Therapy Practice – (1998-230, s. 10.) § 90-624. Exemptions.**

This Article shall be known as the North Carolina Massage and Bodywork Therapy Practice Act . . . Nothing in this Article shall be construed to prohibit or affect:

**(7) The practice of techniques that are specifically intended to affect the human energy field.**

- In North Carolina, you may touch people who voluntarily go to you for Reiki/Energy Work. You **do not have to be a minister** to use Reiki or other energy work on clients.

## Degrees of Reiki

Reiki I, II & Master level classes are taught at EarthStar Spiritual Center.

- **Reiki I – First Degree**
  - Reiki history & philosophy
  - Basic hand positions
  - Self-healing/Seated Reiki
  - Reiki I attunement ceremony
  
- **Reiki II – Second Degree**
  - Enhanced hand positions
  - Reiki II symbols
  - Distant Reiki
  - Reiki II attunement ceremony
  
- **Reiki Master** (2 days)
  - Principles of Buddhism, Shintoism & Qi Gong
  - Reiki Master symbols
  - Reiki Master attunement ceremony (RM-MB-ASL)
  - Chants – Rituals – Ceremony
  - Enhanced Master Healing Techniques
  
- **Reiki Master/Teacher** (2 days)
  - Instructor Training
  - Teaching Reiki & Attunements for all levels
  - Options for Reiki manuals
  - Interfaith Minister Ordination (optional)

## Seven Steps of a Reiki Session

- H** – **healing space cleared**
- E** – **ease the client**
- A** – **activate, ask & scan**
- L** – **lay on hands** (imagine blue Reiki light)
- I** – **invoke prayer**
- N** – **need to breathe**
- G** – **ground client**

To help standardize your initial Reiki sessions, use the acronym above to help maintain continuity in your practice.

“H” – healing space cleared with love, peace & harmony.

“E” – ease your client, & allow him/her to relax before beginning—deep breathing, rubbing back lightly, etc.

“A” – activate your palm chakras by clapping your hands together once & rubbing them in tiny circles. Scan body with palms—head to toes. Notice any energy fluctuations i.e. coolness, heat, tingling, etc. to indicate a different energy vibration. Ask about any healing issues.

“L” – lay on the hands for illness or wellness session. For injury/illness, go directly to affected area first. For wellness treatment, start with the “back four.”

“I” – invoke a prayer, mantra, or loving words. Choose any words that feel appropriate. If you use words/phrases that others may not know, explain them to the client.

“N” – ask client to take some deep breaths while imagining the cloak of blue Reiki light around him/her. At this time, “fluff the ki/chi” or the energy field of the client. Move your hands in flat circles -- smoothing out any wrinkles. Move head to toe.

“G” – ground the client if he/she feels unstable; give water to drink. If your client has a headache or feels “swimmy-headed,” help him/her to a nearby chair. Stand behind the client, placing your palms on his/her shoulders. With the middle finger of each hand, touch the upper chest . . . right below the clavicle/collarbone. Relax; feel a pulse in your finger. This is the client’s heartbeat. Have the client take slow, deep, even breaths. When pulses are simultaneous, you & the client are grounded.

## **Reiki Wellness & Illness Sessions**

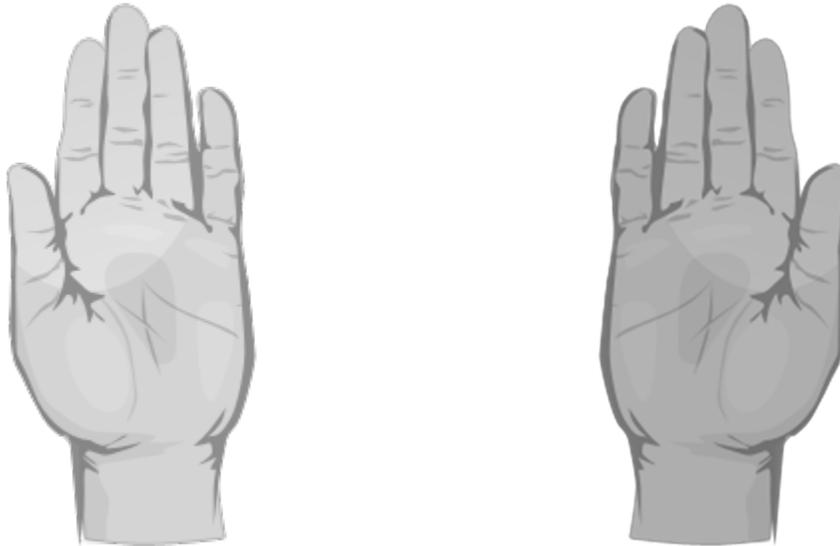
Reiki may be used for wellness sessions & illness/hurting situations. For wellness Reiki, begin on the back; progress to the head/face; & then complete the front hand positions. As you complete the “Western 12,” move to the joints, ending with the heart. Depending on your session time, usually 3-5 deep breaths per position will complete a 1-hour Reiki session.

For illness/hurting Reiki, go directly to the area where the client is feeling the stress/pain. Place your hands on the affected body part, & hold the Reiki energy. You may move your hands to reposition. Hold the energy there until you feel it is time to move. Once the client feels calm/relief in the area, ask if there is any other pain elsewhere in the body . . . follow the pain. After all areas are calm, complete the session with any or all of the basic 12 hand positions & joints. Change your breathing pattern to 1–5 breaths, depending on the time you have allotted for the Reiki session.

**Important:** Maintain CONSTANT contact with the client, especially when moving to another position. This will allow the client to know where you are at all times. It will also strengthen the energy bond between the two of you. Inform your clients about the “blue light.”

## Hand Positions

Keep fingers together & relaxed when placing hands on the client.

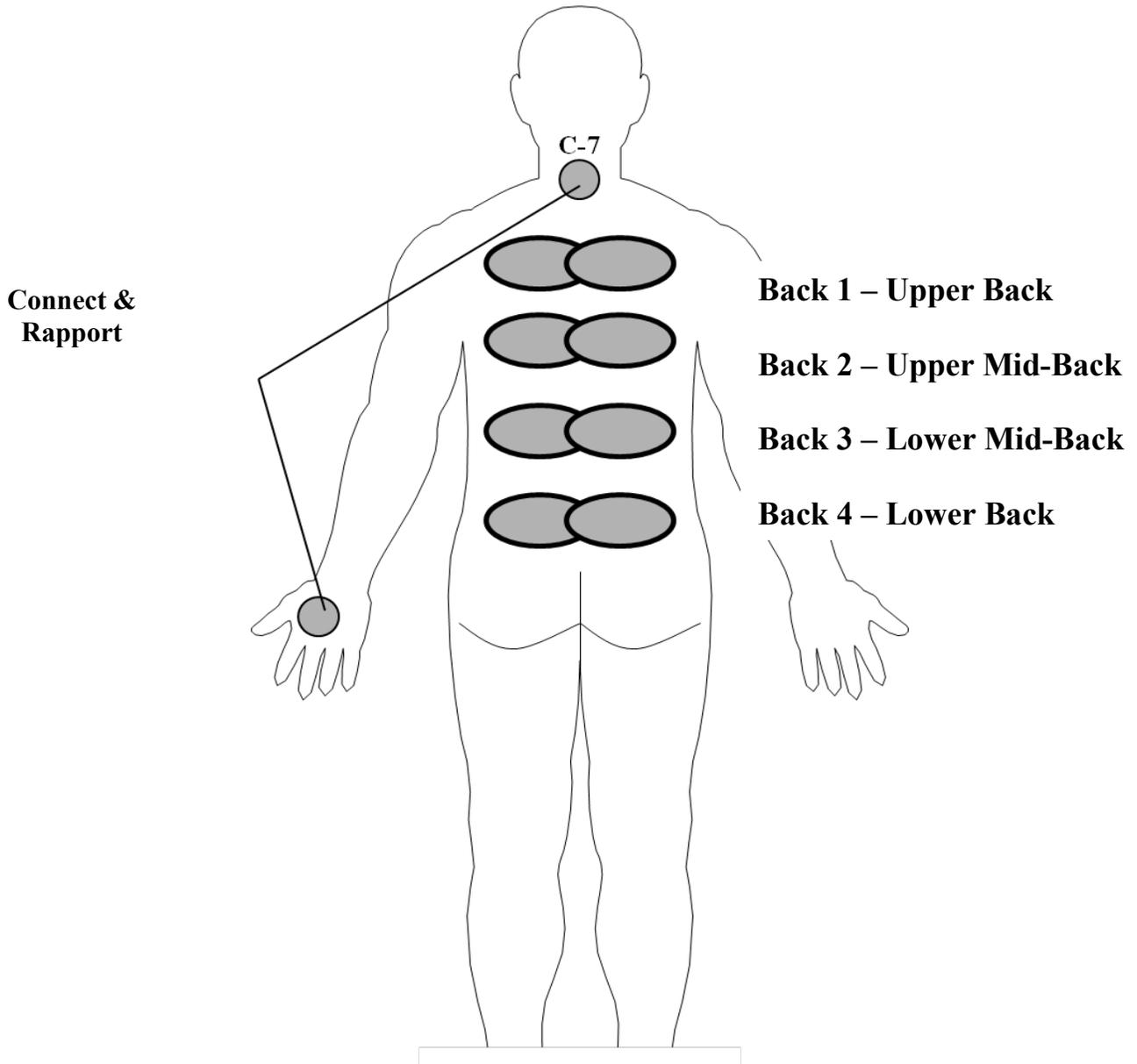


It is very important that you stay comfortable in your positioning. Otherwise, your attention & intention will focus on your discomfort, not on your client. Energy flows where attention goes.

There are 12 basic hand positions, called the “western 12” in some circles—4 on the back, 4 on the head/face & 4 on the front. Have the client lie face down on the massage table. (If doing an illness session, put client on table so you can reach the illness area.)

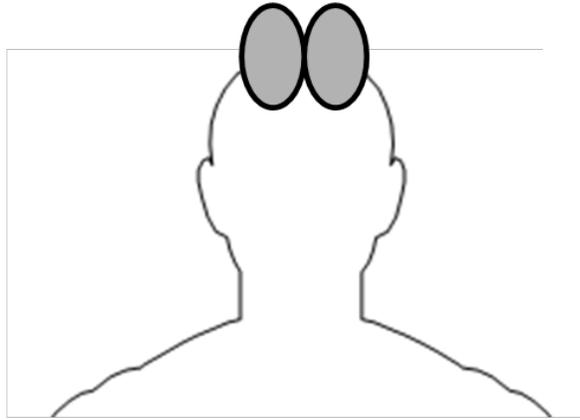
After completing your healing acrostic we learned earlier, establish rapport with your client – “L” laying on hands. Place one palm on the C-7/cervical vertebra (large bump where the shoulder/neck meet), the other palm on client’s nearest palm. Feel the heat, sensation & vibration. Breathe, & allow your energies to merge.

## Hand Positions – Back

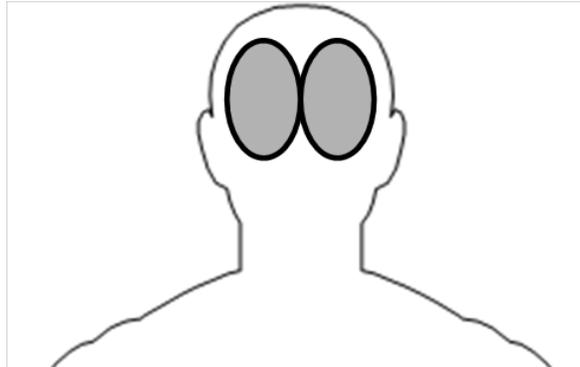


Place palms on position 1–upper back. Move down to next position after 3-5 minutes. Imagine blue Reiki light flowing through your palms. See the client in a blue Reiki cocoon. Stay focused on client & wellness.

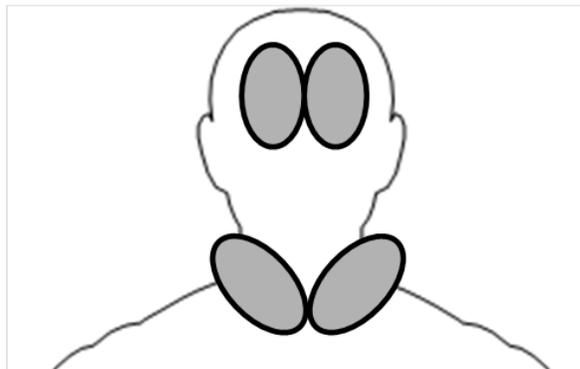
## Head Positions



**1 – Top of Head**  
(Crown Chakra)



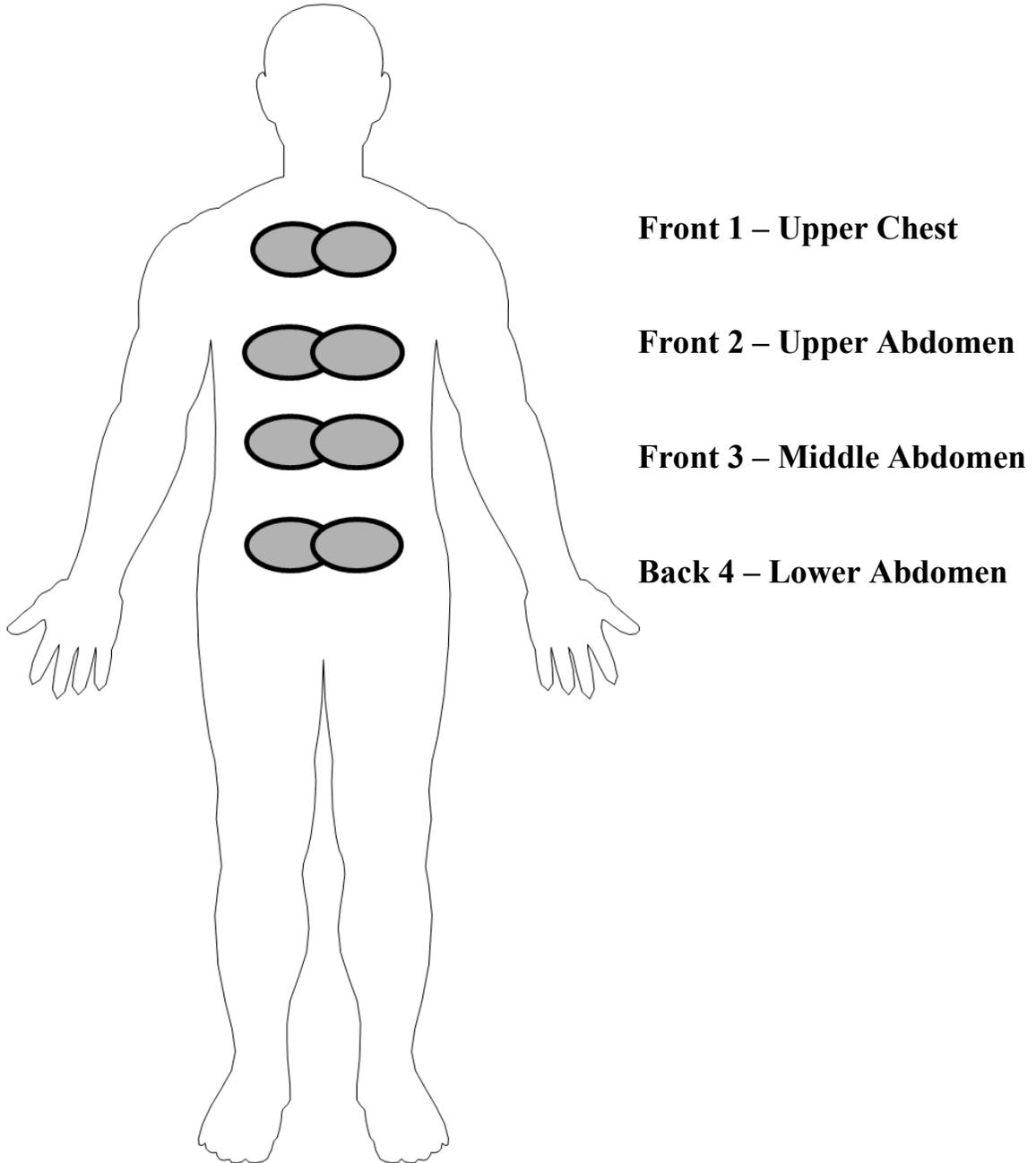
**2 – Back of Head**



**3 – Face/Eyes**  
(3<sup>rd</sup> Eye Chakra)

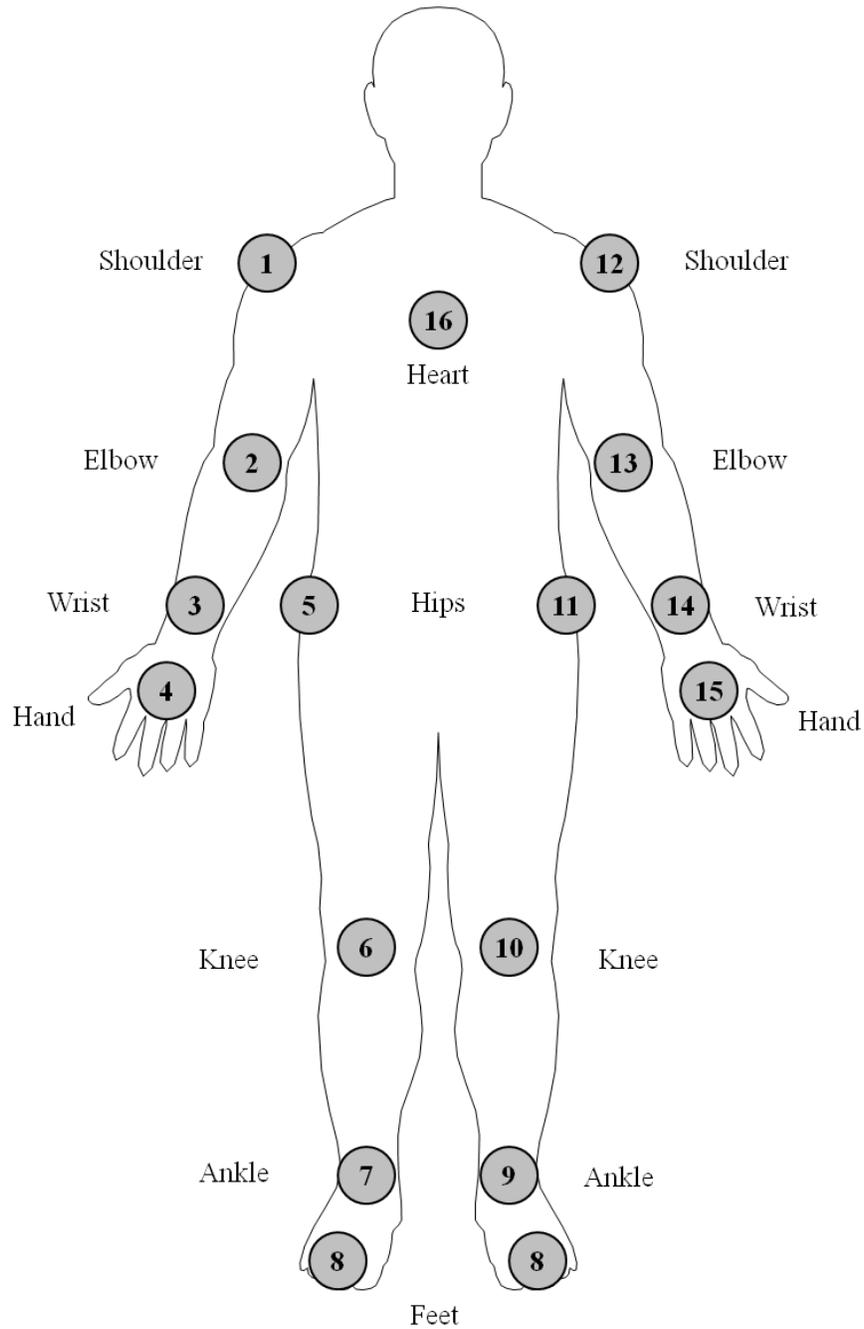
**4 – Throat**  
(Throat Chakra)

## Hand Positions – Front



When using front hand positions, avoid breast/nipple areas unless a specific illness session is requested. Front 1 is above breasts/nipples. Front 2 is below breasts/nipples. Front 4 is at or just slightly below navel – usually around the belt line.

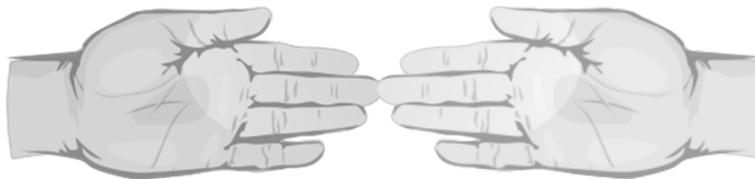
## Hand Positions – Joints



Start on either side of the client. At positions #4 & #15, lift the client's hand & hold... palm to palm. At position #16, cross the client's hands over the heart. Place your hands on top of the client's hands.

## Self-Healing with Reiki

1. **Top & Side of Head** – tips of middle fingers touch on top of head
2. **Back of Head** – tips of middle fingers touch on back of head
3. **Face** – sides of little fingers touch—fingers pointed upward—palms resting on face
4. **Throat/Neck** – heel of hands rest on the throat with fingers pointed to the rear  
(Alternate position: one palm on throat/other palm on back of neck)
5. **Upper Chest** – tips of middle fingers touch
6. **Middle Chest** – tips of middle fingers touch
7. **Abdomen** – tips of middle fingers touch
8. **Pelvic Region** – tips of middle fingers touch
9. **Joints** – hands encircle joint or one palm on the joint
10. **Upper Back** – left palm to left shoulder & right palm to right shoulder  
(Alternate position: left palm to right shoulder & right palm to left shoulder)
11. **Middle Back** – tips of middle fingers touch
12. **Lower Back** – tips of middle fingers touch
13. **Fluff your ki/chi** – head to feet as you smooth out your energy field



## **Seated Reiki\***

### **Illness Session**

- Place hands on stressed area . . . blue light.
- Hold hand positions as long as your intuition guides.
- Imagine the client in a healthy, happy state.
- Fluff the chi.
- Ground the client, & give water.

### **Wellness Session**

- Hold hands above client's head . . . imagine blue light.
- Work hands top to bottom – be comfortable.
- Head/Neck
- Shoulders/Arms/Hands
- Chest/Back/Abdomen (chair)
- Hips/Legs/Feet (lift legs to thigh)
- Heart . . . Invoke prayer/mantra.
- Fluff the chi . . . Ground the client, & give water.

\* Elderly/Clients w/pain or limited mobility/Wheelchairs

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(Medicine Buddha images)