

Reiki Introduction

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About your Facilitator

Reiki Master / Reiki Instructor

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Priestess of The Goddess - Benzaiten, Mother Mary, Pachamama

Master of Ceremonies and Universal Minister



Lu Mira

Disclaimer

The information and techniques in this course do not constitute medical advice. Healing and medicine are two very different disciplines. You should always remember to seek medical advice from a qualified doctor or practitioner in the case of serious illness. While all suggested treatments are offered in good faith, the facilitators cannot accept responsibility for any illness arising out of the failure by the reader/individual to seek medical advice from a qualified doctor or medical practitioner.

Reiki Level 1 Outline

1. Course objective
2. What is Reiki?
3. What does Initiation to Reiki and Attunement entail?
4. The body's Primary Energy Centers
5. History of Reiki
6. The 5 Reiki Principles
7. Holistic Anatomy
8. Self-Reiki
9. Practice - Self treatment
10. Treating others with Reiki, Invocation, Cleansing the Aura

Reiki Level 1 Outline

11. Full Body Treatment
12. Rapid Reiki Treatment
13. Group Reiki Treatment
14. Reiki and pregnancy, babies, and children
15. Reiki and the Dying
16. Reiki and Animals
17. Reiki for Plants and Vegetation
18. Further uses for Reiki
19. Meditation
20. Attunement

What is Reiki?



Introduction Universal Reiki

Rei - Universal, Omnipresent

Ki - Vital Energy

A bio-genetic system of healing that functions through the healer's imposition of hands over the person being treated.

Turn to your worksheet

Answer questions 1 and 2

Holistic Healing - Three Types

- physical
- mental/emotional
- spiritual

(*See question #3 in your worksheet)

Reiki is a catalyst for the shift in balance between modern technology and ancient wisdom

We are all born with the omniscient wisdom to heal and preserve life. All living things are connected. Our ancestors used and relied on their own abilities and instincts.

There is a non-physical prevalent energy that gives life to every living organism.

Ki - by Japanese

Chi - by Chinese

Prana - multiple Asian cultures

Holy Ghost or Holy Spirit - Western World

How it works:

1. Energy is aligned to Universe
2. **Energy of the healer enters through Crown Chakra and the breathing. It circulates through the entire body of the healer, accumulating near the heart, and released through the hands**
3. **When the healers finish the Reiki session, they will be more energized than when first started.** The person being healed will not lose energy.
4. The initiated healer's frequency of vibration is raised and the volume of energy that runs through his/her meridians is increased.
5. Any person can place his/her hands on another person and accelerate the healing process when transferring energy, but a person who goes through the process of initiation receives a higher level of vibration

(*See questions #4, #5, and #6 in your worksheet)

The best way to understand how Reiki works is to experience it (*see questions #7 and #8 in worksheet)

- Promotes natural self-healing
- Balances the energies in the body
- Balances the organs and glands
- Strengthens the immune system
- Treats symptoms and causes of illness
- Relieves pain, Clears toxins
- Adapts to the natural needs of the receiver
- Enhances personal awareness
- Relaxes and reduces stress
- Promotes creativity
- Releases blocked and suppressed feelings
- Aids meditation and positive feeling

3 Levels of Reiki

1. Reiki 1

2. Reiki 2

3. Reiki Master

Every initiation harmonizes the student's body with Reiki energy to a particular level of healing.

Reiki 1

- Healing of the body, including changes of chemical structure, regeneration of organs, and reconstruction of tissue and bone
- Examples: lowering blood sugar, cure diabetic ulcers, accelerate bone healing, move bones, etc
- The student learns the Chakra system, meridians, their colors, The five Usui principles, how to detect energy blocks, aura cleansing, hand positions in healing, detailed process to professionally heal and do emergency mini-sessions, and other steps in healing.

Reiki 2

- Healing of the mind and emotions.
- Learn three of the 5 Reiki symbols and how to use them.
- Distance learning
- Reflexology
- Pendulum use to detect energy blocks
- Clean the energy of a house or structure
- Protection against physical and psychic attacks
- Past-life intuition exercise
- Aura seeing exercise
- Cleansing and programming quartz crystals for effective mediums of protection, prosperity, and abundance.

Reiki 3 or Master Level

- Spiritual Healing
- Dominate all three Reiki Techniques
- Advanced Pranic Healing Techniques
- Master Symbols
- Secrets on how to initiate others
- Learn the affected chakras in most chronic illnesses
- Learn certain attitudes in life that produce illness and how to help people in the level of Spiritual Counselor

Turn to your worksheet

Fill in question #9

Reiki in our lives

As a reward for wanting to help others, you will notice many aspects in your life improve. It is called **Celestial Reward**.

Some things that may be qualified as negative can occur after taking this course; such as loss of employment or a separation in relationship. This is cosmic forces at work removing things, people, and situations that did not serve us. This will open up space for new happenings and relationships that will fill you with joy and happiness.

Reiki in our lives

You pay a karmic debt instantly when becoming a healer.

You will notice a shift in your behavior: kinder, compassionate, sensitive, perceptive, and able to manifest many things and achieve goals that were not easy to accomplish before.

Whether you get paid or not, every healing session pays partially any karmic debt you may have accumulated in this existence, and past incarnations.

Most notable changes you'll notice

1. Your Spirituality will highly elevate
2. You will sleep better at night when you apply the brief self-healing
3. You will understand others clearer
4. Your third eye will open and convert you into a person much more perceptive and psychic
5. You will glow with the bright color of universal energy

Turn to your worksheet

(*see question #10 in worksheet)

Successful Disciplines that control and enhance the flow of this energy

- Yoga
- Tai Chi
- Reiki
- Feng Shui
- Meditation
- Acupuncture

(*see question #11 in worksheet)



What does Initiation and
Attunement entail?

Importance of attunement

Since Reiki is ever-present in our bodies, anyone can harness this profound inbuilt intelligent energy for healing. However, **without being attuned** to the universal life force of Reiki you will only be using about **10-20%** of its capacity for healing.

When complete with Reiki 1st level:

The graduate will be converted into a Reiki channel with hot hands, and will be a competent healer.

Preparing for Attunement

Before committing to first degree Reiki there are a few basic things you should do in preparation.

~ Avoid taking alcohol or any other form of drug for at least forty-eight hours before the workshop. These substances slow and hinder the flow of Reiki throughout the body.

~ Get plenty of rest the night before your workshop or study session.

Preparing for Attunement

- ~ Avoid eating meat, fish, processed foods or any other junk food for at least twenty-four hours. If possible have a day of fresh fruit, salad and vegetables. The digestion of food takes more energy than any other bodily function. Proteins and highly processed foods take more time to digest and will steal vital energy from your body.
- ~ If possible meditate each day for a week before attending the workshop. This will help to focus your thoughts, expectations and mind on becoming a Reiki channel for healing.

What happens during Initiation?

During the initiation, the Reiki Master uses the ancient symbols and mantras (holy words that activate and direct certain energies) rediscovered by Dr. Usui to connect the student to the universal life force.

What happens during Initiation?

Many people wonder why the initiation ceremony must remain **secretive** and why the students need to **close their eyes** during the attunements. Questions like these are quite normal, and understandable. The reason for the secrecy is to keep the rituals **sacred and cherished** by the Reiki Master and their students. The eyes kept closed allow the recipient being attuned **to go inside and focus on the experience**, it also helps the Reiki Master concentrate on what is a complex set of procedures.

What happens after Initiation?

Reiki is never sent, it is always drawn through the channel.

This is one of the major differences between Reiki and magnetic or spiritual healing. Because the energy is drawn through the channel, as opposed to being manipulated by the healer, the Reiki practitioner will never feel drained or take on the condition of the patient. On the contrary, the practitioner is also receiving a self – treatment as the Reiki energy flows through them to the recipient.

What happens after Initiation?

The attunements 'switch on' an extra surge of power which fuels all life. The more you use Reiki the stronger it becomes.

Establish the habit of giving yourself Reiki before you fall asleep at night and when you wake up in the morning. Remember, once you have been attuned to the universal life force you can begin channelling the healing energy of Reiki to yourself and others.

What happens after Initiation?

Your psychic, intuitive and creative abilities will be raised by between 50 to 80 percent. By raising your vibratory level you will begin a transformational process on all the many levels and aspects of your life.

Ways to Use Reiki after the Attunement

Once you have been attuned to Reiki, the energy will flow through your hands whenever you touch with the intention of healing or helping. You can use Reiki on:

- Yourself
- Other Adults
- children
- Prenatal babies
- Accidents
- Emergencies
- Animals
- Birds
- Fish
- Plants
- Trees
- Seeds
- Crystals
- Food
- Drinks
- Your work
- Contracts
- Projects
- Letters
- Documents
- Your car
- For protection
- Travelling
- Your home
- Drinking water
- Bath water
- Shower water

The list is endless, you are only limited by your imagination!

Turn to your worksheet

(*see question #12 in worksheet)



The body's primary Energy Centers

1. Energy is aligned to Universe

The human body is made up of over 38 trillion cells. Each cell contains omniscient wisdom and is connected to the universe and every living thing within it. A good analogy is to think of the universe as a huge ocean of water. Every living thing within that ocean is like a tiny droplet. Together these droplets make up and are part of Reiki and the universal life force.

2. Energy of the healer enters through Crown Chakra and the breathing

- There are **seven** main energy centers in the body that control the flow of the universal life force.
- They are called the Chakras.
- Each chakra is responsible for supplying energy to specific parts of the body.
- When they are blocked or clogged the body becomes sick and the flow of energy is diluted.

The 7 major Chakras

Crown

Third Eye

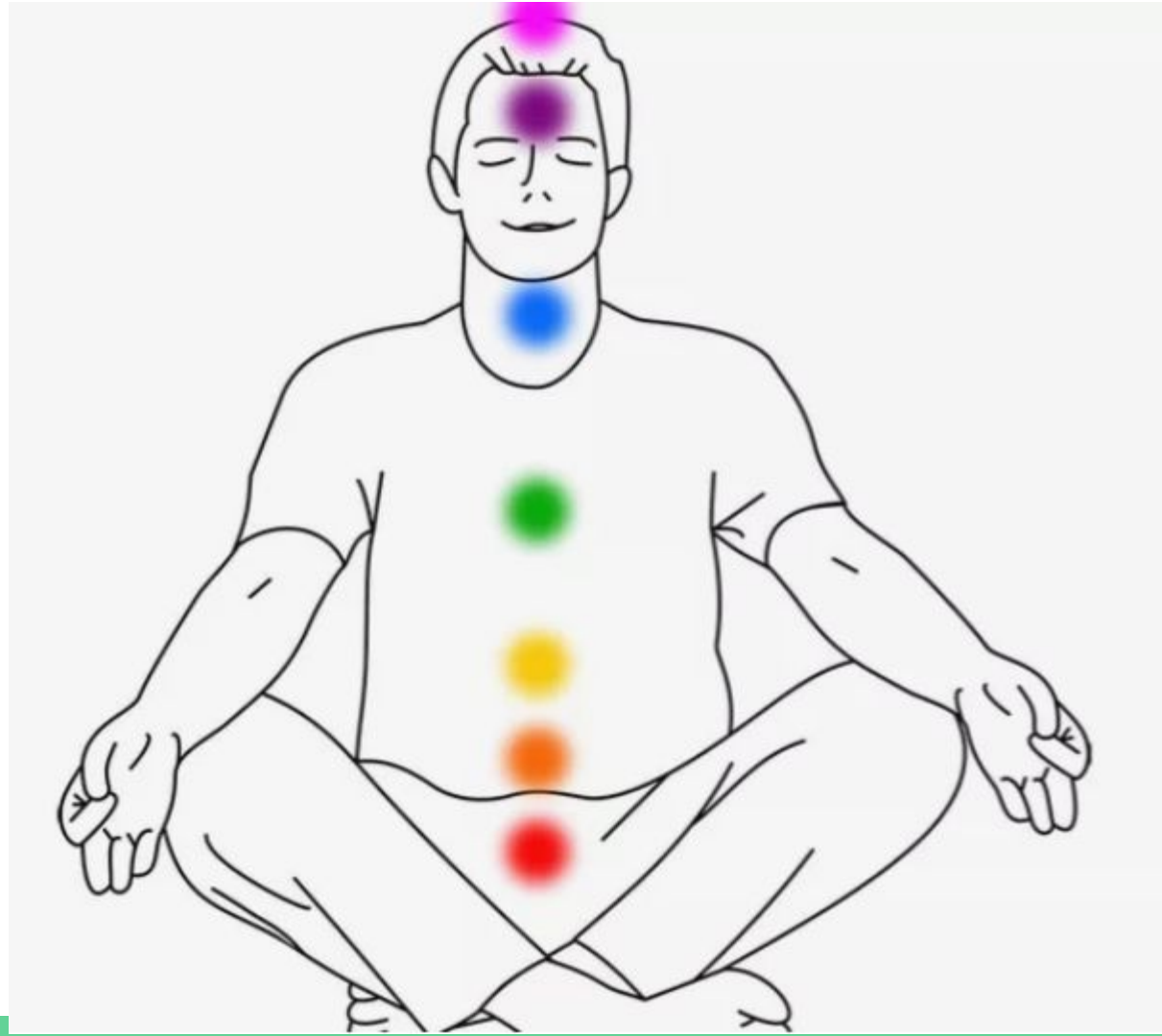
Throat

Heart

Solar Plexus

Sacral

Root



Root Chakra

Location: Base of spine, in tailbone area

What it controls: Survival issues such as financial independence, money, and food

Mantra: "I can't grow from an unsteady foundation."

Color: Red

Element: Earth

Stone: Hematite

When it develops: 1-7 years old

- Gives us the feeling of being grounded.
- When the root chakra is open, we feel confident in our ability to withstand challenges and stand on our own two feet.
- When it's blocked, we feel threatened, as if we're standing on unstable ground.

Sacral Chakra

Location: Lower abdomen, about 2 inches below the navel

What it controls: Your sense of abundance, well-being, pleasure, and sexuality

Mantra: "I always honor others but not before myself."

Color: Orange

Element: Water

Stone: Tiger's Eye

When it develops: 8-14 years old

- Helps inform how we relate to our emotions and the emotions of others.
- It also governs creativity and sexual energy.
- Those with a blocked sacral chakra could feel a lack of control in their lives.

Solar Plexus Chakra

Location: Upper abdomen in the stomach area

What it controls: Self-worth, self-confidence, and self-esteem

Mantra: "Self-love starts when I accept all parts of myself."

"Color: Yellow

Element: Fire

Stone: Amber

When it develops: 15-21 years old

- Speaks to your ability to be confident and in control of your life.
- If your solar plexus chakra is blocked, you might feel overwhelming amounts of shame and self-doubt.
- Those with open solar plexus chakras are free to express their true selves.

Heart Chakra

Location: Center of chest, just above the heart

What it controls: Love, joy, and inner peace

Mantra: "When I love myself, loving others comes easily."

Color: Green

Element: Air

Stone: Rose Quartz

When it develops: 21-28 years old

- Is the bridge between the lower chakras (associated with materiality) and the upper chakras (associated with spirituality).
- As the name suggests, this chakra can influence our ability to give and receive love—from others and ourselves.
- Someone with a blocked heart chakra will have difficulty fully opening up to the people in their life.
- If someone's heart is open, they can experience deep compassion and empathy.

Throat Chakra

Location: Throat

What it controls: Communication, self-expression, and truth

Mantra: "I speak my truth, always."

Color: Light Blue/Turquoise

Element: Sound/Music

Stone: Aquamarine

When it develops: 29-35 years old

- Gives voice to the heart chakra and controls our ability to communicate our personal power.
- When it's functioning at full capacity, it allows us to express ourselves truly and clearly.
- Someone with a blocked throat chakra will feel like they have trouble finding the words to say how they truly feel.

Third Eye Chakra

Location: Forehead between the eyes (also called the Brow Chakra)

What it controls: Intuition, imagination, and wisdom

Mantra: "I am open to exploring what cannot be seen."

Color: Dark Blue/Purple

Element: Light

Stone: Amethyst

When it develops: 36-42 years old

- Controls our ability to see the big picture and connect to intuition.
- Think of it as the eye of the soul: It registers information beyond the surface level.
- Visions and intuitive hits are not uncommon for someone with an open third-eye chakra.

Crown Chakra

Location: The very top of the head

**What it controls: Inner and outer beauty,
spiritual connection**

Lesson: "I am a vessel for love and light."

Color: Violet/White

Element: Divine Consciousness

Stone: Clear quartz

When it develops: 43-49 years old

- The highest chakra, sits at the crown of the head and represents our ability to be fully connected spiritually.
- When you fully open your crown chakra—something very few people ever do!—you're able to access a higher consciousness.

Turn to your worksheet

(*fill out questions #13 and #14 in worksheet)

A Full Reiki treatment

- Reopens the chakras and re-balances the flow of the universal life force around the body.
- A person will normally need four full treatments on four consecutive days to boost the flow of Reiki energy. This will stimulate the body's immune system and natural healing abilities.
- Normally the body will begin by cleansing itself of toxins. As the poisons are removed, the body becomes re-balanced and the healing process can begin.

10 things that weaken the life-giving energy

1. Too much alcohol
2. Poor Diet
3. Lack of Exercise
4. Drugs
5. Tobacco
6. Negative thoughts/ Toxic habits
7. Stress
8. Poor breathing
9. Lack of sleep and rest
10. Toxic relationships



History of Reiki

Reiki Grand Masters



Dr Mikao Usui



Dr Chujiro Hayashi



Madam Hawayo Takata

History of Reiki, part 1, Dr. Mikao Usui

- Passed down through generations by word of mouth
- Rediscovered in the 19th century by Dr. Mikao Usui
- Dr. Usui's family practiced Zen Buddhism for 11 generations
- Studied allopathic medicine
- Joined a Zen monastery, where he studied ancient forms of healing
- Meditated for 21 days at the Holy Mountain of Kurama
- the Four Miracles
- 7 years restoring the health of beggars

Dr. Usui



History of Reiki, part 2, Dr. Chujiro Hayashi

- Dr. Usui learned The 5 Principles of Reiki
- Dr. Usui taught 19 students to the level of Reiki Master
- Tenno, the emperor of Japan, awarded him a doctorate
- Dr. Chujiro Hayashi chosen as 2nd Great Master
- Dr. Hayashi created a formula for training and taught 16 additional masters.
- Hayashi was a retired marine commander and physician
- He developed Shina No Macha, a clinic
- Wrote the directions of how to perform Reiki, including diet

Dr. Hayashi



History of reiki, part 3, Hawayo Kawamura (Madam Takata)

- She was born in Hawaii, 12/24/1900
- Age 17 married, had a happy family. Age 32 widowed.
- Went into “nervous exhaustion”. Became very ill.
- When her sister died, she went to Tokyo to give her parents the news. There, she sought treatment for a tumor, appendicitis, gallbladder and respiratory problems.
- The surgeon told her about Hayashi’s clinic.
- Madam Takata recovered in 4 months, worked for Dr. Hayashi for 12 months, became a Reiki practitioner 2nd level

History of reiki, part 4, the Third Grand Master

- Summer 1938 Madam Takata opened Reiki clinic in Hawaii
- Feb 1939 Dr Hayashi visited, inviting her to become Reiki Master.
- First woman and first foreigner to be given this honor!
- Madam Takata was declared the third Grand Master of Reiki in 1940, in Japan.

History was changed

This is when the history of Reiki was changed to portray Dr Mikao Usui as a Christian. Madam Takata realized that the American people and the Western world in general would hold certain bigotry towards the Japanese. So soon after the 2nd World War, it would be impossible to promote a method of healing with its roots firmly in Buddhism and Japan.

History

- Madam Takata died Dec. 1980
- She trained at least 22 Reiki Masters
- Two Reiki Grand masters installed to continue Madam Takata's work:
 - Phyllis Lei Furumoto, her granddaughter, set up the Reiki Alliance
 - Dr. Barbara Weber, set up the A.I.R.A. (the American International Reiki Association)

Madam Takata



Turn to your worksheet

(*fill out questions #15 - 17 in worksheet)



The 5 Reiki Principles

The 5 Reiki Principles

1. Just for today I will not worry.
2. Just for today I will not be angry.
3. Just for today I will do my work honestly.
4. Just for today I will give thanks for my many blessings.
5. Just for today I will be kind to every living thing

The 5 Reiki Principles

Just for today,
I will not worry



1. “Just for today, I will not worry”

Why do you think it is important?

Unmute yourselves.

1. “Just for today, I will not worry”

Worry causes blockage to the root chakra. The root chakra empowers your physical vitality and provides energy to your system.

There is no sure way to overcome worry completely. Our entire lives we will have what can be perceived as setback. **How we respond to these setbacks determines the quality of our lives.** It is a choice to respond in a positive manner.

Worry → stress & anxiety → imbalance of mind, body, spirit

How can I worry less?

A Reiki technique of placing **one hand on the root chakra and the other hand on the heart chakra**, can remove or reduce the blockages caused by stress, worry and anxiety. Keep your hands over these chakra points for as long as you intuitively feel you need to.

It can be used for self-healing or on another person.

How can I worry less?

- Allow yourself time each day for solitude, to enjoy nature - hug a tree, smell a flower.
- Laugh more. Watch a funny movie or television show. Read a humorous book or magazine. Simply laugh. Laughter is a wonderful healer.
- Surround yourself with positive people, quotes and images. What you focus on multiplies!

How can I worry less?

What other ways can you think of to worry less?

Unmute your microphone to share.

The 5 Reiki Principles

Just for today,
I will not be angry



2. “Just for today, I will not be angry.”

Why do you think it is important?

Unmute yourselves.

2. “Just for today, I will not be angry.”

Anger is an emotion. When we get angry we lose control of that emotion. In order to live by the above principle we must understand **what triggers our anger** and how we can **choose** to remove this destructive emotion from our being.

In every confrontation that leads to anger the person or thing pushing your anger button has complete power and control over you. This simple realization allows you to take back control of your emotions and as such you can now choose to **respond** to a situation in a positive way rather than **react** to a situation in a negative way.

2. “Just for today, I will not be angry.”

Every time you meet someone there is an exchange of energy.

- If you are **both happy** and find the meeting was enjoyable then the energy exchange is **neutral**.
- **If you lose control** of your emotions and become angry, the **other person steals your energy**.
- **If someone gets angry at you then you are stealing their energy**.

In every confrontation that leads to anger the person or thing pushing your anger button has complete power and control over you. Anger is a choice response. Decide each day not to allow your energy to be stolen from you by negative people or situations.

How can I control how I respond, instead of reacting to triggers?

Use Reiki to assist the re-balancing process when feeling angry and frustrated. Place one hand on the **third eye chakra and the other hand on the root chakra**. Keep your hands there for as long as you intuitively feel is necessary. This Reiki technique will help you control, minimize and possibly eliminate this destructive emotion.

How can I control how I respond, instead of reacting to triggers?

Keep your vibration high by choosing to live a healthier life with less anger and frustration, and more joy and happiness.

What other ways can you think of to control anger?

Unmute your microphone to share.

The 5 Reiki Principles

Just for today,
I will do my work
honestly



3. “Just for today, I will do my work honestly”

Why do you think it is important?

Unmute yourselves.

3. “Just for today, I will do my work honestly”

Being dishonest presents short term gain with long term consequences.

Live your life to the best of your ability as honestly as you can. Honesty lives inside of you and doesn't care about being placed where others can view it. (Be in integrity even when no-one is watching!) Be completely honest with yourself, living authentically, and reflect that back to the rest of the world.

How can I live honestly and maintain integrity?

Place one hand on the **third eye chakra** and the other hand on the **solar plexus chakra** to use Reiki to assist in the re-balancing of this principle. Keep your hands there for as long as you intuitively think they need to remain on these chakra points.

This additional hand position can be used for healing yourself or other people.

How can I live honestly and maintain integrity?

What other ways can you think of to maintain integrity?

Unmute your microphone to share.

The 5 Reiki Principles

Just for today,
I will give thanks for
my many blessings



4. “Just for today, I will give thanks for my many blessings.”

Why do you think it is important?

Unmute yourselves.

4. “Just for today, I will give thanks for my many blessings.”

Life tends to give us what we need. It may not be what we want, but it will be what we need.

Karmically throughout our lives, we receive what we **need** to grow and learn in this lifetime.

When we grasp these lessons and grow accordingly, we become more spiritually enlightened. We also become happier!

4. “Just for today, I will give thanks for my many blessings.”

Begin by creating a gratitude habit. Step back for a moment on a regular basis to discover and appreciate the many blessings in your life.

Focusing on gratitude takes your attention off of the lack or negativity in your life and puts the focus on what's working, what's positive and joyful. Remember, what we focus on multiplies, thus gratitude raises our vibration to our own place of joy.

How can we become grateful?

Place one hand on the **third eye chakra** and the **other hand on the occipital ridge**. Use Reiki to re-balance this principle in your life or in the life of another person.

What are other ways we can become more grateful?

Exercise:

1. Take out a sheet of paper and a pen.
2. In 1 minute, make a list of at least 20 blessings. Leave the materialistic things aside. Pay attention to, and focus on the things that are free, the things that bring joy and humility to your life.
3. Take turns sharing what you are grateful for

What are other ways we can become more grateful?

Create a gratitude habit. Step back for a moment on a regular basis to discover and appreciate the many blessings in your life. When we focus on what we are grateful for every day, gratitude becomes a natural part of our life, like brushing our teeth. All habits are formed by repeatedly practicing or living a certain behavior over and over again.

How can I create a gratitude habit?

- Keep a Gratitude Journal
- Make a Gratitude Scrapbook
- Fill a Gratitude Jar
- Post your Gratitude List on a wall or carry it in your wallet

How can I create a gratitude habit?

What other ways can you think of to create a gratitude habit?

Unmute your microphone to share.

The 5 Reiki Principles

Just for today,
I will be kind to
every living thing



5. “Just for today, I will be kind to every living thing.”

Why do you think it is important?

5. “Just for today, I will be kind to every living thing.”

The Law of Karma states that what goes around comes around:

Send out love, and you will receive love back in return.

Send out kindness and you will receive kindness.

Send out healing and you receive healing.

Send out positive thoughts and you will receive positive results. Karma is a two-edged sword. Send out negative thoughts and you will get negative results. Living within this precept will give you a happier and less stressful life, full of joy, peace, and love.

How can I increase kindness/compassion to every living thing?”

To bring balance to this principle for yourself or others, first place one hand on the **third eye chakra** and the other hand on the

When you feel you are ready, **move your hand from the third eye chakra to the throat chakra**, and **move your hand from the root chakra to the heart chakra** keeping it there until you intuitively feel you have finished.

How can I increase kindness/compassion to every living thing?”

Becoming aware of Acts of Kindness, and paying it forward.

How can I increase kindness/compassion to every living thing?”

What other ways can you think of to increase kindness/compassion?

Unmute your microphone to share.

The 5 Reiki Principles

It is important to remember that the Reiki principles are only guides for a happier and more fulfilling life. Use meditation to unlock the true meaning of these precepts and incorporate them into your life. They will transform your life!

The 5 Reiki Principles are not commandments; they are simply gifts of wisdom.

Turn to your worksheet

(*see question #18 in worksheet)



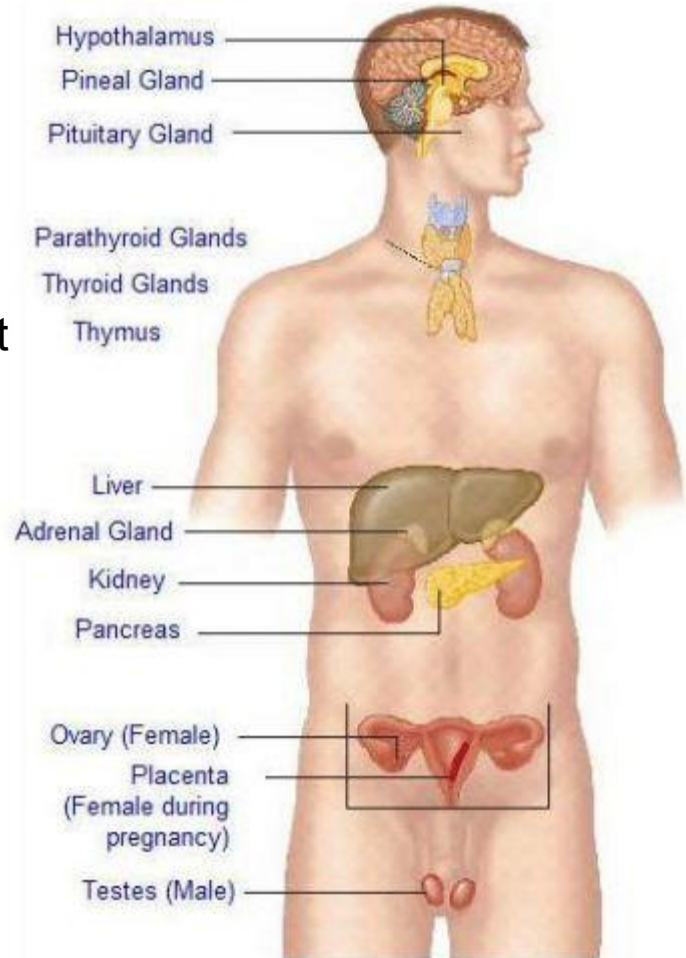
Holistic Anatomy

There are a few primary endocrine glands:

- The pineal gland in the vertebrae of the brain – known as the third eye
- The pituitary gland at the base of the brain
- The thyroid gland in the neck
- The four or five parathyroid glands in the tissue around the thyroid
- The two adrenal glands above the kidney against the posterior wall of the abdomen
- Certain areas of the pancreas near the stomach
- The sex glands, or gonads (testes in the male and ovaries in the female)

Various hormones are released by the endocrine glands. These include the body's growth rate, control of sex and reproductive functions, and the regulation of calcium and phosphate levels in the blood.

The Major Endocrine Points

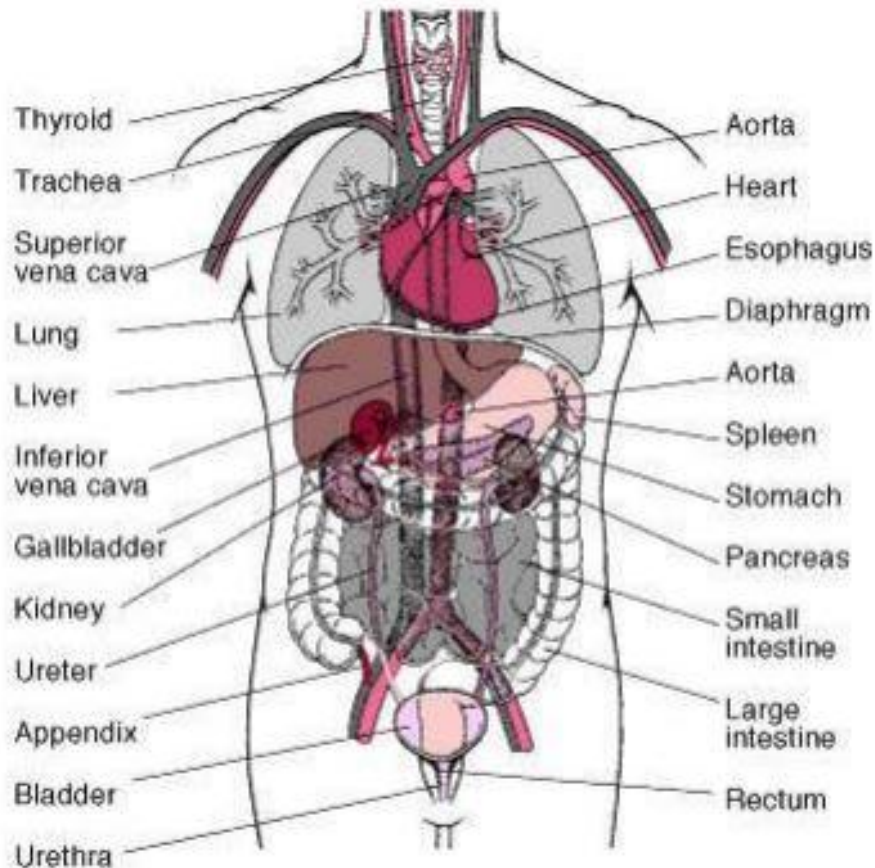


Activity

On the next slide, the speaker will mention a body part,
you say

1. what its function is, or an illness caused by having that body part imbalanced, and
2. which chakra you think we will cover for that body part, or demonstrate the position of hands.

The Major Body Organs





Self Treatment of Reiki

A note on Self-healing

Self-healing is the starting point for personal development and self-discovery.

Reiki is not just a tool for healing; it also brings

- **protection,**
- **prevention and**
- **personal transformation on all levels**

(*see question #19 in worksheet)



Start practicing Self-Reiki



Practice and master the skills of healing in this order

1. On yourself
2. On your family - wait until part 2 to perform Reiki on others
3. On your friends

You will then be adequately qualified and able to work as a practitioner and heal other people

When can you do Self-Reiki?

When you feel

- Stressed
- Have any aches or pains
- Recharge your batteries
- Dose of Self-Love
- Prevent sickness and disease
- Not only when there is difficulties in your life



Turn to your worksheet

(*fill out question #20 in worksheet)

At what time of day is best to do Self-Reiki?

First thing in the morning

- Will give you an energy boost for the day ahead
- Will bring you joy and gratitude

Last thing at night

- Will relax
- Will unwind you,
leading to a good night's sleep



Good places for a Self-treatment

- Bath
- Shower
- Lying in Bed
- A place where you won't be disturbed.

Tip:

You may wish to work with music to add the right relaxing mood.



Benefits of Reiki Treatment

- Promotes natural self-healing
- Balances the energies in the body
- Balances the organs and glands
- Strengthens the immune system
- Treats symptoms and causes of illness
- Relieves pain
- Adapts to the natural needs of the receiver
- Enhances personal awareness
- Relaxes and reduces stress
- Promotes creativity
- Releases blocked and suppressed feelings
- Aids meditation and positive thinking
- Heals holistically
- Clears toxins

How to Treat Yourself with Reiki

- There is no right or wrong way to work with Reiki on oneself.
- As you become more experienced with the Reiki energy you will intuitively move your hands to wherever it feels right.
- If you are aware of a specific problem, such as an injury or pain, place your hands directly over that area to begin with, and follow up with a full self-treatment.

A fundamental Reiki Procedure for Self-Treatment

- In the beginning, it is always best to follow a set procedure as shown in the following slides.
- When you have mastered the hand positions you can then leave each self-treatment up to your own intuition.
- Normally you would spend three to five minutes on each position. However time is often short; but remember **a little Reiki is better than no Reiki.**



Hand Positions

Hand Positions

Remember the following hand positions are only a guide – Use your intuition

Hand Position #1



Place hands over eyes, cheekbones and forehead (Third eye Chakra) ~ Relieves stress, eye problems, asthma, head colds allergies, sinus, pituitary and pineal gland, cerebral nerves and more

Hand Position #2



Place hands on the top of head - fingertips touching (Crown Chakra) ~ Relieves migraine, headaches, eye problems, Multiple sclerosis, stress, bladder, digestive disorders, emotional problems and more.

Hand Position #3



Place hands on either side of head with fingers covering temples. ~ Creates balance, relieves hearing and ear, colds, flu, and balances the functions of the right and left brain.

Hand Position #4



Place hands on back of head, covering the occipital ridge. ~ Relieves headaches, eye problems, stress, hay fever, sinuses, digestive disorders, fears, phobias, shock depression, stroke

Hand Position #5



Hands cover the top of shoulders and bottom of neck ~ Relieves aches & pains, stress, neck tension, tight muscles, nerves, spinal injuries and shock.

Hand Position #6



Place hands around neck with heels covering the throat (Throat Chakra) ~ Self-expression, communication, breathing, voice and speech problems, bronchitis, flue, colds, anger.

Hand Position #7



Hands form a T, left hand covering heart (Heart Chakra) and right hand over the thymus gland. ~ For heart, angina, lungs, thymus, thyroid, weight problems, immune system, lymph, emotional problems, stress

Hand Positions

#8, 9, 10, 11

Hands are positioned horizontally at the top of the torso (Solar Plexus Chakra) with fingertips touching. Move hands down to the pelvis (Sacral Chakra) and upper thighs ending in a V inside the hip bone. ~ For all major organs and glands, disease, infections, stomach, intestines, reproductive system, anger, emotions.

Hand Positions

#8 9 10 11



Hand
Position
#12



Place hands over the front of the knees, then back of knees. ~ For leg pains, varicose veins, circulation, support, balance.

Hand Positions

#13,14,15,16

Hands positioned first at the top of the shoulders/top of the back then gradually move down horizontally across the back with fingers touching, ending in a V shape at the base of the spine (Root Chakra). ~ For all major organs and glands, disease, infection, back and spine al problems, stress, manifesting, balance, support.

Hand Positions

#13 14 15 16



Hand
Position
#17



Sitting in lotus position, hold both feet with hands. Alternately, cross legs one on top of other and hold feet with each hand. ~ For leg pains, varicose veins, all major organs and glands, support, balance, draws energy from crown to feet.





Practice

Disclaimer

You will not feel the full effect of Reiki until you are attuned on the completion of Reiki 1.



Before the self-treatment,

Take a few moments before beginning a treatment to mentally prepare yourself for working as a channel for Reiki. This quiet time is perfect for getting in touch with your guides, mentors and assistants. It allows a brief moment of reflection and focuses your thoughts on healing. It is important to begin the treatment with the right mental attitude.

The Invocation

“I call upon Reiki – the Universal Life Force, all the Angelic beings who have worked with Reiki in the past especially Dr. Usui, Dr. Hayashi, Madam Takata, my guides and all the Reiki Masters past, present and future to draw near and take part in this healing session. I ask that the power and wisdom of Reiki permits me to become a channel for Reiki’s unconditional love and healing on myself. May Reiki’s infinite wisdom go exactly where it is needed most, should it be for my higher good.

– So be it. Thank you.”

Hand placements while the invocation is being said

1. Place your hands in the prayer position over the third Eye Chakra as you begin the invocation.
2. As you say the invocation, place your hands over your heart, one on top of the other,
3. Then move them down to the Solar Plexus and Sacral
4. Open your energy points in your palms, by pressing the right thumb over the palm of the left, and the left thumb over the right palm.
5. Open both palms giving thanks.

Practice the Hand Positions



On completion of the self-treatment,

1. Sweep your energy field 3 times, beginning just above the crown chakra moving all the way down your body to below your feet. Visualize the toxins coming out of chakras, flowing out as you're sweeping their aura (sweeping the debris away)
2. Drink a large glass of purified water.
3. Take a moment to close your eyes and go inside, pay attention to the thoughts and emotions that have arisen during the session. You may feel light headed, and if you need to rest, or sit down for a short time, allow yourself this time.

On completion of the self-treatment,

If you feel you need to continue to work on a specific area of the body, even if you have completed a full self-treatment, then go with your intuition; always listen to your mind and body.

On completion of the self-treatment,

When you feel the session is complete

- Thank the Reiki energy,
- Reiki Masters,
- All guides and helping spirits who may have been present during your healing session.
- Ask that all cords and attachments be removed and
- That all unwanted energies be transmuted into unconditional love and returned to their source.

Turn to your worksheet

(*fill out questions #21 and #22 in worksheet)



Preparation to Treat Others with Reiki

Preparation - the setting

Select the place where you will feel comfortable and protected

- Spare room just for healing
- Join the local therapy healing center to rent a therapy/healing room at a reasonable hourly/daily/weekly basis.

Preparation - the setting

Whenever possible, create the right setting for the Reiki healing session. The room you select should be

- Light
- Clean
- Safe
- Soft, healing colors such as white, yellow or purple can be used to create the desired effect

Preparation - avoid interruptions

- Unplug the telephone
- Disconnect the doorbell

If you work from home, let your family and friends know your schedule so they do not disturb you.

Preparation - the room

- Therapy table
- Two pillows, one for the client's head and one for the client's feet
- A warm blanket
- Crystals
- Add a plant to the room to help with the right energy
- Box of tissues
- Pictures of Reiki Grand Masters: Dr. Usui, Dr. Hayashi, Madam Takata, Jesus, Buddha, or Reiki symbols
- Incense

Preparation - address sensitivity to smells

Be careful as some people are sensitive to certain smells and it may cause them to experience an unpleasant therapy session. To prevent this from happening, **ask your client before you light your oils or incense sticks.**

Preparation - ambience to help clients relax

It is recommended that you play music while you treat other people and yourself with Reiki.

- total silence
- therapeutic music: classical, ambient or new age
- natural sounds: whales, dolphins, or running water

Music also can help the therapist relax and allow them to focus on healing.

Preparation - ready-made Reiki music tracts

There are a wide range of compact discs and tapes available that have been created specifically for Reiki. They have been designed to run for the length of a full treatment with a bell or chime added at three or five minute intervals to let the therapist know when to move their hands to another position.

Preparation - ready-made Reiki music tracts

There are a wide range of compact discs and tapes available that have been created specifically for Reiki. They have been designed to run for the length of a full treatment with a bell or chime added at three or five minute intervals to let the therapist know when to move their hands to another position.

Preparation - for the Healer

- Remove all jewelry
- Remove tight clothing
- Avoid alcohol
- Personal hygiene

Preparation - Healer - Remove tight Clothing

Reiki can travel through all materials such as stone, brick, concrete and metal. However, the metal and stones used in the manufacture of jewelry come into contact with and attract certain types of negative energy. To enable you to work with Reiki free from all subtle energy disturbances, we suggest you remove all jewelry; such as, rings, watches, earrings, chains and necklaces. If using crystals and precious stones, be sure to cleanse them regularly as they can become saturated with negative energy.

Preparation - Healer - Remove tight Clothing

Reiki can travel through all materials such as stone, brick, concrete and metal. However, the metal and stones used in the manufacture of jewelry come into contact with and attract certain types of negative energy. To enable you to work with Reiki free from all subtle energy disturbances, we suggest you remove all jewelry; such as, rings, watches, earrings, chains and necklaces. If using crystals and precious stones, be sure to cleanse them regularly as they can become saturated with negative energy.

Preparation - Healer - Avoid Alcohol

Alcohol dissipates energy. Always refrain from consuming alcohol if you know you are going to be working with Reiki for at least twenty-four hours before a session.

Preparation - Healer - Personal Hygiene

Ensure you smell and appear clean and fresh. Avoid wearing strong perfumes or after shaves. If you smoke make sure you brush your teeth or use a mouth freshener. Refrain from eating garlic, onions or any other food that may leave a smell on your breath. Wash your hands before a Reiki session using a lightly scented or neutral soap. Your hands come into contact with your clients face and skin so it is important for hygiene purposes and the peace of mind of your client to have clean hands.

Turn to your workseet

(*see #23 in worksheet)

Preparation - Explain to a new client what you are going to do and the type of reactions that might occur

- Stress that any one of these reactions are normal.
- They may experience one or two of these reactions, all of them or none of them. It makes no difference.
- Reiki will go wherever it is needed.
- Often the client will experience extreme cold at the position of your hands while you feel intense heat.
- If the client experiences nothing explain to them that the Reiki energy often works on a subtle level yet has profound results, which normally become apparent in the following days or weeks.

Preparation - the types of reactions that may occur

- A sensation of heat
- A sensation of cold
- Involuntary movements
- Fall asleep
- Itchiness
- Rumbling in the stomach
- Flatulence
- Emotional responses
- See colours
- Past life flashes
- Memory flashes
- Pins and needles
- Sense hands moving

Turn to your worksheet

(*see question #24 in worksheet)



The Invocation

Pre-Invocation

1. Reflection. Quiet your mind for a moment to focus on healing
2. Once your client is lying down on the healing table, relaxed and ready to receive Reiki, move to the top of the table (the client's head).
3. Close your eyes and join your hands together in a prayer like position in front of your heart chakra.
4. If your client is seated, place your hands on their shoulders for the invocation.

The Invocation

Remember that as a Reiki practitioner you are not healing your clients. The people receiving Reiki are in fact **healing themselves**. You are merely the channel that enables them to draw the Reiki energy through your hands to the place it is needed. The invocation is a token that symbolizes you are **giving up any claims to power**. You are simply the conduit in which the infinite power of the universal life force flows.

Your request or prayer should be personal and in line with your own beliefs. Ask for permission to be used as a channel for Reiki healing.

The Invocation

“I call upon Reiki – the Universal Life Force, all the Angelic beings who have worked with Reiki in the past especially Dr. Usui, Dr. Hayashi, Madam Takata, my guides and all the Reiki Masters past, present and future to draw near and take part in this healing session. I ask that the power and wisdom of Reiki permits me to become a channel for Reiki’s unconditional love and healing on behalf of _____ (insert client’s name). May Reiki’s infinite wisdom go exactly where it is needed most, should it be for their higher good. May we all be empowered by divine love and blessing – So be it. Thank you.”



Cleansing the Aura

Before commencing the Reiki treatment

Run your hands in your clients aura

- about six inches above their body
- from above their head all the way down to their feet
- in a slow smooth motion
- at least three times
- to remove any superficial energy build ups

This will also bring harmony to your client's aura and form a positive rapport between you and your client. Pay attention to your hands, use your intuition, sense for possible blockages or hot spots to focus on during your healing session. You are now ready to begin the treatment.

Before commencing the Reiki treatment

Cleansing the aura will also

- bring harmony to your client's aura and
- form a positive rapport between you and your client

Pay attention to your hands, use your intuition, sense for possible blockages or hot spots to focus on during your healing session.

You are now ready to begin the treatment.

Turn to your worksheet

(*see question #25 in worksheet)



Treating Others with Reiki

Forget the symptoms, treat the whole person

Listen to your clients' body through your hands. Sense the different types of energy. If the energy is strong:

- Keep your hands in that position until you sense a shift in the energy level.
- Use your intuition.
- Look for non-verbal communication from your clients' body.
- Deep sighs or hand and leg movements are good indicators that something positive is taking place.

Beginning a treatment

1. Ensure your client is lying flat on the therapy table with their arms down by their sides. Their legs should also be flat against the table and must not be crossed as this may block the flow of Reiki.
2. Gently lay your hands on or slightly above your clients' body.
3. Keep them in each position for between three to five minutes.
4. As you become more experienced use your intuition.
5. Your hands should be cupped with your fingers firmly closed as though you were trying to hold water. This keeps the channel strong between your client and the universal life force. If your fingers are open Reiki can escape just as water would slip through your open fingers.

At the end of a treatment

- The normal time required for a full body treatment is sixty minutes.
- Mentally return all energies to their source and thank all guides and angels present.
- Spray your hand with salt water or alcohol water to neutralize and cleanse the energies.
- Offer your client a glass of cold water to aid grounding, remind them to drink plenty of water.
- Always wash your hands after each treatment.



Traditional Reiki Hand Positions for giving
full body treatments to Clients

Reiki hand positions

These positions cover all major organs and glands, disease, infections, stomach, back and spinal, reproductive as well as anger, stress emotions.

Reiki hand positions

- The following traditional hand positions were created by Chujiro Hayashi, Mikao Usui's successor.
- Once you get comfortable with Reiki you can allow yourself to be led by your intuition as to where the best places to put your hands are. The Reiki energy will go where it is needed so don't be concerned if you forget a hand position.
- Keep your fingers together and center the palms over the chakras when you can.
- Keeping your fingers together and slightly cupping your hands will make the energy flow in a more focused stream from your palm chakra. (Spreading your fingers out will allow Reiki energy to be moved along the fingers and out the tips.)

Position 1: Palms over the eyes

- This give energy to the Brow Chakra and Third Eye, pituitary and pineal gland, sinuses and nasal passages.
- Don't squeeze the nose or put too much pressure on the eyes or sinuses.
- Slightly cupping your hands will help control how much pressure is exerted on the eyes.
- In traditional Reiki we do not treat the Crown Chakra on others. If you are called to treat the Crown or top of the head, be aware that you may cause a headache.

Position 2: Hands on top of head

- palms covering the crown chakra
- provides relief and healing from
 - migraines,
 - headaches,
 - eyes
 - and more.

Position 3: Both ears and temples are covered

Remember to keep your hands cupped slightly so you don't create a vacuum sensation in the ears.

Position 4: Hands behind the resting head

- To get your hands behind, place them on either side of head and gently rock it back and forth once in each direction as you work your hands underneath so your palms are cradling the head.
- Let your fingertips rest on the mound at the base of the skull (called the stillpoint).
- With your fingertips gently pull toward you for a count of three. This will release tension in the back of skull and neck.
- Ask your client if they have any neck issues before doing this. If they do. Have them help you get your hands in this position safely.

Position 5: Hands below the chin

- Treats the neck, thyroid glands, shoulders and Throat Chakra.
- Never put your hands directly on the larynx or surround the neck. This can bring up fears of being choked. Many people have this phobia. Instead, place your hands near the collarbone.

Position 6: Place your hands on the client's shoulders

This position treats aches and pain in

- the shoulders,
- arms,
- elbows
- and hands.

It is also a good balancing position.

Position 7: Place hands between the breasts and just above the breast.

- Treats
 - the thymus,
 - heart,
 - lungs and
 - Heart Chakra.
- Again you will need to be very mindful of your hand placement. Never touch the breasts or nipples on both men and women.
- Making this T formation was created to help you. If you have long hands and fingers, make adjustments to this hand position.

Position 8: Place hands just below the breasts.

Here we are treating

- the ribs,
- stomach,
- pancreas,
- adrenal glands,
- kidneys, and
- Solar Plexus Chakra.

Position 9: Place your hands just below the waist and belly button, usually at or near your clients belt

- Treating
 - the intestines,
 - reproductive organs and glands
 - and Second Chakra or Sacral Chakra.
- Do not get too close to the genitals.
- If you are uncomfortable with this hand position, hold your hands 4 to 6 inches above the body and beam Reiki energy to your client.

Position 10: Place hands on upper thigh in a V formation

- Sends energy to
 - the large intestines,
 - adrenal glands,
 - tail bone
 - and Root Chakra.
- This is another position you may beam energy.
- An alternate hand position is to place a hand on each side of the pelvis or hips.

Position 11: Place hands on knees

- Sends Reiki healing energy to the knees, providing support and balance.
- You may be guided to place hands both on the front and back of the knees.
- An alternative is to combine positions 11 and 12 by working on one leg at a time, placing one hand on the knee and the other on the ankle.

Position 12: Place hands on ankles and feet

- Sends Reiki healing energy to the ankles and feet.
- Hand position on the front is for the feet and respective foot chakras.
- Here we are energizing the feet by placing the palm of our hands over the center of the foot (this is the location of the foot chakra).
- This helps your client finish releasing toxins, drawing energy from the crown chakra, all the way to the foot chakra and gives a great reflexology treatment.

Positions 13-19

- When you are finished with all the hand positions you may ask your client to lay on their stomach and start with position 13 through 19.
- This is NOT necessary in every session.
- Alternately, at any time you may gently slip your hands under the back of torso or legs when client is laying on their back, as needed. Use your intuition as a guide.

Positions 13-19

1. Begin by placing your hands across your clients shoulder blades.
2. Move hands down until you reach the base of the spine.
3. Form a T, covering the Root chakra.
4. Finally, place your hands across the back of your client's knees and undersides of their feet. The feet are necessary on either front or back positions as they provide grounding and balancing for the client.

Tip

At any point, whether client is on the front or back, you may be guided to rest your hands upon a client's arms or wrists.

Again, use your intuition as a guide. There is really no right or wrong way to share a Reiki treatment session with anyone.



Completing the Treatment

Completing the Treatment

When all the positions have been treated,

1. place your left hand on your clients crown chakra
and
2. your right hand at the base of their spine.

This final position balances the energy in your clients' body.

Completing the Treatment

Complete your treatment by

1. Combe your clients' aura with your fingers.
2. Stroke the body firmly from the crown down to the feet in a sweeping motion.
3. Continue past the feet until you touch the floor for grounding. Repeat for a second time lightly touching the body.
4. Finally comb the aura a few inches above the body, beginning from slightly above the crown down below the feet approximately 3 inches.

Completing the Treatment

Be sure to release all energies, including yours and your client's back to their source, unconditional love, removing all cords or attachments to you and the client. Thank all guides and helping spirits for their presence and assistance.

Completing the Treatment

- Gently touch your clients shoulder and let them know the treatment is over.
- Let them take their time getting up and be available to assist them.
- Never rush your client, they may feel a bit woozy or dizzy upon rising.
- A few sips of water will help ground them.
- Remind them to drink plenty of water throughout the day.



Rapid Reiki Treatment

Rapid Reiki Treatment

On many occasions you will find it's not practical to spend sixty to ninety minutes conducting a complete Reiki treatment.

Often, the person needing Reiki has a limited amount of time or you simply are called into action in a place far away from your normal healing room.

There is an alternative quick and versatile technique that can be used in these situations.

Rapid Reiki Treatment

- focuses on all the major chakra points
- the client sits upright in a chair
- takes 15 - 30 minutes to complete

The Rapid Reiki Treatment

Position 1

- 1st Position: (Your client should be seated) Stand behind your client. Place your hands on your client's shoulders.
- Silently make your own personal invocation.

Position 2

- Remain behind your client. Place both hands on the top of your clients head covering the crown chakra.

Position 3

- Move to the side of your client. Place one hand on their forehead at the third eye chakra and the other hand over the occipital ridge at the back of their head.

Position 4

- Remain at the side of your client. Place one hand over the throat chakra at the centre of your clients neck and the other hand parallel on the back of their neck.

Position 5

- Remain at the side of your client. Place one hand on their heart chakra at the centre of their chest and the other hand parallel between your clients shoulder blades.

Position 6

- Remain at the side of your client. Place one hand on the solar plexus and the other hand parallel on the clients spine.

Position 7

- Remain at the side of your client. Place one hand on the base of your clients stomach covering the sacral chakra and the other hand parallel on the base of your clients spine.

Position 8

- Move round to the front of your client and place one hand on each knee.

Position 9

- Kneel down in front of your client and place one hand over each of your clients feet with thumbs open, cupping feet to floor.



- Start behind client hands on shoulders
- Silently recite your Reiki invocation

- Now move around to the clients' side
- Hands placed either side of the client

- Focus on the Major Chakra Points
- Finish by combing their Aura 3 times

**Rapid Reiki
and Position 2**



**Rapid Reiki
Hand Position 3**



**Rapid Reiki
Hand Position 4**



**Rapid Reiki
Hand Position 5**



**Rapid Reiki
and Position 6**



**Rapid Reiki
Hand Position 7**



**Rapid Reiki
Hand Position 8**



**Rapid Reiki
Hand Position 9**



Rapid Reiki Treatment

Please Note:

- For your comfort, positions 3 – 8 should be conducted while sitting in a chair.
- Spend 3 – 5 minutes on each position unless your intuition tells you otherwise.

A little Reiki is better than no Reiki at all.

Rapid Reiki Treatment conclusion

1. When you have finished, use your fingers to comb your client's aura three times as you normally would after a full treatment.
2. Release all energies to their source, thanking all guides and angelic helpers.
3. Spray your hands with salt or alcohol water. Wash your hands in cold running water.
4. Offer a cold drink of water to your client to assist grounding.



The Ultradian Rhythm

What is the Ultradian Rhythm?

Biological research has discovered that the human body functions in various cycles. One of these cycles is the ultradian rhythm - **the natural body cycle of activity and rest.**

- During sleep we dream every 90-120 minutes, even if we don't always remember doing so.
- In our daily lives this rhythm continues. During the day we often have a sudden urge to stop and rest.
- The body needs to take short breaks every 90-120 minutes to repair and maintain itself.

What is the Ultradian Rhythm?

Most people misjudge this natural and important process and fail to allow themselves a short power break. Instead of relaxing and recharging their batteries most people opt for a quick boost of power. This normally comes in the form of a coffee or tea break, sweets, fizzy drinks or cigarettes.

Unfortunately, all of these are stimulants and simply gloss over the underlying need of the body to take breaks, if it is to maintain health and well-being.

When we consistently ignore these essential psycho-physiological breaks, we are upsetting the fine balance and rhythms of the mind, body and spirit.

What is the Ultradian Rhythm?

This neglect leads to health problems and stress-related disorders, such as:

- Depression,
- mood disorders,
- psychosomatic pain and illness,
- sexual dysfunction,
- eating disorders and
- a wide variety of psychological problems.

Reiki can be used to prevent and help treat this problem by bringing the body back into equilibrium and normalizing the ultradian rhythm.

When to Use The Ultradian Rhythm Technique

- During the day, pay attention to signs from your body, mind and spirit telling you to stop for a moment and rest.
- These signs normally manifest as a sudden feeling of slowing down or loss of energy.
- You may feel yourself drift off into a semi-trance like state, somewhat like daydreaming.
- At this point, allow yourself a short break and you will revitalize and rejuvenate your whole mind, body, and spirit.

How to use the Ultradian Rhythm Technique

1. Place your cupped hands over your eyes.
2. Close your eyes and go inside.
3. Become aware of any part of the body that feels tight, sore or tired.
4. If you discover a part of your body that needs Reiki move your hands to that place and keep them there for as long as you need to. Try to imagine or sense that part of your body being filled with a healing light - Reiki.
5. Make the light grow brighter and brighter, larger and larger until it envelops your whole body. Sense the feeling of peace and well-being as the healing light fills your aura and forms a protective shield of pure unconditional love and energy around you.
6. When you feel rejuvenated and recharged, gently open your eyes and continue with your day.

The Ultradian Rhythm Technique

- Repeat this exercise on a regular basis to keep your energy levels high and prevent stress and ill health.
- It is important to change how you respond to this natural rhythm. Replace the junk food and quick attempts to boost your energy levels with this healthier and natural self-healing technique that will add years to your life.
- If you fail to find a part of your body that needs Reiki, go back inside once more and look again. Often it may take a second look to find a part of the body that requires healing. This is because it is invariably hidden deep in the subconscious and unconscious mind.
- However, if you fail to uncover anything, simply keep your hands over your eyes for as long as you require. This short break will still be beneficial to your overall health and wellbeing.

Alternate Ultradian Rhythm Technique

When time or conditions prevent you from taking short power breaks, another simple way of maintaining your health is to practice focusing on the thymus gland.

1. Tap gently 20 -30 times on your chest over the position of the thymus, situated between the throat and heart chakra,
or
2. place one of your hands over this position for several minutes, while focusing on sending balanced healing energy to the area.

This simple technique will help maintain and boost your immune system while filling your body with vitality.

Turn to your worksheet

(*see questions #26 and #27 in worksheet)

What is the Thymus Gland?

LOCATION: situated between the throat and heart chakra.

DESCRIPTION: a twin lobed organ.

RESPONSIBLE FOR: producing white infection fighting blood cells.

FUNCTION: Although the functions of the thymus are not fully understood, it is known to play an important part in developing **immunities against various diseases** by forming a hormone essential to the immune system known as THF (thymic humoral factor.) Researchers suggest that it is this hormone that acts on lymphocytes, causing them to change into plasma cells, which subsequently forms antibodies that produce immunities.



Group Reiki Treatment

Benefits of Group Reiki Treatment

- Group Treatment is quicker, taking as little as six to ten minutes to complete a full Reiki treatment.
- Group Treatment is very powerful. The client receives an intense burst of healing energy. This often has the effect of kick starting the clients' natural healing process.
- Group Treatment allows the team to form a bond and create a unique energy. As we all experience Reiki in different ways, clients will often notice the different energy vibrations from different Reiki practitioners.



Guidelines for Conducting Group Treatment

- All the normal preparations and procedures of a full Reiki treatment still apply to a group session.
- Before you begin a group treatment decide who will work on the head positions and ultimately control the healing session.
- Depending on how many Reiki practitioners are involved in the group treatment decide who will work on the various hand positions.
- Don't forget to decide who will complete the session by smoothing the clients aura.
- If four or more practitioners are taking part in the healing session you can have one practitioner at each end of the clients' body while the other practitioners work in the middle. This is a wonderful way to treat many people in a short space of time and ideal for therapy days.
- Remember to spray your hands with salt or alcohol water, then wash your hands before and after each treatment under cold running water to dissipate any negative energy and assist grounding for each member of the team.
- Spend time sharing experiences. Group treatment is a great way to learn and grow together.



Reiki and Pregnancy

Reiki and Pregnancy

Reiki is both safe and extremely beneficial to an unborn child and their pregnant mother.

It's been found that women who have studied the first degree and are attuned to the universal life force find the experience of pregnancy and childbirth more enjoyable and easier to cope with.



Benefits in Pregnancy

Reiki can help during pregnancy in various ways such as:

- Reiki alleviates morning sickness.
- Reiki reduces stress and tiredness.
- Reiki stimulates the babies' healthy development.
- Reiki can be used to treat painful muscles, joints or the spine.
- Reiki strengthens the bond between a mother and her baby. When a mother who is attuned to Reiki places her hands on her tummy she is passing pure unconditional love and healing to her unborn child...

Benefits in Pregnancy

- Reiki keeps the mind, body and spirit in balance reducing the chances of post-natal depression.
- Reiki nourishes the fetus with love and the universal life force. It gently comforts, protects and envelops the unborn baby.
- If the father of an unborn baby is a Reiki practitioner he can also help during the pregnancy by treating his partner. The important bond between father and child will also be stimulated each time he places his hands on his partners' pregnant tummy. The father can communicate through his hands with his child.

Reiki and Fertility

Reiki can help couples who are finding it difficult to conceive a child by reducing stress and stimulating both the females' natural reproductive cycle and the males' production of sperm. In many cases when a couple are desperate for a child they place extreme stress on themselves causing an imbalance of their mind, body and spirits. So often the moment they give up and forget about trying to have children, and the pressure and stress factor is removed many couples find their prayers are answered and a pregnancy is discovered

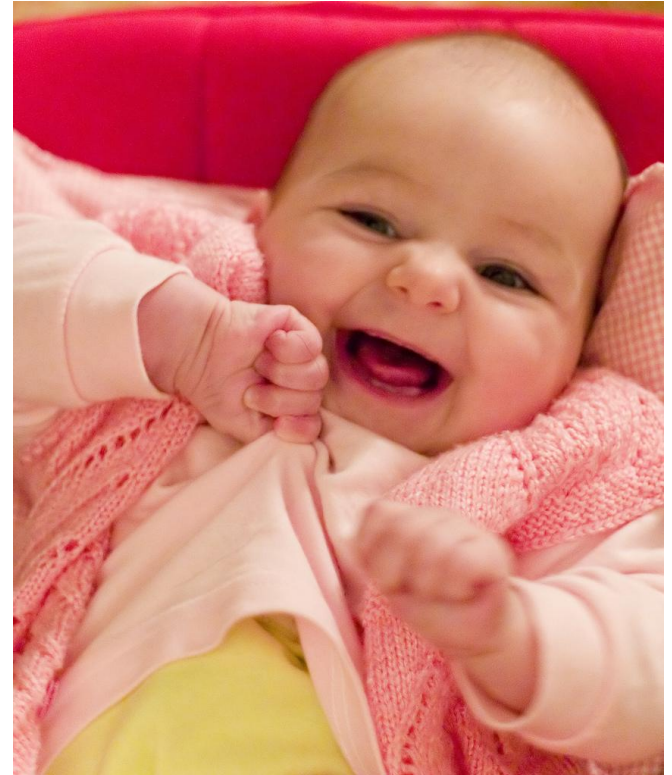




Reiki and Babies

Reiki and Babies

- Reiki can accelerate the recovery time of the mother and baby after the birth. It is especially good for caesarean sections and healing the various scars and stitches often associated with childbirth.
- Reiki can be used to heal the babies' umbilical cord.
- Reiki stimulates balance in the new born baby. It can easily be channelled to the baby whenever the mother or father (depending on who has been attuned to the energy) touches their child.



Reiki and Babies

- Reiki can be used to vitalize and nourish the mother's milk if the baby is breast fed. Alternatively, if the baby is to be bottled fed, the formula can be treated with Reiki. Treating and enriching the babies food can help nourish and satisfy the babies hunger. This will help them suckle until they are content and full. Regular filling feeds lead to less sleepless nights. Something all parents pray for.
- Reiki can be used to help treat cradle cap, colic and more.

Important Note: Always consult your doctor no matter how trivial it may seem if you are concerned about your baby.





Reiki and Children

Reiki and Children

Reiki can be used to treat your children throughout their lives. From the early days and months through puberty, adolescence and into adulthood.

Reiki is wonderful for all their aches and pains. Instinctively we touch or kiss our children better when they fall or injure themselves. With Reiki we speed up the healing process and boost their own natural healing abilities.



Reiki and Children

Reiki is a special gift you can share with your children. We recommend you teach your own children the five principles of Reiki and have them incorporate them into their lives.

- Children love Reiki. If possible you should introduce and attune your children to Reiki. It will help them focus and find their own path in life.
- Use Reiki at bedtime to help your children drift off to sleep.
- Reiki balances your child's mind, body and spirit leading to a clearer, more focused approach to life at school and at home.
- When a child has an accident they often cry because of the shock. Treat your child by placing one of your hands on their solar plexus and the other at the base of the spine





Reiki and the Dying

Reiki and the Dying



The knowledge that there is life after death can be incorporated into your own life, as well as the life of your family, friends and people who you meet along your path to eternal life.

Study and become more aware of how to use this knowledge to help people who fear death. Make their transition a happy and joyous experience.

Treat their families so they may celebrate in the knowledge that their loved-ones are not suffering and lost forever. They have simply migrated to a beautiful spiritual world that is filled with pure unconditional love. One day they will once again meet and be with them.

Nine Near-Death Experience Common Traits

1. A person senses they are dead.
2. A feeling of peace without pain no matter how they died.
3. An out of body experience. Their soul or essence floats above the dead body below.
4. A tunnel appears and the person is drawn into another world.
5. Beings of light appear often deceased relatives and friends.
6. A particular being of light appears to greet and guide them.
7. The being of light takes them through a life review which highlights all the pleasant and unpleasant aspects of their life.
8. The person is told they must return. They feel reluctant to do so but understand they have no choice.
9. On returning the person has a personality transformation. They no longer fear death and are often guided and inspired towards a new definite purpose in their life.

Working with people who are Dying

Reiki connects us to the universal life force. The energy and unconditional love that people who have had near death experiences talk about. When you use Reiki in a situation such as with a person who is terminally ill you are connecting them to unconditional love and preparing them for their transition. You will often find Reiki temporarily revitalizes them so they have the energy to deal with any unfinished business they may have. It is important to help them, if possible, tidy up their affairs. Teach them to heal and mend any family relationships that may have been strained in the past. Encourage them to forgive and let go of any unnecessary anger and pain.

Death is not failure - it is a natural part of life. Encourage family members and friends to say goodbye and let the person who is dying know it's okay to go, and although it hurts, they can survive and carry on without them. This often brings relief and removes the feeling of guilt from the person who is dying.

Benefits of Reiki at End of Life

- Reiki can alleviate pain and anxiety and bring final peace and harmony to the mind, body and spirit.
- Reiki gives the person control of how and when they die.
- Reiki builds a bridge to the other side and brings the life of the person to a joyful conclusion.



Reiki for Family and Loved Ones After Death

Treat the family and friends if possible with Reiki after their love-one has passed on. Often times, while the soul has departed and gone on to a joyous beginning the people left behind often find it extremely difficult to come to terms with losing a close family member or friend. Heal their pain and fill their mind, body, spirit, and lives with the unconditional and omnipotent love of Reiki





Reiki and Animals

Reiki is present in all living things. Your imagination is the only thing that can set limitations on its uses. Always remember to release yourself and all beings from the Reiki energy, thanking all helping guides and spirits.

Reiki and Animals

All animals adore Reiki. Large or small, fierce or friendly. Animals are extremely sensitive to the healing energy of Reiki. Start practicing with your own pets and as you become more confident you can move onto other people's pets and animals. As with treating humans Reiki will go where it is needed most. The only difference with animals is that they often guide you to the exact place that requires treatment by moving around until your hand lands on the exact spot. Animals will also let you know when they have had enough by moving away.



Basic Technique for Animals

- Very small animals, such as birds or mice, can be cupped in your hands.
- Larger animals such as cats, dogs, horses and cows normally prefer you to begin by placing your hands behind their ears and working around the body, as with a normal full treatment for humans.
- If the animal has a specific injury; place your hands directly over the injury.



Basic Technique for Animals

- Fish can be treated by placing your hands on either side of the fish tank.
- Animals that are wild or dangerous can be treated safely through distance healing (See second degree Reiki).
- Treat their food and drink. However, this is a weaker form of treatment.



Reiki as a business

There is a huge market for treating animals, if you would like to incorporate this area into a Reiki business.

Use your imagination to develop your own techniques for treatment and develop a marketing strategy.

Talk to your local vet or animal welfare center. Advertise; you'll be surprised at the number of people with pets who need and want your help.





Reiki for Plants and Vegetation

Reiki will enrich your plants, flowers, trees and gardens. Daily treatment will soon show positive results.

Simple Experiment

The easiest way to prove how effective Reiki is with your plants and vegetation is to conduct a simple experiment:

1. Take several seeds, charge half of them with Reiki and place them in a pot.
2. Then plant the other untreated seeds in a separate identical pot.
3. Treat the seeds which were charged in the beginning with Reiki each day and observe how they flourish.
4. Compare them to the pot of seeds that are simply left to grow natural.



Basic Technique for Plants and Vegetation

- Treat seeds or bulbs before sowing or planting by cupping them in your hands for several minutes.
- Indoor and outdoor potted plants can be treated daily by placing your hands around the pot.
- Flowers, bushes and plants can be treated by placing your hands gently on their leaves, buds, branches or stems.



Basic Technique for Plants and Vegetation

- Hold cut flowers by their stems for a couple of minutes.
- Continue daily treatment by placing your hands around the vase and you will extend the flowers life.
- Trees need longer treatments. The easiest way is to hug a tree.
- Lawns, plants, shrubs, flowers and trees can also be treated by treating their water supply.
- Larger gardens, woods and forests can be treated through distance healing (second degree)





Further Uses for Reiki

Reiki and your Nutrition

Treat your food and drink before you consume it. This will enrich it with the universal life force and improve the digestion process. The consumption of food takes a tremendous amount of energy from the body. The quicker and more easily it is digested the more energy is available for other activities.



Basic Technique for Food and Drink

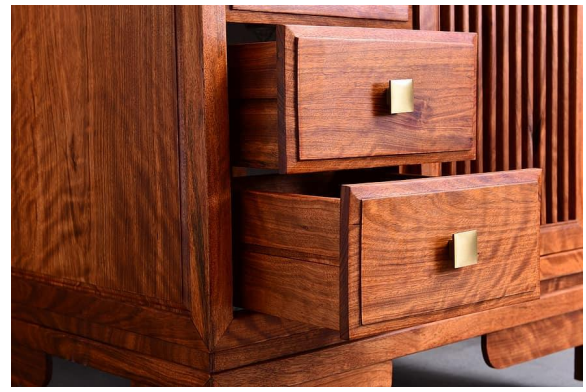
- If you grow your own vegetables and herbs treat as shown previously for plants and vegetation.
- During food preparation you can place the food in your hands and conduct a short Reiki treatment. This is especially good if you are preparing a meal for the family.
- Just before you eat or drink place your hands just above the plate or glass. This is especially useful if you are eating out, and are unable to see the food being prepared.
- Alternatively you can place your hands on your stomach to assist digestion.



Other areas include:

- Flat car batteries, especially on cold winter mornings.
- The medicine cabinet or first aid box.
- The Bath water.
- Your Home, your car.
- Protection while travelling on trains, planes, buses etc.
- Your work, letters, documents.

In fact you are only limited by your imagination!



Turn to your worksheet

You may take some time to write down some notes at this time (#28)

(*fill out question #29 in worksheet)



Conclusion

Take Aways

- The client is drawing Reiki through you. They are doing the healing on a subconscious level. You are only the channel.
- Reiki always travels to the place it is needed most.
- No knowledge of the human anatomy or physiology is required to work with Reiki. Leave your ego aside and Reiki will do the work.
- Use your intuition to know where to stay longer.



Meditation and Attunement

Reiki Spirit Guide

Everyone who embarks on the journey to be a Reiki healer, acquires a Reiki spirit guide. Healers can ask this guide for help whenever they perform Reiki, even for themselves.

Assignment

You have completed Reiki Level 1 practitioner with Attunement, and you are ready to work with the Universal Life force.

Practice on yourself every day until you complete Reiki level 2 practitioner, or for 21 days.

Resources/Collaborators

Aislin Wolf collaborates with Cosmic Connections with Attunements

Join our community at: www.skool.com/cosmicconnections

You  @cosmicconnectionswithLu



www.cosmicconnections.net

“The only work that will ultimately bring any good to any of us is the work of contributing to the healing of the world.”

- Marianne Williamson

See you in 21 days for Reiki Level 2!