



Manual/Workbook Intro to Reiki



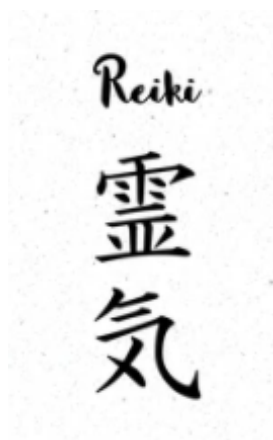
This class is open to anyone with an open mind and willingness to learn more about energy healing. I am glad you are here!

By Jen Cline, Reiki Master + Energy Healer

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What is Reiki?



Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing. Mikao Usui developed reiki in the early 1900s, deriving the term from the Japanese words rei, meaning “universal,” and ki, which refers to the vital life force energy that flows through all living things. Now, reiki is used all over the world, including in hospitals and hospices, to complement other forms of health treatments. Reiki provides a means for spiritual growth. No matter what your religious background, you'll find that the principles are relevant and don't conflict with your religious practice. In fact, Reiki should enhance your personal religious connection. The spiritual aspects of Reiki enable you to do the following:

- **Connect to a higher source:** You use prayer and meditation to connect to God or the higher power of your own beliefs. Spiritual connection provides the never-ending supply of Reiki energy.
- **Channel the higher energy:** Reiki healing energy is not from the practitioner but comes through the practitioner from God or another higher power.
- **Keep spiritually healthy:** Just as you maintain your physical health with nutritious food, fresh air, and exercise, you also need to maintain your spiritual health. Prayer, meditation, quiet times, and spiritual exercise (doing kind acts) can help in this regard. Reiki uses the following spiritual tools: Reiki principles, meditation, and symbols and chanting.

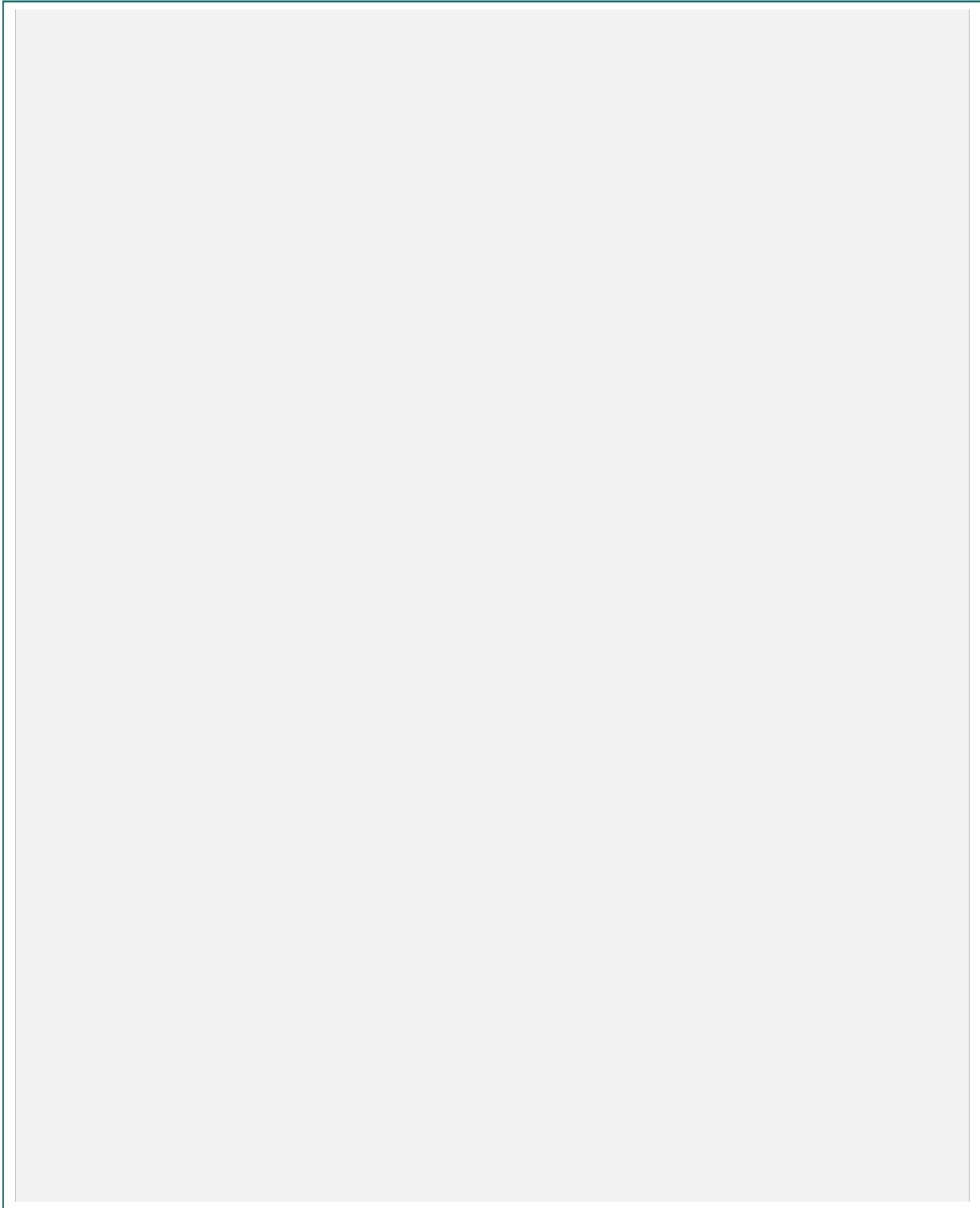
Reiki gives you what you need, whether it's a release of tension or an energy boost, or both. To help you more fully understand what Reiki gives you, here are some terms used to describe Reiki:

- **Gentle:** Reiki's touch is soft and light.
- **Harmless:** Reiki can have only positive results.
- **Natural:** You don't need any equipment or tools.
- **Healing:** The highest level of healing is the goal of Reiki.
- **Balancing:** Reiki will balance your energy levels.
- **Relaxing:** The top reason to try Reiki is to feel the bliss of deep relaxation.
- **Energizing:** If you're drained of energy, Reiki will revive you.

Initial Thoughts:

Your Journey to Reiki

Each of us has our own journey to Reiki. I will share my journey during class. **What is yours?**

A large, empty rectangular box with a light gray background and a thin teal border, intended for writing a personal journey to Reiki.

What Happens during a Reiki Session?

Reiki treatments typically last about 50 minutes. During a session, you'll lie on a massage table fully clothed, as your reiki practitioner gently places their hands, palms down, on or just above your body in specific energy locations. They use a series of 12 to 15 different hand positions. "The length of time that the practitioner leaves their hands in each position is determined by the flow of energy through their hands at each location. Most practitioners are non-touch; however, I have found practitioners with message theory or reflexology certifications prefer to be hands-on their clients. The choice is up to you. If you choose hands-on I highly recommend acquiring additional insurance for protection.

Have you ever had a Reiki Session?

What did it feel like?

*"Your Reiki power is like an aura, it's a glow, and you are radiating out... no darkness can penetrate you."
- Hawayo Takata.*

Chakras + Aura

The seven chakras are the main energy centers of the body. You've probably heard people talk about "unblocking" their chakras, which refers to the idea that when all of our chakras are open, energy can run through them freely, and harmony exists between the physical body, mind, and spirit. Although it certainly isn't essential to know a lot about the human energy field (auras and chakras) in order to use Reiki effectively, I find that it helps my students enormously if they first gain an understanding of the body's natural energy system before I begin to explain about Reiki. Of course, we know that Reiki is an energy—the word means spiritual energy or universal life-force energy—and when we use it in healing, it acts holistically, affecting all of the energies which comprise the human body, or animals, or anything else in the natural world. Einstein and later quantum physicists have explained that at an atomic level everything that exists in the universe is energy, vibrating and oscillating at different rates, and that physical matter and energy are just two forms of the same thing. Some of these energetic vibrations are very familiar to us, such as sound, light, radio waves, or X-rays. These are all part of the electromagnetic spectrum, and from a scientific perspective the only difference between these various forms of energy is that each oscillates at a different frequency or rate of vibration. The human body, and the energy field which surrounds and interpenetrates it, is also made up of electromagnetic energy, and every person has a unique vibrational energy signature, or frequency, in the same way as we all have unique fingerprints or DNA. We will learn more during class.

Thoughts?



Reiki + Herbalism + Aromatherapy

I am a herbilist, so natural I put these two together, as they go hand in hand with healing. Herbs play a major role in opening the chakras, balancing or harmonizing them. In any Reiki healing sessions addition of herbs, oils or crystals will always enhance the vibrational pattern and influence our chakras along with our aura. In this article I will discuss the usage of Sage, Frankincense, Lavender, Lemon grass which are very helpful in stimulating our healing process during a Reiki Session.

- ▶ **Sage** is one of the best herbs used to assist in opening the Third Eye. I prefer using sage on a daily basis when I sit for meditating on any symbols and also when I want to enhance the energies of my Third Eye. Sage also helps in opening blocked chakras and restores their function.
- ▶ **Frankincense** is best used during meditation to align energy centers and encourage healing or to enhance our healing capacity so burning of frankincense prior to a healing session is beneficial. In healing the Root chakra, one can burn frankincense and give Cho Ku Rei to the Root chakra and you will feel the energy absorbed during this session is tremendous and makes you stronger as Frankincense is associated with Root chakra.
- ▶ **Lavender** is best when we have long Reiki sessions or when we are doing Psychic Surgeries because in such sessions the client usually is very scared and has no confidence and lavender works best on Solar Plexus chakra and thus enhances the confidence of the client and keeps him calm and peaceful till the session is complete.
- ▶ **Lemongrass** is best for Throat and Solar Plexus chakras so when I get clients who have thyroid problems than I prefer using lemongrass.

During the class we will discuss herbs for each chakra, how to combine them and use them for yourself and others.

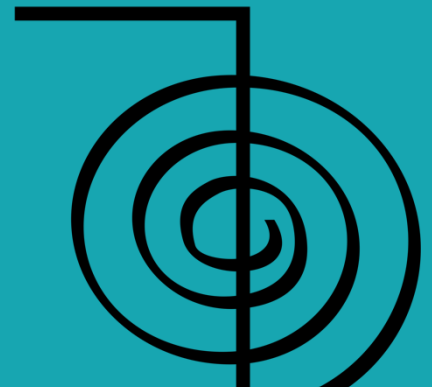
Crystals + Sound Therapy

I found over the years crystals have help in healing process, it is almost like it spreads up the process. During the class we will discuss ways to use crystals and how to charge them for healing purposes.

Sound Therapy uses sound, music and specialist instruments played in therapeutic ways, combined with deep self-reflection techniques to improve health and wellbeing.

"In Reiki, every part of the system is ultimately about meditation and compassion as keys to healing."

- Kathleen Prasad





JUST FOR TODAY...

just for today...

Just for today, I will not worry.

Just for today, I will not anger.

Just for today, I will be grateful.

Just for today, I will do my work

with honesty and integrity.

Just for today, I will be kind to

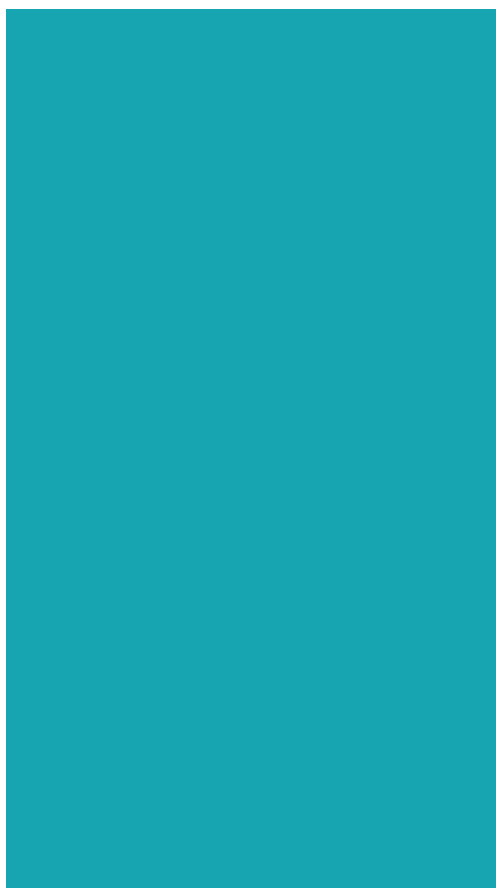
all living things.

reiki principles

靈氣



Gassho Meditation is so simple, that anyone can practice it either alone or in a group meditation.



What is Gassho Meditation?

Gassho means “two hands coming together.” It is a position formed by placing the hands, palms together, in the “prayer” or “praying hands” pose. You’ve probably seen someone strike this pose countless times, and even done it yourself, without even knowing it! Dr. Mikao Usui, the founder of the modern system of Reiki, taught a meditation called the Gassho Meditation. The pose held in this meditation is – you guessed it – the



Gassho position! This meditation was practiced at the beginning of every Reiki workshop and meeting. Plus, Usui instructed his students to practice the meditation each morning and evening for about 15 to 30 minutes. Gassho Meditation is so simple, that anyone can practice it either alone or in a group meditation. In addition to being performed as a routine meditation every day, it is also done as part of the other Japanese Reiki Techniques. We will learn step by step during class.

Benefits of Gassho Meditation

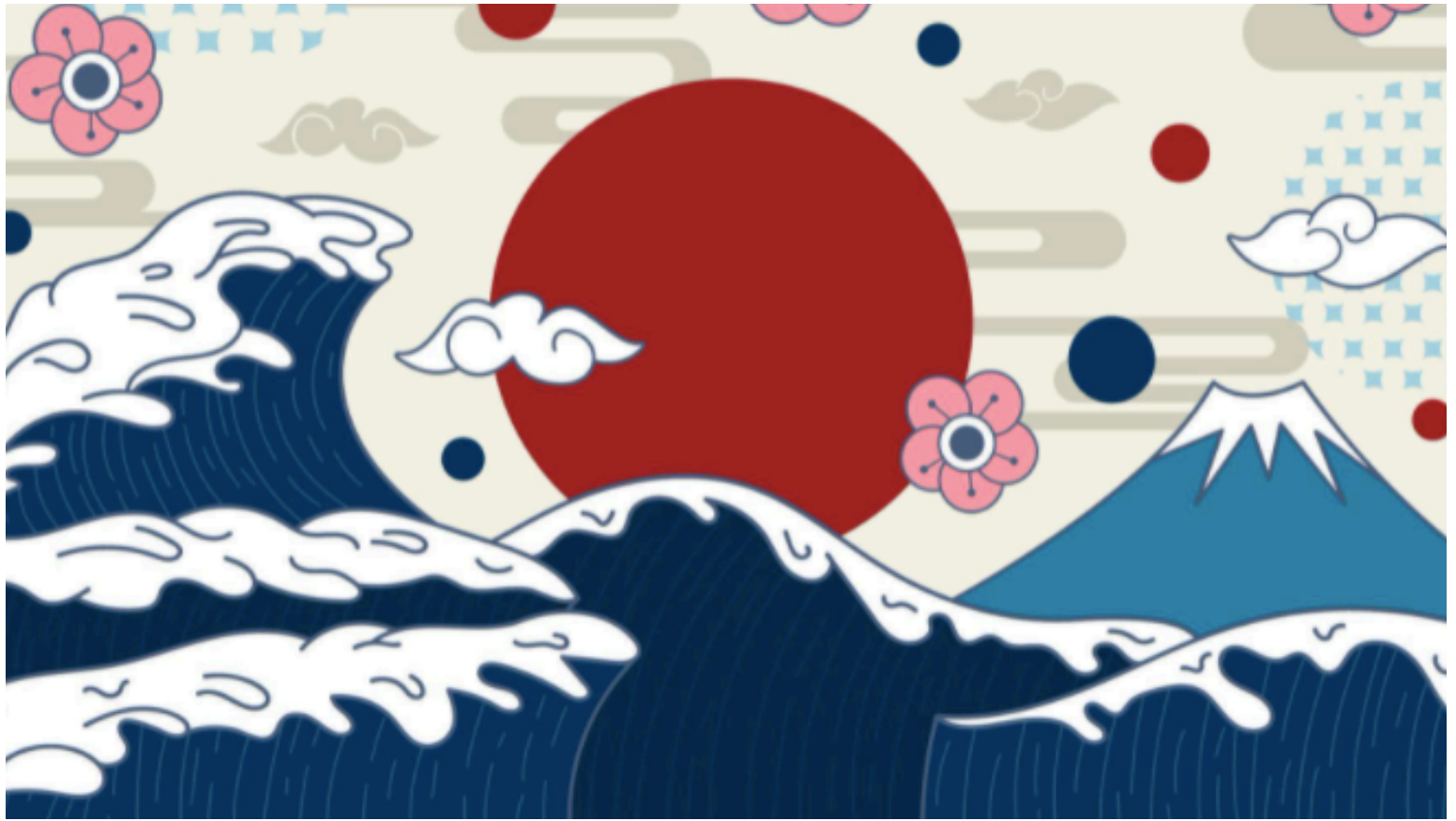
There are many transforming secrets hidden within the Gassho posture that can have a powerfully positive effect on your spiritual practice of Reiki:

1. Gassho is a simple way to calm and soothe your nervous system, quiet and focus your mind and center yourself in the flow of Reiki energy through the core of your being?
2. It is a meditative technique that provides a simple focal point by focusing on one thing, recognizing when your mind drifts away and gently returning to that focal point.
3. Gassho develops sensitivity in your hands and your body as a whole.
4. It helps to grow your sense of inner peace, spiritual connection and life purpose.
5. It is a simple way to relax, reset and regain a spiritual perspective.

How to Practice Gassho Meditation

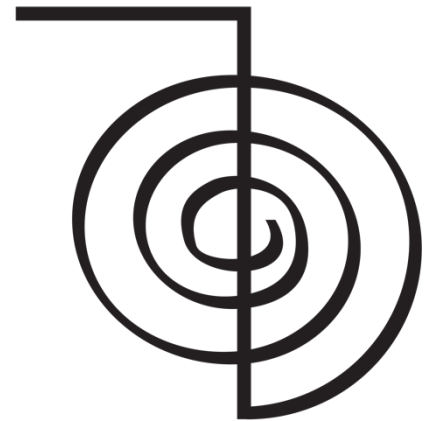
1. Sit down (or it can also be done standing), with your spine straight, but still comfortable, and your head in a neutral, upright position.
2. Close your eyes and place hands together with palms touching in front of the middle of your chest, with your thumbs touching your heart chakra – Focus your attention at the point where your 2 middle fingers meet or in the space between your palms.
3. If your mind wanders, acknowledge the thought, then let it go and just refocus by returning your attention to the point where your middle fingers meet or the space between your palms
4. Sit or stand comfortably upright. Draw the Reiki Power Symbol on both palms. If you have the use of Holy Fire Reiki, use that symbol. Bring your hands together in Gassho, or the prayer position, in front of your heart. Do this with the intention that this is a sacred action that will develop the power of Reiki energy flowing through you.
5. Lightly close your eyes and feel the sensations of Reiki energy between your palms and fingers. You could imagine the sensation as heat or flames flowing upward between your hands. Focus your attention like this until you really feel the sensation.
6. Once you have a strong sensory awareness of your whole hands meeting, focus more narrowly into the sensations of Reiki energy running between your middle fingers up to your middle fingertips. Again, you could imagine this as heat or flames, this time flowing upward between your middle fingers.
7. Once you have a strong sensory awareness between your middle fingers, relate this to the Central Channel running right up through the core of your body. Imagine and feel heat or flames flowing upward through the center of your body, from your perineum to the crown point of your head. See if it's possible to feel both the Reiki energy running up between your middle fingers and up through the Central Channel at once (or you can switch back and forth between them) to strengthen the sensation.
8. You can then imagine and feel that the Reiki energy expands to surround and infuse your whole body. See if it's possible to stay focused on the sensation and really soak it in, until you are really absorbed in it.
9. Then, notice how you feel. Note, this feeling will change over the 21-day cleanse period.





*"Give yourself permission to let it hurt
but also allow yourself the permission
to let it heal."*

- Nikki Rowe



Three Day Purification Period

We suggest a period of purification before the attunement to aid this process and reduce possible discomfort. Please review this list of suggested preparations before scheduling your Reiki session. A Reiki attunement is not something you should take lightly, and it is best to understand what one entails before you put yourself into the hands of a teacher. Your body will also thank you for taking cautionary steps before exposing it to the attunement process.

I found this time of purification very helpful during my first attunement and even attunements thereafter. As a Reiki Master Teacher, I will be following a similar purification process prior to class. And yes, I will be meditating every day, maybe several times a day.

List of Suggested Preparations

1. Take special care in selecting your Reiki instructor. Talk to them before you take a class.
2. Schedule your session at least one week in advance. Eliminate (or reduce) intake of meat, fowl, or fish from your diet for three days before your session date.
3. Consider doing a water or juice fast for one to three days before the attunement.
4. Consume no alcohol for at least three days before the attunement.
5. If you are on any medication, continue to take it as prescribed before and on the day of attunement.
6. Smokers should take care to smoke as little as possible for the day before the date and on the day of the attunement.
7. Avoid outside stimulation (TV, radio, computers, newspapers). Find periods of solitude.
8. Meditation and spending time with nature (walks, sitting beside streams, etc. are all appropriate forms of solitude. Be gentle with yourself.
9. Don't tackle any tasks that will deplete your energies. Drink plenty of water.
10. [Cleanse your aura](#) before your session.
11. Get a good night's rest the evening before your session.
12. In the morning, if you are not fasting, eat a light, healthy breakfast.

Meditate, Meditate, Meditate!

Did I remind you to meditate? I cannot stress this enough. The more connected to your higher self you are the better you can tap into energy healing. Here's a great video that helped me prior to my first attunement and after.

Forgiveness

Please take some time while going through this process to forgive yourself. After all, we are only human. In order to move forward in a positive way, we must start with forgiveness. Let's face it, things happen. Remember, it is not what happens or how you got there, it is how you handle it, learn from it and move on from it.

Journaling

I highly recommend that you keep a journal during the three days prior to your attunement. It is a great way to reflect back on your progress, plus give you view of before and after your first attunement.

Daily Journal

Day ONE of preparing for your Level 1 Attunement:

How did you feel today?	Did you meditate? How did you feel after?	What did you eat today?
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Day TWO of preparing for your Level 1 Attunement:

How did you feel today?	Did you meditate? How did you feel after?	What did you eat today?
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Day Three of preparing for your Level 1 Attunement:

How did you feel today?	Did you meditate? How did you feel after?	What did you eat today?
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You can never have enough resources and ways to find information. – Jen



Intro to Reiki Resources

Throughout this class and the classes to follow you will be given manuals, workbooks and tools. Below you will find the documents for this call. Please download and use during this class and leading up to your Level 1 Reiki Training.

1. [Manual & Workbook \(you are looking at now! ☺\)](#)
2. [What is Energy Healing?](#)
3. [Reiki Training + Attunement + Support](#)
4. [Reiki Terms](#) (no need to memorize, just become familiarize yourself with the terms)
5. [Prep Checklist \(Level 1\)](#)
6. [Information About Reiki Level 1 Class & What to bring with you](#)
7. [Basics of Chakras](#)
8. [Pets and Animals Love Reiki](#)
9. [Plants Love Reiki](#)
10. You can do this! I will be here to support you along the way.

I look forward to seeing you in class soon. Blessings and Reiki healings is being sent your way.

"Reiki is the greatest secret in the science of energetic."

- Madam Hawayo Takata.