

Reiki 1 Manual



**A Complete Guide to the First Degree
Usui Method of Natural Healing**

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Authors & Publishers Disclaimer

Reiki is an ancient form of healing that is practised by the authors and numerous practitioners around the world. The information and techniques in this book 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 author and publisher 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.

Important Note to the Reader/Student

The purpose of this book is to give the reader a step by step guide to the teachings and disciplines associated with First Degree Usui Reiki. We have purposely kept the information concise so the reader can quickly and easily understand and apply Reiki.

Wherever possible we have avoided adding personal beliefs that may differ from the traditional teachings of Dr Mikao Usui. The knowledge and information contained in this book is based on the original **Shiki Ryoho** Method of Healing developed by **Dr Usui** over two hundred years ago.

If you desire to use the teachings contain within this book to heal yourself and others you must first have received the necessary attunements from a Reiki Master either in person or via distant attunement.



"Self-Healing is a first step to well-being." - ERP



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An Introduction to Usui Reiki



Reiki is the gift of vitality and self-preservation encoded into the genetic makeup of all God's creatures. It is the higher self's connection to the universal energy that breathes life into all living things. 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. Unfortunately, these basic skills have been forgotten and are rarely used today. Humanity in its relentless ambition for progress has given up its most precious and natural gift.

Through the media and clever advertising campaigns the majority of the world's population have been conditioned to rely too heavily on modern technology and has disturbed the natural balances in nature. Instead of giving up responsibility for one's life and health, it is vitally important to regain equilibrium by using a blending of ancient modalities and modern science & technology. This approach works within the present reality while helping to facilitate an expansion of the natural energetic connectivity. **Reiki is one catalyst for that change.**



A new way of being acquires practice and great patience but is well worth it. ERP



Lesson 1: Reiki the Universal Life Force

“Our sorrow and wounds are healed only when we touch them with compassion” – Buddha

There is a non-physical ubiquitous energy that gives life to every living organism. For many thousands of years we have known of this energy and have sought to develop ways to harness its power to heal and influence our lives. The Japanese call this energy Ki. It is also known as Chi by the Chinese, Prana by a number of Asian cultures and the Holy Spirit or Light by most of the western world.

We carry this energy in and around our bodies from the moment we are conceived. Science has established its existence, and with the aid of Kirlian photography we are able to see this energy that encompasses all living things. Ancient Eastern cultures have harnessed and applied this energy for healing since before the birth of Jesus Christ.

Many successful disciplines such as Reiki, Tai Chi, Feng Shui, Meditation, Yoga and Acupuncture have been developed to control and greatly enhance the flow of this energy in and around the body. The energy itself is pure and has omniscient wisdom.

9 Things that can weaken the Life Giving Energy

1. Excessive living and habits
2. Use of Drugs
3. Smoking
4. Poor Diet
5. Negative Thinking Patterns
6. Stress
7. Lack of Sleep and Rest
8. Lack of exercise
9. Environmental Factors

Humanity has been fragmented and fearful; we are not using our technology and our natural abilities to bring forth the potential in all people. Reiki can offer steps to regaining your natural abilities to heal yourself and others and with your efforts you can move towards and sustain a happier and more fulfilling life.

The Usui founder's believed that nature's life giving energy is a great and wise teacher. Remember always that this life giving energy is a gift from God – your Birth right. Everyone possesses this gift and uses it daily even though they probably do not realise they are doing so.



When a child for instance falls and hurts their knee, instinctively they place their hand on the sore spot and the pain is relieved as they unconsciously work with this energy to heal themselves. Likewise, a parent will kiss their child's hurt or injured limb better and place their hand on top. Unknowingly both the parent and the child are working unconsciously with this healing energy. The parent sending and channelling the energy; the child receiving and drawing the energy.

This wonderful energy is free flowing. There are no patents or copyrights attached. All you need is the desire and the discipline to attune yourself to the energy.

“Be the change you desire and then serve others with compassion” ERP



Lesson 2: What is Reiki?

*In the deeper reality beyond space and time,
we may be all members of one body - Sir James Jeans*

Reiki is a form of hands on healing, with its origins in India and the East dating back many thousands of years to the time before Christ and Buddha. The original name, disciplines and techniques of Reiki were lost due to the traditional method of passing knowledge from generation to generation by word of mouth. Exactly when this ancient art of healing disappeared is difficult to determine. However, we do know that it was rediscovered by a Japanese Scholar and monk name Dr Mikao Usui. It was in fact Dr Usui who fashioned the name REIKI.



Reiki is a two syllable Japanese word meaning universal life force. Although the proper Japanese pronunciation is RYE-KEY, it has been westernised to RAY-KEY.

Rei means universal, omnipresent – present everywhere at the same time. Esoterically Rei means spiritual consciousness, the omniscient wisdom from God or the higher self.

Ki is the non-physical vitality that gives life to all living things. Many cultures understand and recognise the importance of Ki energy and how it impacts our lives and well-being.

Ki energy can be activated for the purpose of healing. When you feel healthy and full of enthusiasm, the flow of Ki energy in your body is high and unencumbered. Life seems easier to deal with and you have a higher resistance to illness and disease.

However, when your Ki energy is low because maybe you are under stress or feeling unhappy and tired you will be more susceptible to disease and sickness. Your attitude will be generally negative and you will find it difficult to deal with life's challenges. Ki is the very essence of the soul; it leaves the body when a person dies.



Reiki is holistic; it works on the body mind and spirit by stimulating a person's own natural healing abilities. The blocked emotional and physical elements that lead to illness and disease are cleared. Reiki is neither positive nor negative; it is in fact the highest and most profound vibration of life. Divine in origin, it allows us all to become one with all things alive in our world. Reiki is pure unconditional love and joy bringing all who experience and embrace its principles together in harmony.

The skills and techniques associated with Reiki are simple and easy to learn. Small children and adults can equally comprehend and incorporate this ancient form of healing into their lives. Regular contact with Reiki will bring the recipients mind body and spirit into balance.



“Reiki is the greatest secret in the science of energetic.” - Madam Hawayo Takata



Lesson 3: How Reiki Works

You don't have a soul. You are a Soul. You have a body. ~ C.S. Lewis



The human body is made up of over 50 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 the universal life force.

Reiki is part of our genetic structure. An in built intelligence that energises the mind body and spirit. Reiki stimulates growth, health, life and healing. When it is freely allowed to flow around the body it can help in keeping us feeling and being more alive.

Unfortunately, bad habits and poor choices result in the alternating and blocking flow of energy (Reiki) in the system. This is not about blame put a call to awareness and connection to the energy well source within. This vital component of life desires nothing more than to flow freely and because the energy flows through systems within the body we feel the results from unbalances. It is important to note that Reiki cannot be destroyed. Even when we die and the life force leaves our body it continues to exist as part of the universe.

When the system is in harmony the biological intelligence that governs the body's resources and allows it to heal itself and function correctly are intensified. Reiki is the key that unlocks the body's optimum capabilities. There are seven main energy centres 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.

Reiki helps to re-balance the flow of the universal life force around the body. Each individual is unique in how their body processes the energy being draw down to them. There is no set amount of sessions necessary however people should be honest with themselves about their own expectations. Some people it takes one session while others it takes several. There is no "less sessions means you are healthier while more sessions means you are really unhealthy." Each person's journey, life patterns and energetic processing is different. Each person takes what they need when they feel moved to need it.



When re-balancing occurs and is sustained the body's immune system and natural healing abilities get stimulated. Normally the body will begin by cleansing itself of toxins. As this happens the body becomes re-balanced and the healing process can begin. Reiki Level 1 deals with the physical aspects of one's being. While Level 2 works more with the emotional and at-distance abilities.

Many cultures have developed techniques and disciplines that stimulate the flow of KI energy around the body. Reiki can complement other modalities and techniques. Reiki should not be stated as the "only" touch healing method because energy is beyond the human ego. However, I have found that Reiki is the easiest to learn and the techniques are simple to master. The results can be profound.

The 7 Major Chakra Points



The Crown Chakra (white or violet) is positioned on the top of the head. It represents enlightenment, intuition and spiritual vision. Energy supply to the pineal glands, upper brain and right eye.



The Third Eye Chakra (Indigo) is positioned in the middle of the forehead, just above the eyebrows. It represents psychic perception, telepathy and ESP. Energy supply to the spine, lower brain, left eye, pituitary gland, nose, ears and central nervous system.



The Throat Chakra (light blue) is positioned in the centre of the neck. It represents self-expression, emotions, communication and creativity. Energy supply to the throat, thyroid gland, upper lungs, arms and digestive tract.



The Heart Chakra (rose and green) is positioned in the middle of the chest. It represents emotions, love, devotion, spiritual growth and compassion. Energy supply to the heart, thymus gland, liver, lungs and the circulation system.



The Solar Plexus Chakra (yellow) is positioned just above the navel. It represents the centre of the body, food is assimilated, turned into energy and distributed throughout the body. Energy supply to the emotions, stomach, liver, digestion, gall bladder and the pancreas.

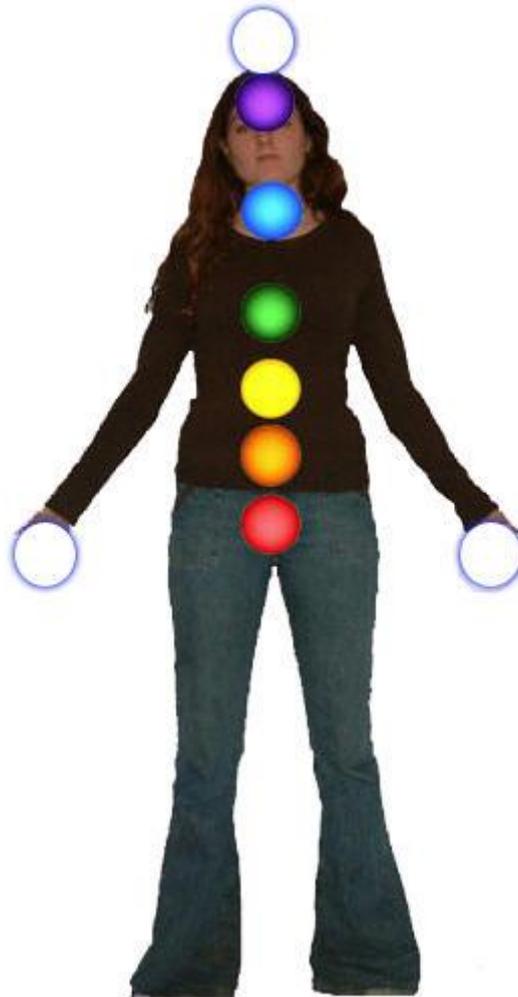


The Sacral Chakra (orange) is positioned just below the navel. It represents sexual energy, perceptions and first impressions of people. Energy supply to the reproductive organs, legs and the glands.



The Root Chakra (red) is positioned at the genitals. It represents life, physical vitality, birth and creation. Energy supply to the spine, kidneys, bladder and the suprarenal glands.





Reiki is ever-present in our bodies. This means anyone can harness this profound inbuilt intelligent energy for healing.

However, without being attuned to the universal life force you will only be using about 10-20% of its capacity for healing.

Madam Takata explained it best when she described Reiki as being similar to radio waves. We cannot see them but we know they are everywhere around us. When we turn on a radio and tune into the radio waves we can pick up a signal. That signal is turned into a radio programme. Similarly the universal life force is everywhere, although we cannot see it unless we use Kirlian photography.

When we are tuned into the energy by a Reiki Master (someone who has been attuned) we are able to harness Reiki to heal ourselves and others. This gift of healing remains with us for the rest of our lives. We can only lose it if we use it for negative or destructive purposes. Reiki is pure and it needs to be treated as such.



Reiki is channelled through the hands or at-distance with intense focus. When you place your hands on or above your own body, or on or above the body of another person for the purpose of healing you connect with the universal life force. The wisdom of Reiki then goes to work to bring about healing, balance and whatever is needed on a holistic level.

The best way to understand how Reiki works is to experience it.

Pick you friends wisely- they reflect you
Eat your food intentionally – as it feeds you
Keep your thoughts tempered – as they will mirror to you
Listen to your body – Be connected.
If you forget, no worries
try again there is no perfection
only maintenance of balance.- ERP

*God be in my head, and in my understanding.
God be in my eyes, and in my looking.
God be in my mouth, and in my speaking.
God be in my heart, and in my thinking.
God be at my end, and at my departing. - Anon*



Lesson 4: The History of Reiki

The Japanese like many ancient cultures used word of mouth to pass their history and practices down from generation to generation. Unfortunately this led to a great deal of knowledge and wisdom being watered down and lost. Many people involved with Reiki believe that the techniques we use today for healing were first used in India by Buddha and later by Jesus.

Others look back even further to the civilisations of Mu and Atlantis for the birth and development of Reiki. Of course without written proof we can only speculate how humanity learnt to harness and develop the universal life force.



Dr Mikao Usui
Founder & 1st Grand Master

What we can be certain of and confirm is that it was rediscovered at the end of the nineteenth century by Dr Mikao Usui.

Until comparatively recently apart from the tomb of Dr Mikao Usui in Tokyo, there has been very little material evidence of his life and work. Most written accounts on the history of Reiki declare that Dr Usui was a Christian monk who lectured at Doshisha University in Kyoto. One day a student asked Dr Usui if he believed the teachings of the bible to be true. Could Jesus walk on water and heal people by touch. Audaciously he questioned if Dr Usui himself could heal the sick like Jesus.

Usui had to admit that this was beyond his capabilities. Embarrassed at being asked such questions and unable to demonstrate an answer, the story goes on to say that Doctor Usui immediately resigned his post and began a personal quest to discover how he could heal in the way that Jesus had. The legend becomes even more doubtful when it recounts how Dr Usui decided to begin his search for the secrets of healing like Jesus, in America – namely the University of Chicago.

Reiki Master William Rand has been able to disprove the legend of Dr Usui's search for enlightenment in America. Chicago University has no record of Dr Usui ever attending as a student. Furthermore there is no record of Dr Usui ever attending or lecturing at the Doshisha University. This work by William Rand confirms what many people believe. The history of Dr Usui's life had been changed and coloured to suit western society. Logically there are far too many holes in the legend.



The Life of Dr Mikao Usui

Mikao Usui was born into a family that had been practising Zen Buddhism for eleven generations. As a youth Usui developed a fascination for all things Western. However, he never travelled outside Japan. After leaving school he went on to study allopathic medicine with several western allopathic physicians who had graduated from Yale and Harvard University.

When a cholera epidemic spread through Tokyo, Usui was struck down with the disease. During his hospitalisation as he was close to death he had a spiritual experience. This inspired Usui to study the ancient teachings of his ancestors. He joined a Zen monastery and began reading the ancient Sanskrit and Sutras.

After many years of study Usui found references to an ancient form of healing. Further study revealed methods, formulas and symbols that detailed exactly how to practice and master this art of hands on healing. However, although he had the technical knowledge to practise healing, he lacked the wisdom to turn the teachings into reality. He needed the key to turn on and activate the power. Usui decided to seek the final piece of the jigsaw through meditation.

Taking leave from the monastery, Usui set off for the holy mountain of Kurama. When he reached the top he picked up twenty-one pebbles and placed them in front of himself. He sat down and began his meditation. Each day he threw away one pebble. For twenty-one days he prayed, meditated, sang and read the Sutras.

On the last day as he prayed he ask God to show him the light. Suddenly, a bright light appeared in the sky and came rapidly towards him, hitting him on his forehead, at the third eye chakra. Usui was knocked unconscious, and whilst in this altered state he saw a vision of the same symbols he had earlier found in the Sutras.

This vision was the confirmation Dr.Usui needed. He now knew that he had found the keys to the ancient form of healing used by Buddha and Jesus. When Usui regained full consciousness, he proceeded to return down the mountain. On his descent, he stubbed and cut his toe, he instinctively placed his hand on the toe and the bleeding and pain stopped.

On arrival at a nearby village he stopped to eat and rest. He was able despite having fasted for 21 days; eat a healthy meal without any stomach pain. The girl who served Usui the meal was in great pain suffering from a toothache. Usui asked if he could place his hands on her swollen face, she agreed, and he was able to ease the swelling and the pain. Rested, Usui returned to the monastery. On Arrival he found his friend, the Abbot in bed suffering with severe arthritis. Once again Usui was able to alleviate the pain and suffering. Usui called this gift from God – Reiki, the Japanese word for universal life force.

These experiences became known as the four miracles. Having demonstrated his knowledge and new ability to heal the Abbott advised Usui to take this special gift into the slums of Kyoto to heal the beggars. He was reminded that it is not enough to heal the body; it is of equal importance to heal the spirit and mind also. This lesson was brought home to him very abruptly seven years later. Having spent the time giving Reiki to beggars in the slums of Kyoto to get them working, he found them returning to him with the excuse that it



was easier to beg.

Usui had forgotten a basic doctrine. Mortified he retreated to meditate once again. This time he was enlightened with the five principles of Reiki. The rest of Usui's life was spent healing, teaching and developing the Usui Shiki Rhoyo method of healing. Usui had nineteen major students who were all either western allopathic or traditional Japanese in their practice. He knew he would have to develop a method that could be understood and accepted by any religion or culture. Reiki was fashioned by Usui to have no dogma or religious beliefs attached to it. This made Reiki universal.

Tenno, the Emperor of Japan honoured Usui's work by awarding him a doctorate. By the time of his death in 1930, Dr Mikoa Usui had initiated all nineteen of his students to the level of Reiki Master/Teacher. Dr Chujiro Hayashi was chosen as the next Grand Master. It is important to note that Dr Usui taught all three degrees together. Dr Usui was cremated and his ashes placed in a Zen Monastery in Tokyo.



Upon the death of Dr Usui, Hayashi took over the role of Grand Master. He was responsible for training a further sixteen Reiki Masters and creating a set formula for training.

Chujiro Hayashi was born into an upper class Japanese family, and was a qualified physician and retired Marine commander.

He set up a clinic near the Emperors palace in Tokyo called Shina No Macha. Each day his students held healing sessions at the clinic, or visited people in their homes in they were unable to travel.



Hayashi went on to write many reports on the systems he had developed to treat various ailments. Special diets were incorporated into his treatments to assist the healing process. Probably his greatest advancement for Reiki was to discover the importance of whole body treatment and how the universal life force would go wherever it was needed to heal. Providing of course you applied the full body treatment. This was needed to remove any emotional or physical blocks.



Hawayo Kawamura was born on the Island of Hawaii on 24th December 1900. At the age of seventeen she married Saichi Takata.

They had a happy marriage with two daughters. Tragically, her husband died at the young age of thirty-two. After thirteen years of marriage Hawayo Takata was left to raise two small children on her own.

The stress and pressure of the situation took toll on her health. Within five years of her husband's death she was diagnosed to be suffering from nervous exhaustion. Her health deteriorated to the point where she required surgery for a diseased gall bladder. However, she was also suffering from respiratory problems that meant the use of an anaesthetic during surgery could kill her.

This was an extremely depressing and trying time in her life. Unfortunately there was more pain and suffering to come when her sister died. As her parents had returned to live in Tokyo, it was Hawayo Takata's traditional responsibility to bring the news to them in person.

After her arrival in Japan, she sought help at a hospital. It was discovered that she now had a tumour and appendicitis to add to her diseased gallbladder and respiratory problems. Her weight dropped dramatically and her doctor advised her to have immediate surgery.



That night as she lay in bed she heard a voice saying, “The surgery is not necessary.” The next day as she was being prepared for surgery she heard the voice again saying, “The surgery was not necessary, ask - ask.” Takata asked the surgeon if there was another way she could be healed and he told her of the Reiki clinic run by Dr. Hayashi. The surgeon had a sister who had been there herself and had recovered fully from an illness.

Madam Takata went to the clinic and received treatments regularly for four months and was completely healed. She decided that she also wanted to learn Reiki and set up her own practice in Hawaii. Against all tradition, she was eventually able to persuade Dr. Hayashi to allow her to work and train at the clinic for twelve months. At the end of this time it was felt that she had earned the privilege of receiving the second degree in Reiki – the advanced practitioners’ level.

In the summer of 1937 Madam Takata returned to Hawaii and set up her own Reiki clinic. She spent her time healing and teaching Reiki. Dr Hayashi visited Madam Takata in February 1938 and invited her to become a Reiki Master. He said that she had gone through tests and had lived up to the Reiki Ideals and principles. She was the first woman and the first foreigner to be given this honour. Hayashi returned to Japan.

At the beginning of 1940 Japan was close to war with America. Dr Hayashi was aware he would be called up to fight. As a man of healing and peace he decided the only honourable thing to do was to precipitate his transition. He put his affairs in order. Madam Takata woke up one morning and saw a vision of Dr Hayashi at the foot of her bed. She realised she must travel immediately to Japan. On arrival in Japan she met with Dr Hayashi and he explained his decision to leave this world. They spent many days planning the future.

When Hayashi was satisfied he had safeguarded the future of Reiki he called all his students and friends together. At this point he declared Madam Takata his successor and the third Grand Master of Reiki. Dressed in traditional Japanese attire he lay down and allowed his spirit to leave his body. Madam Takata installed as the next Grand Master returned to Hawaii to continue her teaching and healing.

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

Madam Takata went on to train a further twenty two Reiki Masters before her death in December 1980. There were two Grand Masters installed to continue Takata’s work. Phyllis Lei Furumoto, the granddaughter of Madam Takata and Dr Barbara Weber. This partnership was to run for only a year until for personal reasons they split up to continue the work separately.





Phyllis Lei Furumoto
Fourth Grand Master

The Reiki Alliance was formed by Phyllis Lei Furumoto, while Dr Weber set up the A.I.R.A. (The American International Reiki Association).

Unfortunately, like many special things in this world the human ego has taken hold. There are now several different associations throughout the world all fighting amongst each other. Each claiming to have the only correct way of teaching Reiki.

There is even a system of Reiki now being taught in eleven degrees. The latest rumours of an application to Copyright © Reiki seem to show how far this wonderful gift from God can be tainted.

ERP: Many believe as I do that Reiki (attuned energy) can be claimed by no one person, it belongs to humanity because it exists within you and as part of the universe. It is not a religion or social order and neither is it a philosophy. I believe it is one of many energetic tools available to everyone. If you choose to see it as a business or better because “YOU” are involved then you limit your experience and eventually your resolve. (End) EPR. Many are hoping that everyone involved with Reiki will come together in the true spirit of healing.

For those drawn to the Reiki method of healing, let’s share our experiences and skills so that others can use the gift and better themselves. Consider volunteering your gift’s to those in need in hospitals and clinics or socially like-minded events. Let’s spread the word positively by how you serve others. Many people after the First Degree find they are more creative and thereby let the positive energy out in that way. Just being happy when you go about your daily life effects those around you. Little or big we can make a difference right where we are. Let’s make Dr Usui, Dr Hayashi and Madam Takata Proud. Let’s honour their work and their memory. Let’s live and internalise the Reiki Principles.

Although the world is full of suffering, it is also full of the overcoming of it. - Helen Keller



Lesson 5: The 5 Reiki Principles

Just for today I will not worry.
Just for today I will not be angry.
Just for today I will do my work honestly.
Just for today I will give thanks for my many blessings.
Just for today I will be kind to my neighbour and every living thing.

The Reiki principles are spiritual ideals. By adopting these precepts you will add balance and substance to your life. It is important that you realise that you are not expected to live every moment of your life within the framework of these ideals. As humans we are all imperfect, and that is why each principle begins with “Just for today.” You can without pressure or stress work on improving yourself daily. If you slip up today, you can always begin again tomorrow. The more you work with the principles, the more you will condition yourself to adopt them as a way of life.

To become more familiar with the Reiki principles it is advisable to read them aloud at least twice a day. You may wish to place a large copy of the ideals in a picture frame. Then you could position the copy in a prominent place where you are sure to see it each day, or if you are going to practise Reiki professionally, place it in your healing room. The Five Reiki principles mean different things to each one of us.

Ramonaheals.com offers a breath exercise and a guided instructional meditation. See site for details.

Meditation will help to unlock your own perceptions.

Exercise:

Simply sit or lie down in a comfortable position and close your eyes. Repeat one of the ideals several times aloud using it as a mantra. As you drift into a meditative state become aware of what happening inside your mind and body. You may experience many different feelings, emotions and thoughts. If you do this exercise in a group share your experiences and write down everything that happened during the meditation. It is interesting to look at your notes on this exercise on a regular basis to see how you have grown by adopting these precepts. Repeat the exercise of meditating on each principle annually and compare notes or if in a group setting discuss the differences that have taken place.



Just For Today I Will Not Worry

Worry causes stress and anxiety leading to an imbalance of the mind body and spirit and can cause a blockage to the root chakra. The best way to overcome worry is to accept that all of us are faced with difficulties and setbacks in our lives. How we respond to them determines how we ultimately lead our lives.

If you choose to respond negatively by getting upset and anxious towards one of life's setbacks take time to learn how to respond so that you will not continue to damage the balance of your mind body and spirit.

If you can begin to respond positively by accepting the setback as an opportunity to learn you can live a happier and more fulfilling life.

Allow yourself time each day to really laugh and have fun. Watch or listen to something that is funny. Read a humorous book or magazine. Whatever it takes to make you laugh — do it. Ralph Waldo Emerson said, “Man surrounds himself with images of himself.” This wonderful pearl of wisdom teaches us that if you want to be happy mix with happy people.



Laughter is a wonderful healer. It has been proven through numerous studies that laughter can aid in healing. Use this knowledge to live a healthier and support your own happiness. Take responsibility for how you deal with life's setbacks. Have fun — life's too short to waste it worrying.

Use Reiki to re-balance your mind body and spirit and boost your resolve.

Exercise:

Place one hand on the root chakra and the other hand on the heart chakra. Reiki will bring your mind body and spirit into equilibrium. Keep your hands over these chakra points for as long as you intuitively feel you need to. This Reiki technique will remove the blockages caused by stress, worry and anxiety. It can be used for self-healing or on another person.



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 realisation allows you to take back control of your emotions and as such you can now choose to act to a situation in a positive way rather than react to a situation in a negative way.

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. However, if you lose control of your emotions and become angry, the other person by your protection is taking on your energy. Likewise, if someone gets angry at you then you may find yourself taking on their energy. The object is to deflect with love so as to create a neutral feedback in an exchange of this type.

With this simple philosophy you can counter the endless situations or people that in the past have triggered your anger and caused you to react in an unhealthy manner. Next time someone honks their car horn at you or criticises you for no apparent reason smile and say to yourself I am not going to let you steal my energy, my thoughts or my time.

Triggers: Just imagine how much better you will feel when you choose not to react to negative people or situation that triggers you. How many times in the past have you shouted abuse at another and still felt the anger in your stomach an hour or so later. That person may have feed off your projection of anger energy. They probably drove on laughing at how silly you looked when you lost your composure. You allowed them to cause you stress, anger and probably indigestion. In these cases only one person comes out of this confrontation with their energy falsely intact and it wasn't you.

Anger is a choice response. Decide each day not to allow your energy to be used by negative people or situations. On a physical level anger can cause stomach and digestive disorders. Choose to live a healthier life free from anger. Use Reiki to assist the re-balancing process.

Exercise:

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 and eliminate this destructive emotion. It can be used for self-healing or on another person.

“Choose your battles wisely not because you will win because you will be free.” ERP



Just For Today I Will Do My Work Honestly



Honesty means different things to different people. Many people feel it is fine to take home a few pens from the office, the company turn over millions in profit each year so they can afford to lose a few items of stationery. While another person will judge the same incident as an act of theft and believe that anyone found stealing stationery should be dismissed and charged with theft and even prosecuted.

Everyone at some point is dishonest. You may not steal from another person or company, but instead steal from yourself. For example if you have a talent to help people and you choose not to then you are stealing from yourself by denying your gift.

You are also missing out on the opportunity to share your talents with others or watch your talents grow. Spending too much of your time on idle pursuits limits your own potential and your connection to this sacred and special time on Earth. Try to 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.

Exercise:

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.

“Honesty is the best policy.”- Richard Whately, Archbishop of Dublin



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. Generally throughout our lives we receive what we need to grow and learn in this lifetime.

If we grasp these lessons and grow accordingly we will become spiritually enlightened. Instead of wasting your life complaining of the things that have happened to you, and the problems you face.

Step back for a moment on a regular basis and discover and appreciate the many blessings in your life.

Action:

Make a list of all your blessings. You will be amazed at how many wonderful things there are to give thanks for. Leave the materialistic things aside. They are shallow and meaningless. Pay attention to, and focus on the things that are free and bring joy and humility to your life. For example, your mind, body, spirit, health, family, friends, flowers, trees, sea, sun, love, faith, knowledge, the countryside, animals, birds, etc., the list is endless.

When you appreciate the true wonders of life and let go of the materialistic things you are bound to enjoy your life more.

Exercise:

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.



Just For Today I Will Be Kind to My Neighbour and 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 edge 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 joy peace and love.

To bring balance to this principle for yourself or others.

Exercise:

First place one hand on the third eye chakra and the other hand on the root chakra. 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.

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. Ramonaheals.com makes learning to meditate easy and fun with guided meditations and personal instruction.



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

Healing yourself is connected with healing others. - Yoko Ono



Lesson 6: Preparing For Reiki 1

The Path to Reiki

People from all walks of life are drawn to Reiki for many different reasons. Many people come to Reiki after a personal recommendation from a friend who has already attended a workshop. They notice positive changes in their friend and decide to experience it for themselves. A large majority of people simply need healing and want to take responsibility and control of their own treatment and well-being. The most common factor seems to be that people are searching for hope and guidance. Often people feel empty and are looking for a way of filling that void.

Many students begin as sceptics just curious to find out more about it, and leave as Reiki enthusiasts. The secret to getting the most from Reiki is to be open to Reiki. Instead of being negative and sceptical let the joy of Reiki envelop you. Leave your fears and doubts behind and jump head first in to a life changing experience. Reiki draws you to itself. If you are attending a seminar / workshop on first degree Reiki, you are there for a reason. Trust in the omniscient wisdom of your inner self. Remember you will only need the First Degree attunement once in your life, so make it a celebration you will never forget. It's up to you.

The First Degree Reiki

In order to work with, and become a channel for Reiki you need to complete the first degree in Reiki, which consists of four attunements. These attunements are normally done over the course of a two day workshop. During that time the student(s) practice one-on-one or in a group; meditation, drawing the symbols, learning the history, learning the hand positions, reviews self-care and the basic rules of engagement. At-distance learning provided this information in writing and is combined with zoom meeting instructions, on-line class (if available) some with tests others without. I prefer to do the four attunements within the First Degree as I believe it is the most beneficial. The student is able to work and practice at their full capacity while learning. The First Degree Reiki is the basis of the Reiki method and is said *to be complete*. I have found the Second degree offers a boost and emotional clearing. Level II gives you the at-distance symbol and a 2nd attunement. Level II is another step in the reiki process and is done one week to months later depending upon the person.

In person First Degree Reiki sessions flow with the pace of the students enrolled and their present experience and knowledge. Session can be scheduled two days in a row or one day per week for two weeks. One-on-one sessions are also customized in time so contact me for details about when in-person sessions would be available. On-line First Degree sessions included the four attunements and these are given at-distance. See Preparing for on-line sessions section.

Preparing for the Workshop

Before attending the first degree workshop there are a few basic things you should do in preparation. These guidelines will enable you to get the most from an in-person or on-line



workshop and the attunement process.

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.



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.

The Morning of the Workshop

- Get up earlier than normal so you have plenty of time to prepare for the day ahead. You will then have time to relax and not become rushed or stressed.
- If possible take a walk or a gentle jog to energise your system.
- Avoid tea or coffee. However, naturally caffeine free herbal tea is fine.
- Eat only fruit for breakfast. You will have more energy for the workshop.
- Mentally prepare yourself with a short meditation.
- Give yourself plenty of time to reach your destination. The stress of being late can upset your day and your enjoyment.
- Come to the workshop with an open mind body and spirit. You will get out only what you put into the workshop.



On-line Reiki Learning

- Give yourself plenty of time to prepare for the time spent on-line. Check your internet connection and printer, if needed.
- Be prompt to any scheduled teleconferences and have your notes organized and any questions ready.
- Put time aside to review the materials and do the practice positions, symbol drawings and other activities. If tests are required take your time – no one is watching to see how well you did the first time.
- Please see ramonaheals.com for details about timetables and timelines for receiving attunements, and for the scheduled zoom conferences etc.
- If the course is offered on-line through an educational site please see ramonaheals.com for details on how to receive your attunements.
- If possible take a walk or a gentle jog to energise your system after studying on-line.
- Avoid tea or coffee. However, naturally caffeine free herbal tea is fine.
- Eat very lightly and study lightly – there is no mad rush but there is a benefit to having the process fresh in your mind.
- Mentally prepare yourself with a short meditation before or after studying.
- Be of an open mind body and spirit. You will get out only what you put into the workshop.

What Happens During The attunement?

Many people wonder why being attuned is necessary and why the students need to close their eyes during the attunements. Questions like these are quite normal, and understandable. The reason for being attuned is that it serves as the action (direct energetic experience) behind the knowledge of the Reiki method of healing. One's natural ability to heal becomes heightened and this opening allows the student to serve as a conduit for the energy to pass through them. In this way, there is no taking on the energy of the other person or their karma. It is important to recognize that there is no underlining obligation or karma for taking on the stresses, dis-ease, or any form of illness from another person. Doing Reiki and your other self-care measures will help you facilitate the necessary physical and emotional balance to practice Reiki at a higher level for yourself and others. Basically, the attunements plugs the body into the direct experience of the knowledge you have obtained via the symbols. After one is attuned the symbols can be used during a treatment/session but they are always used for attunement. 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.

During the initiation, the Reiki Master uses the ancient symbols (that open and activate one's ability to direct energy) rediscovered by Dr.Usui to connect the student to the universal life force.

Dr. Hayashi described it to Madam Takata so beautifully when he said, "the universal life force is so big we cannot measure it, so deep we cannot fathom it; therefore in Japanese we call it Reiki." He continued "it is comparable to a radio station, broadcasting radio waves everywhere. There are no wires connecting the radio station with your home, yet when you



turn on the receiver and tune into the radio waves from the station you receive what they are sending. Likewise, the principles of Reiki are the same. The energy is everywhere; it travels through space without wires. Once you have been connected to the energy it flows automatically, forever. It is a universal and immeasurable energy and its power is unlimited.”

What Happens After the attunement?

When you receive your First Degree attunement energy will start to flow through your hands *at the thought of healing.*

How Reiki Energy Works:

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.

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 by the recipient as opposed to being directed by the healer, the Reiki practitioner should not 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.

You may find your psychic, intuitive and creative abilities will be raised. By raising your vibratory level you will begin a Transformational process on all the many levels and aspects of your life.

We all live in an extremely stressful and hectic world, which can influence our total being. Reiki helps control how our mind body and spirit responds both internally and externally to the often negative and destructive external stimuli from our world. If applied regularly, Reiki will reduce the extreme highs and lows of life, gradually leading to a new balanced existence.

Self-care: I do recommend continuing to eat well but lightly and not to use any purging or fasting products. There is nothing you need to do to assist the opening of your energy pathway expect to relax and be in the moments. It is best to spend time in rest and to drink extra water to flush the system. Usually slowing down ones pace of life and arranging more time to relax and rest will guide one through any issues. I also recommend that you refrain from using recreational drugs, tobacco, alcohol or travel on a plane for at least 48 hours. Give your body its best change to use its own energy to adapt to the process. If you experience a healing crisis you can go on-line to research healing crisis for more information, if needed. *These statements in no way replace medical advice and when necessary one should consult your care provider regarding any physical or sustaining emotional needs. You do not need your physician’s permission to deal in energy work.*

The Healing Crisis: Some people experience what is termed a healing crisis. You may or may not be aware of this depending on your own unique situation. Generally, it is believed



that a healing crisis is nature's way of eliminating toxins (physical and emotional) and thereby restoring itself to balanced functioning. You may experience symptoms of physical cleansing and detoxification such as a running nose, headaches or diarrhoea. The healing energy works on all levels of the mind body and spirit. If you find yourself getting emotional and wanting to cry, scream or shout, let it happen. The old saying better out than in is so true and therapeutically beneficial to your being. Release the ties that bind you to your old habits and lifestyle. You may also find yourself dealing with certain issues in your dreams; it can be helpful to keep a record of them in a dream journal. Then when you have time you can meditate on the issues. There is no need to be alarmed if these are temporary and not acute or long lasting. It is likely they will pass. For some persons this process can be quite emotional and exhausting at times as the Reiki energy goes to work on the emotional and physical blocks, scars and baggage that your body has collected and stored throughout your lifetime. In my years of practicing Reiki and after all my attunements up to master/teacher; I have not experienced anything that was harmful or considered painful.

My take on Reiki: *Reiki is not considered a complement to those seeking spiritual experiences, out-of-body experiences, mind controlling or mind alternating applications. Reiki from its history's description speaks about charkas and I have included information on them in the instruction. However, I personal make no claim to opening your chakras (energy centers in the body) or raising your kundalini. A master/teacher is someone who has been attuned to the master/teacher symbols so they can give attunements. In theory, one could simply attune others without much training but I believe that to sustain any energy level one needs to approach life with a certain inner discipline, and knowledge. Not everyone desires or needs to be a master/teacher. Especially, If your goals are in personal wellness and self-healing. The First degree is a complete process for hands on healing while the second works on at-distance method.*



Ways to Use Reiki after the Attunement

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

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

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

Please note: Please call 911 or your emergency response before using Reiki when in accidents or emergencies. I highly recommended that you do not use reiki on bones that have not been properly set or aligned. Reiki can be used to calm and relax a person before medical treatment arrives.

There is no downside to looking up. ERP



Lesson 7: Anatomic Illustrations for Reiki

There is something beautiful about all scars of whatever nature. A scar means the hurt is over, the wound is closed and healed, done with. - Harry Crews

Reiki with its infinite wisdom goes to the place in the body that requires healing. That is why Reiki is so easy to learn and apply. There is no need to study the anatomy of the human body or animals to treat a person or animal successfully. You simply place your hands on the body and channel the energy. Reiki will do the rest.

However, it can be helpful to know where the major organs, lymphatic and endocrine systems are in the body. This knowledge will allow you to treat specific problems or organs quickly and easily.

The following illustrations are simple diagrams of the human anatomy. If you decide to further your studies we recommend that you make full use of your public library. They will have books on the Human anatomy as well as books on the anatomy of various pets and animals. Of course the internet and the world wide web offer a multitude of FREE information and any good search engine will open up a doorway to many excellent guides to the anatomy.

The Endocrine System

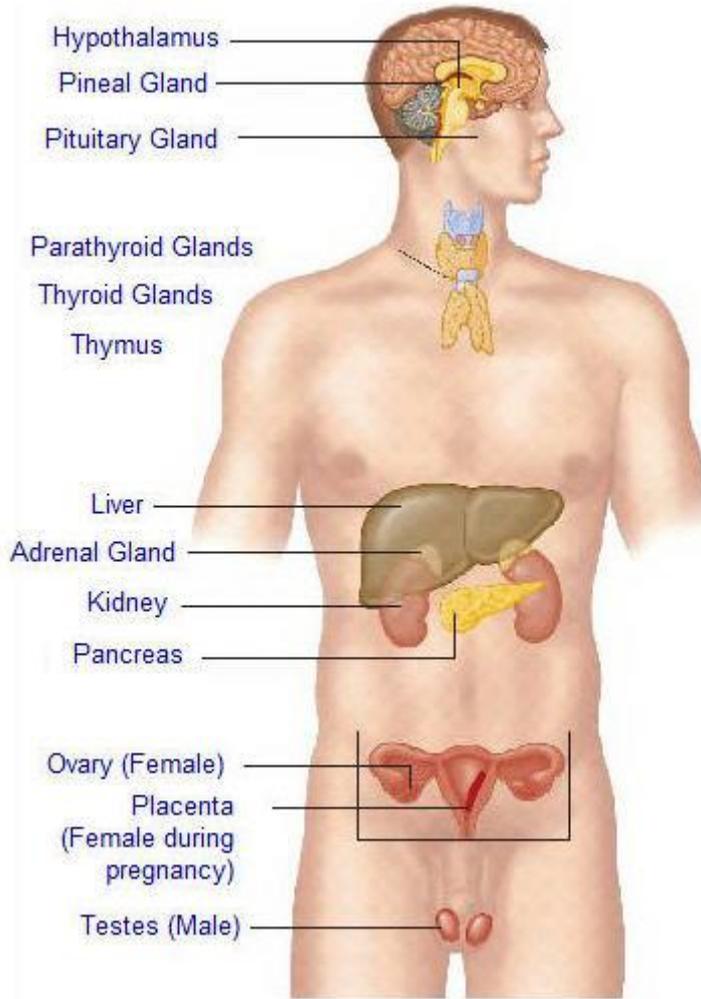
This system consists of the ductless glands that release hormones. It works together with the nervous system in regulating metabolic activities so that homeostasis is maintained.

There are a few primary endocrine glands:

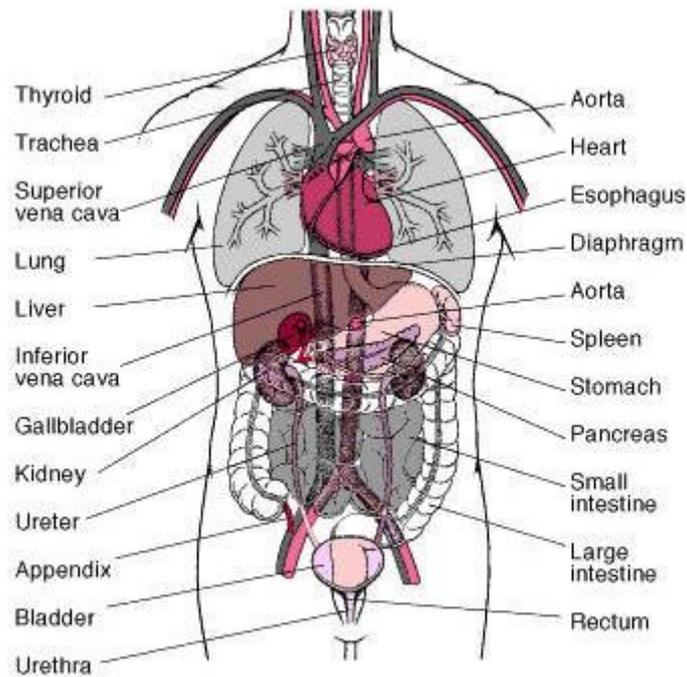
- The pituitary gland at the base of the brain
- The thyroid gland in the neck
- The four or five parathyroid glands in the tissue around the thyroid
- The two adrenal glands above the kidney against the posterior wall of the abdomen
- Certain areas of the pancreas near the stomach
- The sex glands,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

Various hormones are released by the endocrine glands, with each secretion causing a different reaction in the body. 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 Body Organs



The Lymphatic System

The lymphatic system is a system of thin tubes that runs throughout the body. These tubes are called 'lymph vessels'. You may also hear them called 'lymphatic vessels'.

The lymphatic system is similar to blood circulation – the tubes branch through all parts of the body like the arteries and veins that carry blood. Except that the lymphatic system carries colourless liquid called 'lymph'.

“Lymph” is a milky body fluid that contains a type of white blood cells, called “lymphocytes,” along with proteins and fats. Lymph seeps outside the blood vessels in spaces of body tissues and is stored in the “lymphatic” system to flow back into the bloodstream. Through the flow of blood in and out of arteries, and into the veins, and through the lymph nodes and into the lymph, the body is able to eliminate the products of cellular breakdown and bacterial invasion.

Two very large areas are of significance in this system – the right lymphatic duct which drains lymph fluid from the upper right quarter of the body above the diaphragm and down the midline, and the thoracic duct, a structure roughly sixteen inches long located in the mediastinum of the pleural cavity which drains the rest of the body. It is through the actions of this system including the spleen, the thymus, lymph nodes and lymph ducts that our body is able to fight infection and to ward off invasion from foreign invaders.

Lymph plays an important role in the immune system and in absorbing fats from the intestines. The lymphatic vessels are present wherever there are blood vessels and transport excess fluid to the end vessels without the assistance of any “pumping” action. There are more than 100 tiny, oval structures (called lymph nodes). These are mainly in the neck, groin and armpits, but are scattered all along the lymph vessels. They act as barriers to infection by filtering out and destroying toxins and germs. The largest body of lymphoid tissue in the human body is the spleen.

I just refer to myself as being Spirit, Mind and Body like everybody else and working toward the mastery of my natural divinity and the healing of my emotional mind. - Leonard Orr



Lesson 8: Reiki Self Treatment

It is reasonable to expect the doctor to recognize that science may not have all the answers to problems of health and healing. - Norman Cousins

Once you have received the first degree attunement, from a Reiki Master you are ready to work with the universal life force. However, it is important that you realise as with every profession there is a need to first practice and master the skills associated with healing. Madam Takata taught her students to heal themselves first, then their families, then their friends. Only then did she believe they would be adequately qualified and able to work as a practitioner and heal other people.

When a person first learns to drive a car they need time, practice and experience to master what appears to be a rather complex set of procedures. However, within a relatively short space of time they can drive safely and effortlessly as they unconsciously control the car and all the various skills associated with driving.

Likewise with time, practice and experience you will master the skills and techniques associated with art of Reiki healing. Treat the early months as a learning experience, almost like an apprenticeship; this will give you the time you need to develop your confidence and skills. Remember the more you work with Reiki the more intuitive you will become, your energy vibration will be raised and you will develop and experience a new joyful consistency in your life.

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. As you progress along your new path, inevitably you will come up against obstacles and setbacks in your life the practice of self-healing and self-awareness can help you focus your strength to deal with them as though they are but pebbles on the beach. Even if you never use Reiki to heal anyone but yourself, you will find a new sense of balance and peace in your life.

There is no other method of self-treatment as simple and as effective as Reiki. Because Reiki is always available to you, whenever you feel tired, stressed, have any aches or pains, you can alleviate them by simply laying your hands on your body. The infinite wisdom of Reiki will go to wherever it is needed. You channel the energy so honour it by using it.

Recharge your batteries every day, not just when problems, difficulties, anxiety or illnesses arise. Daily self-treatment will help assist you with preventing sickness and disease, and bring your life into focus and balance quickly. Every time you use Reiki on yourself, you raise your self-esteem and self-love. You will discover your mission in life and become more compassionate and loving. Remember to include some quiet time/meditation in your daily routine as well this will help with the mental and physical processing of energy.

Instead of getting stressed at the normal things you come into contact with each day such as traffic jams; meetings, interviews, going to the doctor's or dentist, waiting in queues, your children needs and your family responsibilities to name but a few, allow Reiki into your life



and let Reiki become a new way of seeing and participating in your life.

Set aside a little time each day for a self-treatment. First thing in the morning will give you a positive boost for the day ahead. Wake up and smile because today is fresh with no mistakes. Alternatively, a self-treatment last thing at night will relax and unwind you, give time for gratitude for the day and help guide you to a good night's sleep. Good places for a self-treatment are in the bath, the shower, lying in bed, before or after meditation. The possibilities are endless and the benefits are immeasurable.

Reiki is a gift to be savoured and enjoyed. Remember the more you use Reiki the stronger and more profound it becomes.

HOW REIKI CAN HELP YOU

There are a number of benefits to be gained, which occur without any effort from a daily Reiki self-treatment including:

- Reiki will relax you when you are stressed
- Reiki brings about deep relaxation
- Reiki centres your thoughts when you are confused
- Reiki energises you when you feel drained
- Reiki calms you when you are frightened
- Reiki focuses your mind and helps you to solve problems
- Reiki relieves pain or reactions to pain
- Reiki accelerates natural healing of wounds
- Reiki improves health
- Reiki helps with gradually clears up issues and stresses
- Reiki detoxifies the body
- Reiki dissolves energy blockages
- Reiki releases emotional wounds
- Reiki increases the vibrational frequency of the body
- Reiki helps change negative conditioning & behaviour

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. However, if you are aware of a specific problem such as an injury or pain, then you should place your hands directly over that area to begin with, and follow up with a full self-treatment.

In the beginning, it is always best to follow a set procedure as shown in the following illustrations marked “Self-Treatment Hand Positions”.

When you have mastered the hand positions you can then leave each self-treatment up to your own intuition. You may wish to work with music to add the right relaxing mood. Find a place where you won't be disturbed if possible. Normally you would spend three to five minutes on each position. It is important to note that one should not cross arms when



positioning hands as it decreases the energy flow.

If you find that time is short remember ***a little Reiki is better than no Reiki***. On completion of the self-treatment drink a large glass of purified water. Close your eyes and go inside and 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.

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. Always work above an area when there are cultural or emotional/physical sensitivities to hands on touch. There is no reason to place touch inside body cavities or to Reiki any kind of tool for instrument for that purpose. Energy is not bound by the same fields as touch this is why at-distance healing can work.

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



SELF TREATMENT HAND POSITIONS



Position 1



- Cup your hands and gently rest them over your eyes, cheekbones and forehead (third eye chakra).
- Stress, eye problems, asthma, head colds, allergies, sinuses, pituitary gland, pineal gland, cerebral nerves.

Position 2



- Place your hands on the top of your head fingertips touching (crown chakra).
- Migraine, headaches, eye problems, multiple sclerosis, stress, bladder, digestive disorders, flatulence, emotional problems.



Position 3



- Hands on either side of your head with fingers covering your temples.
- Balance, tinnitus, hearing & ear problems, colds, flu, balances the functions of the right & left brain.

Position 4



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



Position 5



- Hands covering the top of the shoulders and the bottom of the neck.
- Aches & pains, stress, neck, tight muscles, nerves, spinal injuries and shock.

Position 6



- Place your hands around the neck with the heels covering the throat (throat chakra).
- Self expression, communication, breathing, voice and speech problems, bronchitis, flu, colds, anger.



Position 7



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



Positions 8,9,10 and 11





- Hands are positioned horizontally at the top of the torso with fingertips touching. Move hands down as shown until finally ending in a V inside the hip bone.
- All major organs and glands, disease, infections, stomach, intestines, reproductive system, anger, emotions.

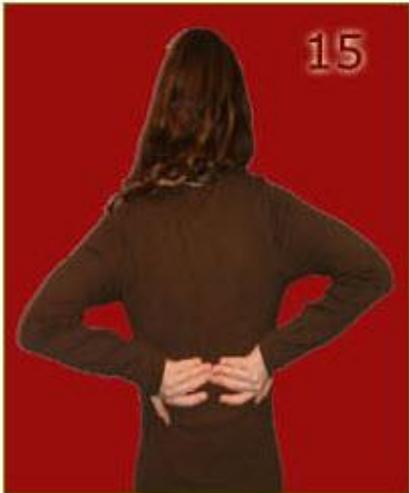
Position 12 & 13



- Place hands over the front of the knees (12).
- Leg pains, varicose veins, circulation.
- Place hands behind the back of the knees (13).
- Leg pains, varicose veins, circulation.



Positions 14,15,16 and 17





- Hands are positioned first at the shoulders/top of the back and then gradually moved down horizontally across the back with fingertips touching.
- Move hands down as shown until finally ending in a V at the base of the spine.
- All major organs and glands, disease, infections, back and spinal problem, stress



Position 18



- Sit in the lotus position and hold both feet with your hands. Alternatively, if this position is too uncomfortable, you can sit cross legged with the right leg resting on the left leg and place hands on the top and underside of right foot, and then alternate and place hands on the top and underside of left foot
- Leg pains, varicose veins, all major organs and glands (reflexology points).

The cure for pain is in the pain. - Roger Woolger



Lesson 9: Preparing To Treat Others with Reiki

Love one another and help others to rise to the higher levels, simply by pouring out love.
Love is infectious and the greatest healing energy. - Sai Baba

Appropriate Environment

It is important to create the right setting whenever possible for a Reiki healing session. You may work from home and be able to use a spare room just for healing. If this is not practical you may want to look at the viability of joining your local therapy/healing centre. In most cases you will be able to rent a healing/therapy room at a reasonable hourly/daily/weekly basis.

The room should be light and clean, and feel safe. Bright pastel colours such as white, yellow or purple can be used to create the desired effect. Make sure you will not be interrupted by internal or external distractions, so silence unused electronic devices, and disconnect the doorbell. Many people choose to purchase a white noise machine to place outside the door of the room. If you're working from home let your family or friends know your schedules so they do not disturb you. Privacy for your client is important so it is not appropriate for your family members to be introduced or to assist in the actual session. Remember to check (if applicable) with your local town or city ordinances for using your home as a business. Also, check with your country/state laws and any others for doing healing as a business. Some states in the USA require you to be a minister to do hands on healing and others do not.

What you will need:

- I highly recommend that you use a therapy/massage table. – Online options are available as well as large retail chain stores carry them.
- Exception: If you are practicing on family, you could use a strong table with thick blankets on top. As they trust your safety and know your environment.
- You will need one or two pillows, one for the clients head and other for their feet or knees.
- Make sure the room is heated or cooled to a comfortable level
- Some people may get cold just lying still on your treatment table so always have a warm blanket available. And/or
- Use a heating pad - the pad should be under both a table liner and sheet. Ask the client if they will need the heating pad and use the lower setting first.
- During a Reiki session you may find your client begins to cry as they release blocked emotional issues, so always keep little self-sealed disposal packages of tissues handy for these occasions.

The Environment:

Add a plant to the room and some crystals under the table to help with the right energy. Some people like to work in total silence during a session but most clients enjoy light sounds. Give your client the choice of silence or therapeutic music. Personally we prefer to always work with therapeutic music such as classical, ambient or new age to help our clients relax. Music also can help the therapist relax and allow them to focus on healing.



Natural sounds such as whales, dolphins and running water are very therapeutic and relaxing. Think Spa music.

Ramonaheals.com has two products for purchase. The Heartbeat audio is designed for Reiki sessions and is a great for background sound. This steady yet subtle heartbeat sound is relaxing for all cultures; kids love it as well as animals. The second product for purchase is a composed guided meditation called the Light Meditation. This is great for groups or individuals before or after a Reiki Session.

As a client/student Ramona offers a bonus: A downloadable “Ramona’s unique guided meditation” great for your personal use. While your friends, family and clients can get started with a free breathe instruction from ramonaheals.com as well. Ramonaheals.com also offers heartbeat healing and meditation music for sale as well as a light meditation.

Burning incenses, scented candles or oils are not necessary during a treatment and should never be used to mask odor of any kind. Many people and animals are sensitive to certain smells and it may cause them to experience an unpleasant session. If you choose to use aroma ask the client before you begin.

For a finishing touch to your room you may want to place photographs of Dr.Usui, Dr. Hayashi, Madam Takata, Buddha or Jesus, depending on who you call upon during your invocation / prayer.

Cleaning and safety in your practice is very important. Have alcohol wipes and spray bottle cleaner available to wash down the table before and after each client. If using a chair chose one that is easy for you to reach around, to clean and is comfortable to sit in. If you choose to set up a business then all items used should be dedicated for client use “only”. Pillows should be wiped down after each use and recovered with freshly washed ones with each client. Lighting is extremely important, natural light (if possible) as well as appropriate lighting in general. If you have a dimmer switch you should ask the client before adjusting. Reiki should be done with the lights on and to avoid any possible safety risks. I do not recommend recording the Reiki sessions for privacy reasons. Reiki sessions can have an accompanied person in the room or outside the room but with a visual of the entire session. If you practice, work or share Reiki with children outside of your own family you should obtain written permission. Also, family members should be asked if they would like to receive Reiki. If they say no, it is important to respect that right.

Remove All Jewellery

Reiki can travel through all materials such as stone, brick, concrete and metal. However, the metal and stones used in the manufacture of jewellery come into contact with and attract certain types of negative energy. To enable you to work with Reiki free from all subtle energy disturbances removal of all jewellery such as rings, watches, earrings, chains and necklaces when working with clients. Those working with precious stones and crystals for healing purposes recognise that these materials can become saturated with negative energy. That is why they cleanse them on a regular basis. If you must wear jewellery (like a wedding band) it should be washed in an appropriate manner and then cleared with reiki. It is best to remove jewellery for the safety of your client and yourself.



Remove Tight Clothing

To allow Reiki to flow freely through you and your client it is important that you both remove tight clothing such as belts, ties and shoes. This will also make you feel more comfortable and relaxed. Reiki can travel through clothes so there is no need to remove any other forms of clothing. You may find it more comfortable if you wear loose fitting clothes when you are working with Reiki. Remember to always look professional because you are a professional. Generally, I have a couple sets of clothes I use when I see clients. Note: while scrubs are comfortable they are generally associated with the medical profession (depending upon your cultural and country). If you choose to wear them you will need to take responsibility for other people perceptions.

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. You have the right to refuse a session on the basis of intoxication of any kind.

Personal Hygiene

Ensure you smell and appear clean and fresh. Avoid wearing 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 – common error especially if scheduling is back to back.

Wash your hands before a Reiki session using a very 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. You can chose to place your hand slightly above areas of exposed skin as opposed to direct contact. The Reiki energy will still be received in this above touch method.

The Invocation

It is important to 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 symbolises you are giving up any claims to power. You are simply the conduit in which the infinite power of the universal life force flows.

Although the invocation is not necessary to turn on the Reiki energy. I have offered this option and recommend when you are first starting out to use one. It is important to acknowledge the value of disassociating from your ego and pay respect to the universal life force and the person they are about to work with. It is not in your training to give medical advice of any kind or sell made or manufactured product as needed for or part of a Reiki healing. Energy is Energy.

Your prayer/invocation should be personal and in line with your own beliefs. Ask for



permission to be used as a channel for Reiki healing. We have listed below some invocations which may help you develop a prayer that is suitable for your own use.

Once your client is lying down on the healing table, relaxed and ready to receive Reiki move to the top the table (the clients head). Close your eyes and join your hands together in a prayer like position in front of your heart chakra. Alternatively, if your client is seated, place your hands on their shoulders for the invocation.

An Example of a Personal Invocation

We always like to take a few moments before we begin a treatment to mentally prepare ourselves for working as a channel for Reiki. This quiet time is perfect for getting in touch with our guides, mentors and assistants. It allows us a brief moment of reflection and focuses our thoughts on healing. It is important to begin the treatment with the right mental attitude. Your wish should be to pass on unconditional love and healing in the purest form and sense.

“I call upon Reiki – the Universal Life Force, all the Angelic beings who have work 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 clients 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 your divine love and blessing –Amen/so be it or closing word.”

Cleanse and Harmonise Your Clients Aura

Prior to commencing the Reiki treatment run your hands in your clients aura about six inches above their body from their head right 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.***

*If ye have faith as a grain of mustard seed, ye shall say unto this mountain,
Remove hence to yonder place; and it shall remove - St. Matthew 17:20*



Lesson 10: Treating Others with Reiki

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

Before you begin a full body treatment on another person there are a few important points to remember.

- Never give a Reiki treatment to a person who has a pacemaker as Reiki can alter its rhythm.
- Never give a Reiki treatment to a person who suffers from Diabetes Mellitus and are taking insulin injections, unless they are prepared to check their insulin levels every day as Reiki reduces the amount of insulin they require.

Always explain to a person who is visiting you for the first time for a Reiki treatment exactly 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. They can and should tell you if they become uncomfortable during a session so that adjustments can be made. Sometimes it is a simple as going from direct touch to above the body positions.

The type of reactions that may occur are:

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

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. Never forget 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.

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 your 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.



The normal time required for a full body treatment is between sixty to ninety minutes. At the end of a treatment always offer your client an unopened bottle of water to aid grounding. Always wash your hands for 30 seconds with soap and water before and after each treatment. You should always have them sign a release form for treatment and any other necessary forms should you choose to be in business with the public.

Beginning The Treatment

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. Most people close their eyes for deeper relaxation but they can be kept open. If the client turns over to their back this is a great time to ask if they are warm or cool enough.

Gently lay your hands on your clients' body. Keep them in each position for between three to five minutes. As you become more experienced use your intuition.

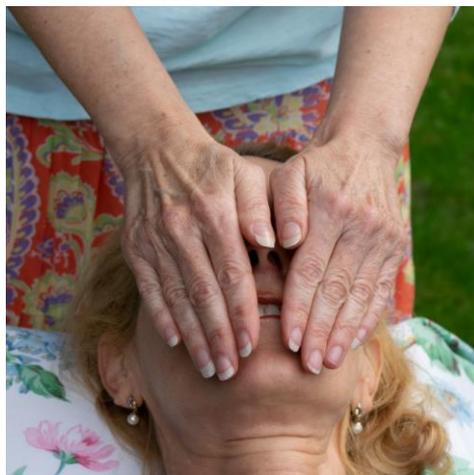
Your hands should be cupped with your fingers firmly closed as though you were trying to hold water. This keeps the channel strong between your client and the universal life force. If your fingers are open Reiki can escape just as water would slip through your open fingers.

In the case of burnt skin or a clients' genitals and breasts hold your hands just above their body. Be sensitive to any concerns the client may have or to any expressed cultural norms regarding touch. Part of the reason why you discuss the Reiki Treatment is to allow for any concerns to be voiced ahead of time but mostly to allow the client to relax as much as possible by knowing what to expect.

FULL BODY TREATMENT – HAND POSITIONS

**Remember the following hand positions are a guide.
Use your intuition when needed and always present appropriately.**

Position 1



Cup your hands and gently rest them over your client's eyes, cheekbones and forehead (third eye chakra).



Stress, eye problems, asthma, head colds, allergies, sinuses, pituitary gland, pineal gland, cerebral nerves.

Position 2



Place your hands on the top of your clients head with palms covering the crown Chakra.

Migraine, headaches, eye problems, multiple sclerosis, stress, bladder, digestive disorders, flatulence, emotional problems.

Position 3



Hands on either side of the clients head with palms covering their temples.

Balance, tinnitus, hearing and ear problems, cold, flu, balances the functions of the right and left brain.



Position 4



Place one hand over the forehead and the other move to the back of your clients head covering their occipital ridge. Making like a sandwich (Reiki Sandwich). Alt: Move both your hands to the back of the clients head covering the occipital ridge.

Headaches, eye problems, fears, stress, digestive disorders, stroke, shock, depression phobias.

Positions 5



Places your hands in a V pointing toward the heart but resting along the neckline and collar bones. Place your hand in front and behind the client's neck just under the jawbone covering the throat chakra.

Self-expression, communication, voice, speech problems, breathing, flu, cold anger.



Position 6



Place your hands on the client's shoulders fingers together and pointed towards their hands.

Aches and pain in the arms elbows and hands, tight shoulder muscles, stress, cold hands, disrupted blood supply to the arms and hands.

Positions 7,8,9,10,11





Root Chakra 2 positions





Begin by forming a T, covering the heart chakra and collarbone. Then move your hands down and across the torso covering the solar plexus and sacral chakras and over root chakra. As in alternative you can form a V, to cover the root chakra just above the area.

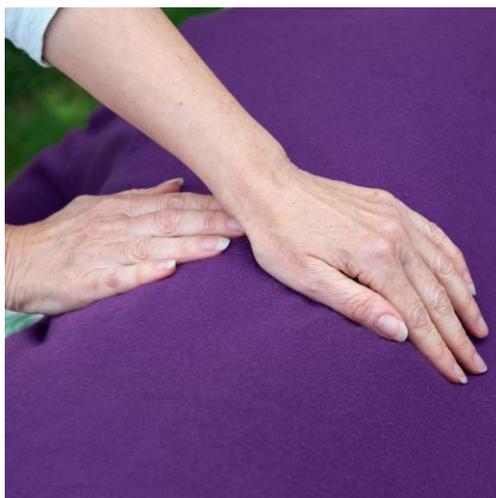
Finally place your hands over the knees and the top of the feet. Your Client should keep their feet covered with socks or a towel.

All major organs and glands, stomach, intestines, reproductive systems, anger, stress, leg pains, varicose veins.

Once you have completed the front hand positions ask your client to turn over. You may have to gently wake them- if fallen asleep.



Positions 12, 13,14,15,16, 17





Begin by placing your hands across your client's shoulder blades. Move hands down as shown until you reach the base of the spine. From a T, as shown covering the Root chakra. Finally, place your hands across the back of your client's knees and the underside of their feet. The client should have their feet covered by socks or a towel.

All major organs and glands, disease, infections, stomach, intestines, back of spinal problems, reproductive system, anger, stress, emotions, leg pains, varicose veins. Treat all major organs and glands through the reflexology points on the feet.



Finally

When all the positions have been treated, place your left hand on your clients crown chakra and your right hand at the base of their spine. This final position balances the energy in your clients' body.



Complete your treatment by combing your clients' aura. Stroke the body firmly from the crown down to the feet in a sweeping motion. Continue past the feet until you touch the floor for grounding. Repeat for a second time lightly touching the body. Finally comb the aura a few inches above the body. When completed (optional: clap your hands together and say "I break this energy cycle of healing with gratitude"). I personally use this method because you ask to tune in and it makes sense to honour while you tune out.

How that the treatment is complete.

Signal to the client that they can begin to come back to the room or come up from feeling relaxed or gently wake them up. Tell them you will be washing your hands and return briefly. Give them time to sit up and put their footwear on. Also, ask them how they feel and offer tissues if needed and an unopened/sealed bottle of water. Remind them to drink lots of water and try to treat the rest of the day as relaxing as possible. Some people feel surges of energy others feel calm and relaxed and some do not feel anything at all. You should consider doing a brief follow up in no more than a week. You can give them the link to ramonaheals.com free breath exercise, ask them if they would like to rebook and generally just touch base.

Belief creates the actual fact. - William James



Lesson 11: 30 Minute & Seated Rapid Reiki Treatment

On many occasions you will find it's not practical to spend time on a full session or that your client or the environment may have limitation regarding lying down. The Seated Treatment can be done as a full session or as a Rapid treatment. Often for numerous reasons 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. The Rapid Reiki treatment focuses on all the major chakra points while the client sits upright in a chair, and takes between fifteen to thirty minutes to complete. The hand positions make a sandwich effect over the areas being healed we call it a "Reiki Sandwich". This is due to the no turn over factor in this type of treatment.

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.



Hand Positions Crown to Feet



Position 1: Stand directly behind the Client with one hand on each of their shoulders pointing your fingers pointing towards their hands.

Hand Position 2-9 in Pictures

Rapid Reiki Hand Position 2



Rapid Reiki Hand Position 3



Rapid Reiki Hand Position 4



Rapid Reiki Hand Position 5



Rapid Reiki Hand Position 6



Rapid Reiki Hand Position 7



Rapid Reiki Hand Position 8



Rapid Reiki Hand Position 9



Finally comb your client's aura three times as you normally would after a full treatment. Wash your hands for 30 seconds with soap and water and offer a unopened bottle of water for your client to drink to help assist with grounding.

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.

Most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They make use of a very small portion of their possible consciousness, and of their soul's resources in general, much like a man who, out of his whole bodily organism, should get into a habit of using and moving only his little finger. Great emergencies and crises show us how much greater our vital resources are than we had supposed.

- William James



Lesson 12: The Ultradian Rhythm Technique

*Health is the greatest possession. Contentment is the greatest treasure.
Confidence is the greatest friend. Non-being is the greatest joy. - Lao Tzu*

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.



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, chocolates, fizzy drinks or cigarettes. Unfortunately all these are stimulants and simply gloss over the underlying need of the body to take regular 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.

This neglect leads to health problems and stress-related disorders such as depression, mood disorders, psychosomatic pain and illnesses, 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 normalising the ultradian rhythm.



The Ultradian Rhythm Technique

During the day look out for signs from your bodymind 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 revitalise and rejuvenate your whole mind body and spirit. Place your cupped hands over your eyes as shown in the picture opposite (self healing hand position 1). Close your eyes and go inside.



Become aware of any part of the body that feel tight, sore or tired. 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.

Then 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. When you feel rejuvenated and recharged gently open your eyes and continue with your day.

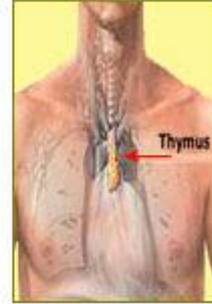
Repeat this exercise on a regular basis to keep your energy levels high and prevent stress and ill health. It is important to change how you respond to this natural rhythm.

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 the body that needs Reiki. Go back inside once more and look again. Often we have found it takes a second look to find a part of the body that requires healing. This is because it is invariably hidden deep in the 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 health and well-being.



When time or conditions prevent you taking these short power breaks, there is another simple way of maintaining your fight against sickness and disease. The thymus gland which is situated between the throat and heart chakra (see illustration opposite) is a twin lobed organ that is responsible for producing white infection-fighting blood cells. 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 believe that it is this hormone that acts on lymphocytes, causing them to change into plasma cells, which subsequently form antibodies that produce immunities.

Tap gently 20-30 times on your chest over the position of the thymus (see illustration opposite) or place one of your hands over this position for several minutes. This simple technique will help maintain and boost your immune system while filling your body with vitality.



“You cannot change what you were given to work with in this life but you can change how you work with it as for the rest that’s faith’s directive. - ERP



Lesson 13: Group Reiki Treatment

Love and desire are the spirit's wings to great deeds. - Johann Wolfgang von Goethe

Group treatments were first used by Dr Hayashi at his clinic in Tokyo. He would often treat clients with the help of several other Reiki practitioners. Many people find it more enjoyable to work with another person or persons. There are also several advantages to working in a group.

The Benefits of Group 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. The basis of Group Treatment comes from the teaching class as those teaching Reiki can do so in groups or individually.



Group Front Treatment



Group Back Treatment



Guidelines for Conducting a 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. Group treatment is a great way to learn and grow together.

Remember to 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. Also, to remember to wash your hands with warm water and soap before and after each client.

We all have the ability to contribute something to the world and I thank you for yours. - ERP



Lesson 14: Reiki and Pregnancy, Babies & Children

Pregnancy

Reiki is both safe and extremely beneficial to an unborn child and their pregnant mother. We have 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. Reiki can help during pregnancy in various ways such as:

- Reiki can help with morning sickness.
- Reiki reduces stress and tiredness.
- Reiki can help stimulate blood flow
- 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. If the mother's partner is also attuned they can help by giving Reiki as well.
- Reiki can help couples who are finding it difficult to conceive a child by reducing stress.



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



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 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.
- 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 focussed 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.

There are two ways of spreading light: to be the candle
or the mirror that reflects it. - Edith Wharton



Lesson 15: Reiki Brings Comfort to Those Souls Crossing Over

Death is not the greatest loss in life. The greatest loss is what dies inside us while we live. - Norman Cousins

There is only one certainty in life and that is that death comes to us all. Facing our own mortality is often difficult. We have two main choices in coming to terms with our own death or the death of a family member or friend. We can choose to view death as final and become consumed in grief or we can see envision life after death and celebrate the transition to eternal life. Our beliefs and personal experiences shape how we deal with this extremely emotional issue.

Losing a loved one can be a devastating blow to any family. Especially if It is the first time they have had to experience losing someone close. Looking back in hindsight and through my own research and subsequent experiences with people who came to me for help before dying, I found many common attitudes and mistakes associated with death. The western world in general treats the subject of dying as taboo. Something we shouldn't talk about.

As a stark contrast, Eastern philosophy and the teachings and beliefs of many ancient cultures view death as a natural part of life. They believe that our souls are eternal. The body is only a temporary vessel that allows the soul access to Earth. Karmically we are here to learn and grow. When a person becomes more spiritually aware they grow to understand and accept broader beliefs. When you look at the two choices it should be easy to believe in life after death, rather than believe that death is final and we all have nothing else to look forward to. All religions are built on the premise that to obtain eternal life you must be good in this one.

Thanatology (the study of death and the dying) has giving humanity the insight into life after death. People who have had near death experiences (NDE) bring hope and reports of a better place. Many people have proclaimed experiences of their soul leaving the earthly body and floating above looking down at the scene of their death. They state there is no pain or sadness at leaving the body or life behind. Many also see a tunnel of bright light appearing in front of them and are quickly engulfed by it. A feeling of overwhelming peace and love is experienced and some say they meet spiritual beings and are shown a beautiful spiritual realm.

There are nine common traits that thanatologists have been able to define through countless studies with people who have had near death experiences. This research proves there is life after death. The nine common traits are as follows:

- A person senses they are dead.
- A feeling of peace without pain no matter how they died.
- An out of body experience. Their soul or essence floats above the dead body below.
- A tunnel appears and the person is drawn into another world.
- Beings of light appear often deceased relatives and friends.
- A particular being of light appears to greet and guide them.
- The being of light takes them through a life review which highlights all the



pleasant and unpleasant aspects of their life.

- The person is told they must return. They feel reluctant to do so but understand they have no choice.
- 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.

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 the unconditional love of God and preparing them for their transition. You will often find Reiki temporarily revitalises them so they have the energy to deal with any unfinished business they may have.

Working With People Who Are Dying

I urge you to study and read up on the subject to become more aware of how to use this knowledge. It is extremely important that you respect the individual beliefs of others and remember that your healing is of energy and you are not degreed in the field of psychology because of your Reiki Training. However that does not mean that you cannot show compassion and speak in a manner of kindness with responses about the importance of healing and to forgive and let go of any unnecessary anger and pain.

Death is not failure it is a natural part of life. Generally, many choose to 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. It is important to judge for yourself if these statements are appropriate for your client or for the client's family.

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.

Treat the family and friends if possible with Reiki as often times people left behind 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.

If you are seeking more reading on this subject check out my blog "as they depart" at ramonaheals.com. Questions specific to this topic and healing can message me in Facebook's ramonaheals client group.

When you were born, you cried and the world rejoiced. Live your life in such a manner that when you die, the world cries and you rejoice. - Traditional Indian Saying



Lesson 16: Use Your Imagination

Reiki is present in all living things. We have listed some of the most common in this lesson.

Reiki and Animals

All animals adore Reiki. Large or small, fierce or friendly. Animals are extremely sensitive to the healing energy of Reiki. Start practising 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.

If you feel directed to work specifically with animals practice working on your technique with them. Volunteering at an animal shelter or in a clinic can help you learn to understand a variety of animals. You may need to develop your own techniques for treatment as well as a marketing strategy if you go into business. Do not be afraid to advertise; you'll be surprised at the number of people with pets who are interested in options.



Basic Techniques for Animals:

- The 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. However, if the animal has a specific injury; place your hands directly over the injury.
- 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 (second degree).
- Another safe way to treat animals is by treating their food and drink. However, this is a weaker form of treatment.



Plants and Vegetation

- Reiki will enrich your plants, flowers, trees and gardens. Daily treatment will soon show positive results. The easiest way to prove how effective Reiki is with your plants and vegetation is to conduct a simple experiment.
- Take several seeds, charge half of them with Reiki and place them in a pot. Then plant the other untreated seeds in a separate identical pot. Treat the seeds which were charged in the beginning with Reiki each day and observe how they flourish. Compare them to the pot of seeds that are simply left to grow naturally.



Basic Techniques 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.
- 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).



Food and Drink

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 more energy than any other bodily function. The quicker and more easily it is digested the more energy is available for other activities.



Basic Techniques 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. *Never eat food that is questionable or spoiled.*
- Alternatively you can place your hands on your stomach to assist digestion.

Further Uses for Reiki

There are a million and one other uses for Reiki including:

- The medicine cabinet or first aid box.
- The Bath water.
- Your Home, your car.
- Protection while travelling on trains, planes, buses etc.
- ***In fact you are only limited by your imagination!***

Use Your Imagination Right Now By Listing As Many Ideas As You Can On Different Ways To Use Reiki In Your Life. Then Make Sure And Try Them Out. Each Idea Will Breed Another. Have Fun.... Good Luck.

I saw the angel in the marble and carved until I set him free. – Michelangelo



Lesson 17: Final Thoughts

“Making good choices is the best way to celebrate life” ERP



The first degree is the beginning of a wonderful journey filled with learning and growth on so many different levels. Many people find that the first degree is all they need to study and incorporate, to lead a more fulfilling life. As the first degree connects the student to the universal life force and gives them the tools to heal themselves, their family and others.

Many people have been drawn to Reiki and find that it changes their lives for the better. Reiki brings a sense of purpose, knowledge direction, calm and equilibrium into a chaotic world. Reiki works with most modalities and is a great compliment to orthodox medical care, particularly post-operatively health care, helping to accelerate the natural healing process.

Reiki is a special gift to be cherished and used every day. We urge you to incorporate Reiki into your lives for your own self-development first. The healthier and more connected you are the better facilitator you will become, first for yourself and then if you choose in service to others.

Life is an adventure. Be of Service while you enjoy it!

