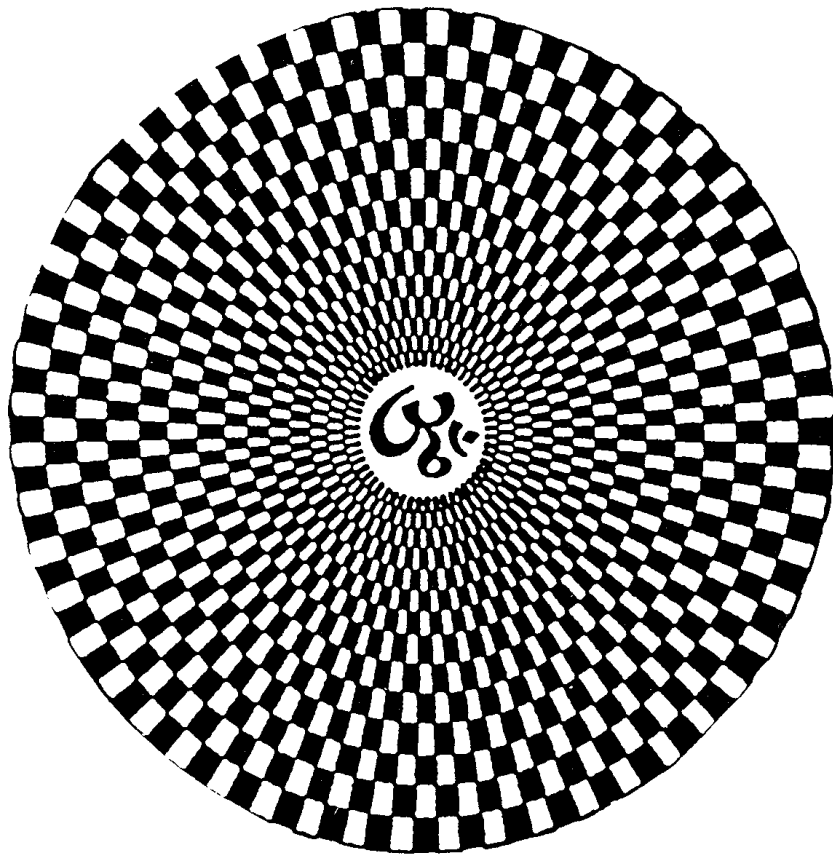


# REIKI LEVEL I

*Universal Life Force Energy*



Jesse Mitchell

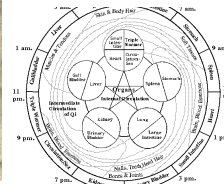
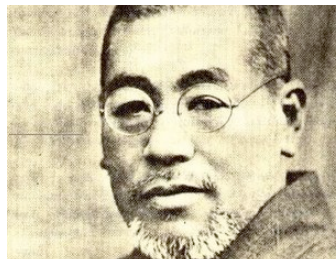
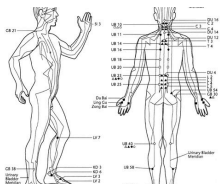
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# REIKI I

## *Universal Life Force Energy*

Reiki I is taught as a day long course  
and should be practiced for  
at least 30 days before Reiki II

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## Characteristics of Traditional and Holistic Health Care

This Course does not advocate the use of any medical treatment.

TRADITIONAL HEALTH CARE	HOLISTIC HEALTH CARE
Treatment of Symptoms	Search for Patterns and Causes
Specialized	Integrated concern for the whole Person
Emphasis on efficiency	Emphasis on human values
Professional should be emotionally neutral	Professional's caring is a component of healing
Pain and disease are negative	Pain and disease may be a valuable signal of internal conflict and may provide an opportunity for growth
Primary intervention with drugs or surgery	Minimum intervention with appropriate surgery technology, complimented with a full range of non-invasive techniques(psychotherapies, diet, exercise, etc.)
Body seen as a machine in good or bad repair	Body seen asa a dynamic system, a complex energy field within fields(personality, family, workplace, environment, culture, life history, individual biochemistry)
Disease or disability seen as an entity	Disease or disability seen as a process
Emphasis on Eliminating symptoms of disease	Emphasis is on achieving maximum body-mind health

## Degrees of Reiki

1. **First Degree Reiki** is the basic course which includes four energy activations per person and complete training in the scientific method of applying this energy to your entire physical-emotional-mental-spiritual dimensions. You are also instructed in how to give a treatment to family members, friends, pets, and plants. In addition you will be learning about positive wellness, healing, balancing energy, how to treat specific disorders with Reiki and attaining wholeness.
2. **Second Degree Reiki** is available to those who have taken first degree and includes another level of energy-power activation. You are also taught a special technique which is effective in treating deeply rooted emotional and mental disorders, a technique for precise, effective absentee healing and techniques for your own personal growth and transformation. Second degree Reiki teaches you to direct energy on dimensions other than the physical
3. **Third Degree Reiki** is available for personal growth and transformation. It is specially designed for those who desire to continue further into the Reiki technique without being certified to or fully qualified to teach Reiki. The course is complete with full Reiki Third Degree power and special instruction in the attunement process.
4. **Third Degree Reiki: Teacher Certification Program** is the Master/Teacher level of Reiki which includes complete instruction in the process of doing the first and second degree activations and complete training in teaching a Reiki Seminar. It comes complete with the Third Degree energy activation.

The Third Degree Reiki for both Personal Growth and Teacher Certification includes advanced techniques for activating and balancing energy, for healing, for wholeness, for personal growth, transformation and ultimately, for enlightenment. All three degrees of Reiki enhance and promote expanded consciousness, spiritual awareness and strength.

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notes:

# Reiki Combined with Other Therapies & Techniques

The Reiki method, per se, consists of a series of activating energies and a precise method of applying this energy. However, Reiki taps into universal life energy and can definitely be used with many other therapies to enhance and to facilitate your healing process.

REIKI enhances medical treatments and does not interfere or conflict in any way with medications, surgery or other medical procedures.

REIKI is especially effective and helpful when used prior to and immediately after surgery.

REIKI can be combined easily with various forms of meditation, with Yoga and with other forms of exercise and/or athletics to achieve desired results effectively.

REIKI combines with and enhances massage techniques, Rolfing, Chiropractic, psychological therapies, accupressure, therapeutic touch, polarity, meridian techniques, and non-touch as well as touch healing methods.

REIKI in its complete treatment, balances and aligns all the major centers(chakras) naturally. No additional techniques are necessary.

REIKI is essential for restoring and maintaining energy and positive wellness in combination with weight control techniques and/or when fasting.

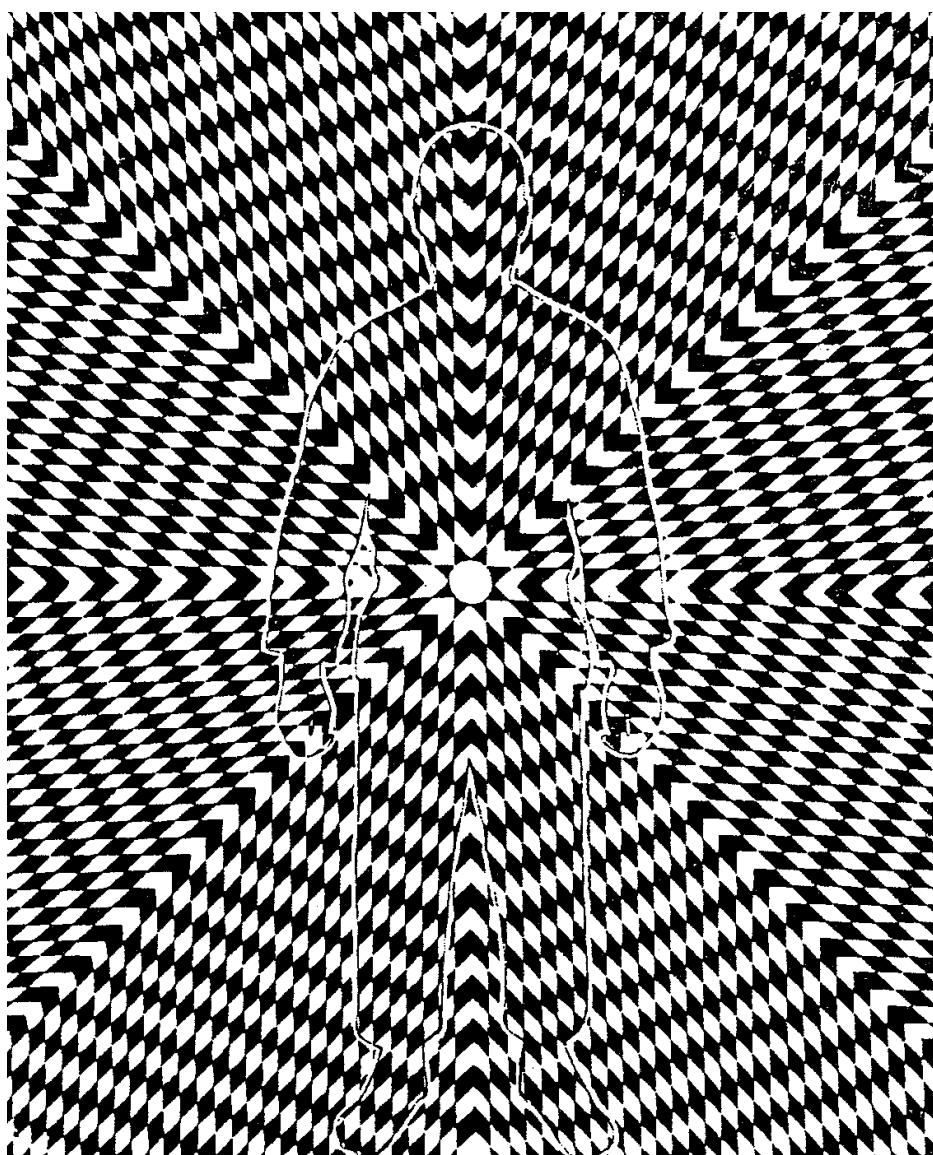
REIKI combined with therapeutic music promotes a beautiful, healing experience.

REIKI cannot in any way be used to harm anyone. Reiki is completely safe at all times, in all situations, and adjusts naturally to the receiver's needs.

REIKI safely promotes your natural process of healing, of maintaining wellness and of preventing imbalances. When you need additional information and treatment, seek help from a medical expert. If you are interested in vitamin and diet therapies or other techniques, go to a person properly qualified to assist you. In promoting a life-long sense of wellness and wholeness, each one of us has to find the combinations suited to our individual needs.

What works for one person might not for another. What is safe for one person might be harmful, even fatal, to another.

Use your Reiki every day! Consult with a qualified, certified person in reference to all other therapies and techniques and rely on your own knowledge of yourself and your common sense in assessing your individual needs.



## The History of Reiki

This type of Reiki is called Usui Reiki so named for the head of this lineage, Dr. Mikao Usui.

### HISTORY OF REIKI - ABBREVIATED VERSION

Reiki was rediscovered in the middle of the 19th century by a Christian monk named Mikao Usui. Grand Master Hawayo Takata (1900 - 1980) tells this story of Usui's search for the secret knowledge.

Dr. Usui was the principal of a Christian seminary in Kyoto, Japan. His students asked him if he knew the healing methods of Jesus and could he demonstrate them, but Usui had no answers. He left his position at the seminary to study Christianity in a Christian country, believing there he would find an answer. He arrived in America where he attended the University of Chicago and became a Doctor of Theology. Still he could find no Christian writings on hands-on healing. Usui learned to read Chinese, English, and Sanskrit. He found nothing searching through Chinese scripts and eventually travelled to North India to study the Holy Writings.

Returning to Japan where he lived in a monastery in Kyoto, he discovered some Sanskrit formulas and symbols in old Buddhist Sutras which promised answers to his quest. He travelled to the Holy Mountain of Kuriyama to fast and meditate for 21 days in hopes of attuning himself to the level of consciousness described in the Sanskrit formulas. He placed 21 small stones in front of him to count the passing of the days. During this time on the mountain he read in the Sutras, sang, and meditated upon the symbols.

Nothing unusual happened until the last day. He saw a shining light moving towards him at phenomenal speed, growing larger and larger until it finally hit him in the center of his forehead. Millions of multi-colored bubbles, blue, lilac, and pink, appeared in his vision. Then a great white light appeared, and he saw the secret Sanskrit symbols in front of him, glowing in shimmering gold. Thus was the Usui System of Reiki Natural Healing birthed into his consciousness.

The sun was shining high in the sky when Dr. Usui returned to a normal state of consciousness. With elated spirit and a sense of strength, he rushed down the mountain to share this "gift" with the world. In his haste, he stubbed his toe on a rock. Falling to the ground he instinctively grabbed his toe in both hands for a few minutes. The bleeding stopped and the pain disappeared. This was the first miracle.

Further down the mountain he stopped at an inn along the wayside and ordered a huge Japanese breakfast. He was very hungry, but the innkeeper warned him not to eat so large a meal after fasting for so long. Dr. Usui was able to enjoy the feast without any adverse effect whatsoever. This was the second miracle.

The granddaughter of the innkeeper had been suffering from a terrible toothache for several days. Usui laid his hands upon her swollen face. Immediately the pain was relieved. This guest was no ordinary monk, she told her grandfather. This was the third miracle.

Usui returned to the monastery, but decided he should use this precious gift of healing to help the beggars in the slums of Kyoto to lead a better life. He spent seven years in the asylum treating the illnesses of many. One day, however, he noticed that the same old faces kept returning. "Why", he asked, "have you not begun a better life?" Working was too troublesome, the beggars answered. It was easier to live on hand-outs.

Dr. Usui was deeply shaken and wept, for he realized that he had forgotten something of great importance in healing work: to teach gratitude. Therefore he created the following Reiki principles:

### *Ethical Principles of Reiki*

*Just for today  
do not worry.*

*Just for today  
do not anger.*

*Honor your parents, teachers  
and elders.*

*Earn your living honestly.*

*Show gratitude  
to everything.*

Dr. Mikao Usui



He left the asylum and returned to Kyoto, carrying a large torch through the streets. When people asked why he was standing with a torch in the street he replied, "I am looking for people in search of the True Light, people who are ill and oppressed and who long to be healed." Thus began a new chapter in his life during which Dr. Usui travelled throughout Japan teaching Reiki.

Dr. Usui is now buried in a Kyoto temple, the story of his life written on his gravestone. It is said that his grave was honored by the Emperor of Japan. One of Usui's closest collaborators, Dr. Chijiro Hayashi, took over the work, becoming the second Reiki Grand Master in a line of tradition. He ran a private clinic in Tokyo until 1940, where unusually severe illnesses and diseases could be treated with Reiki. Here, a woman from Hawaii, Hawayo Takata, received her first Reiki treatment and was inspired to study with Hayashi. She says that the hands of the Reiki practitioners were so hot, she was certain that they were hiding some sort of battery in the sleeves of their kimonos. She grabbed one of their arms to disclose their trick, but found nothing up his sleeve. Hayashi initiated Takata as a Reiki Master in 1938. On his death in 1941, she became the third Grand Master of Reiki. She lived and healed in Hawaii for many years and first began to train Reiki Masters when she was seventy-four years of age. On December 11, 1980, Hawayo Takata passed to the higher side of life leaving behind 22 Reiki Masters in the USA and Canada. She initiated 21 of them to carry on the great work.

Because this was a very esoteric science passed on by word of mouth, it eventually disappeared. Then in the late 1800's, Dr. Mikao Usui, spurred to begin personal research on ancient healing methods by students who questioned how Jesus and Buddha healed others, rediscovered in some ancient sanscrit text the Reiki symbols used as the catalyst for this meditation technique. He went into seclusion upon a mountain in Japan to test the method upon himself. After 21 days of fasting upon the mountain, Dr. Usui had what some would call a vision, or inner plane experience akin to a hallucinogenic revelation. The inner planes were opened to him and he experienced the Reiki symbols in a higher spiritual vibration than before. It was at this time that he began to teach and work with the sick in body, mind, and spirit.

Although the system which has emerged from this rediscovery is very different from the original system, much of the essence has been preserved. The original system takes many days of intense concentration and memorization coupled with exercises and postures. Modern Reiki training is not so intensive and even the symbols have undergone some revision to appeal to the western mind. Even still, the techniques are basically the same as the Lama's of ancient Tibet. We teach the integration of heart and mind as one, thought forming healing, stimulation through visualization and imagery, and rituals of Ha/Ahi/Wai (breath, fire, water).

You are a student of the Johrei Reiki System, "The Way of the Fire Dragon."

THE SACRED SYSTEM OF RAKU KEI



Reiki practitioners are sometimes asked to identify their teacher "lineage." Your lineage begins with me. I was first initiated by Linda Ball who was taught by Gavin Rowley, who was taught by James Davis, who in turn was taught by Arthur Robertson. Mr. Robertson's teacher was Virginia Samdahl, supposedly the first occidental Reiki master in the U.S.A. Then he studied in the late 70's and 80's under Reiki master teacher Iris Ishikuro of Hawaii and California. Iris was initiated into the system by Grand Master Hawaya Takata in 1973 and was very close to her for many years. Hawayo Takata was taught by Dr. Usui's successor, Dr. Chijiro Hayashi.

Hawayo Takata's granddaughter, Phyllis Furomoto, was previously the director of the Reiki alliance (RA). There is also the American International Reiki association (AIRA), headed by Dr. Barbara Weber Ray. Perhaps for legal reasons, the AIRA has obtained the trade name "The official Reiki Program" as a term for Reiki training and "The Radiance Technique" to indicate what we call Reiki treatments.

## Guidelines for using Reiki

### **What to do before beginning a Reiki treatment:**

1. Wash your hands before and after treating, include other hygiene measures as appropriate.
2. Remove shoes, glasses, belts, cumbersome jewelry and other articles of apparel which are bulky or extra tight. Complete disrobing is not necessary nor is it recommended.
3. Uncross legs.
4. When doing the Reiki positions, keep your fingers together scattered fingers make scattered energy!
5. Give the full Reiki treatment except in emergencies/ accidents and on-the-spot stress reduction - treat as needed.
6. Unless you are an M.D. or otherwise properly licensed, do not diagnose or prescribe medications and/or vitamins.

7. Make yourself and the person receiving the Reiki comfortable in a sitting or reclining position. Use a table with padding a couch, a bed, a chair, or the floor. Use a pillow under the knees, head and or lower back if needed or requested.
8. When giving another person Reiki, use a kleenex or cloth for head position # 1 keep a box of kleenex and a blanket or sheet nearby.
9. It is helpful to know about any disorders or surgery or to know what the person's goal is with Reiki. Sharing such information is helpful to all involved.
10. Create a safe, quiet caring comfortable environment. Soothing anti-frantic music is recommended.
11. A minimum of 3 consecutive, daily, Reiki treatments is recommended when you treat another person for the first time-the number and frequency of additional sessions can be determined after these initial 3 sessions.
12. Continue with Reiki treatments until the energy is balanced and healing and wholeness are restored.

**Included In Your Seminar:**

1. Instruction by a certified, professional Reiki Master Teacher.
2. A Series of four completely safe activating aligning energy attunements.
3. Instruction on how to activate at will, your Reiki energy power.
4. Instructions on directing and applying Reiki energy in a precise, scientific way which is easy to learn and to remember.

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notes:

## The Steps in Giving a Reiki Treatment

There are times when you will spontaneously decide to give a person Reiki, such as when a friend or family member become injured. In these cases, all that is required is laying on your hands and letting the Reiki flow. However, when you set an appointment to give a person a formal Reiki treatment, especially if you begin a Reiki practice, you will want to make some preparations before the person arrives. Here are some suggestions:

1. **Clear yourself.** Imagine a column of white light coming down through the crown chakra and moving down the body, activating each of the chakras, front and back.
2. **Protect yourself.** send pink light from your heart. Let the light form a bubble around you and state your intention that you are now protected.
3. **Ground Yourself.** Put a root into the ground and experience your connection with the earth.
4. **Charging exercises.** Exercises that increase your energy level. Loosen muscles, especially in the neck and back areas.
5. **Kanji hand positions.**
6. **Clear the space.** Direct Reiki from the corners of the room to the healing area
7. **Other ideas:** wash your hands before and after a Reiki treatment .

### **Once the client has arrived:**

1. spend a few moments talking with the person and explain the hand positions you will use.
2. Make certain you and your friend are in a comfortable position.
3. Ask your friend to close his eyes and meditate on being thankful and open to the healing energies.
4. Scan.
5. Beginning at the head, state your intent, ex. : "I intend to send all that heals, blesses and nourishes to myself and the one before me. This or something better, for our highest purpose. Thy will be done." Always release your statement with "Thy will be done" .
6. Begin the hand positions.
7. other ideas:

After completing the hand positions, sweep your friends energy field and "fluff" it up. surround them in a cocoon of gold light for their protection. You can use three infinity symbols on the

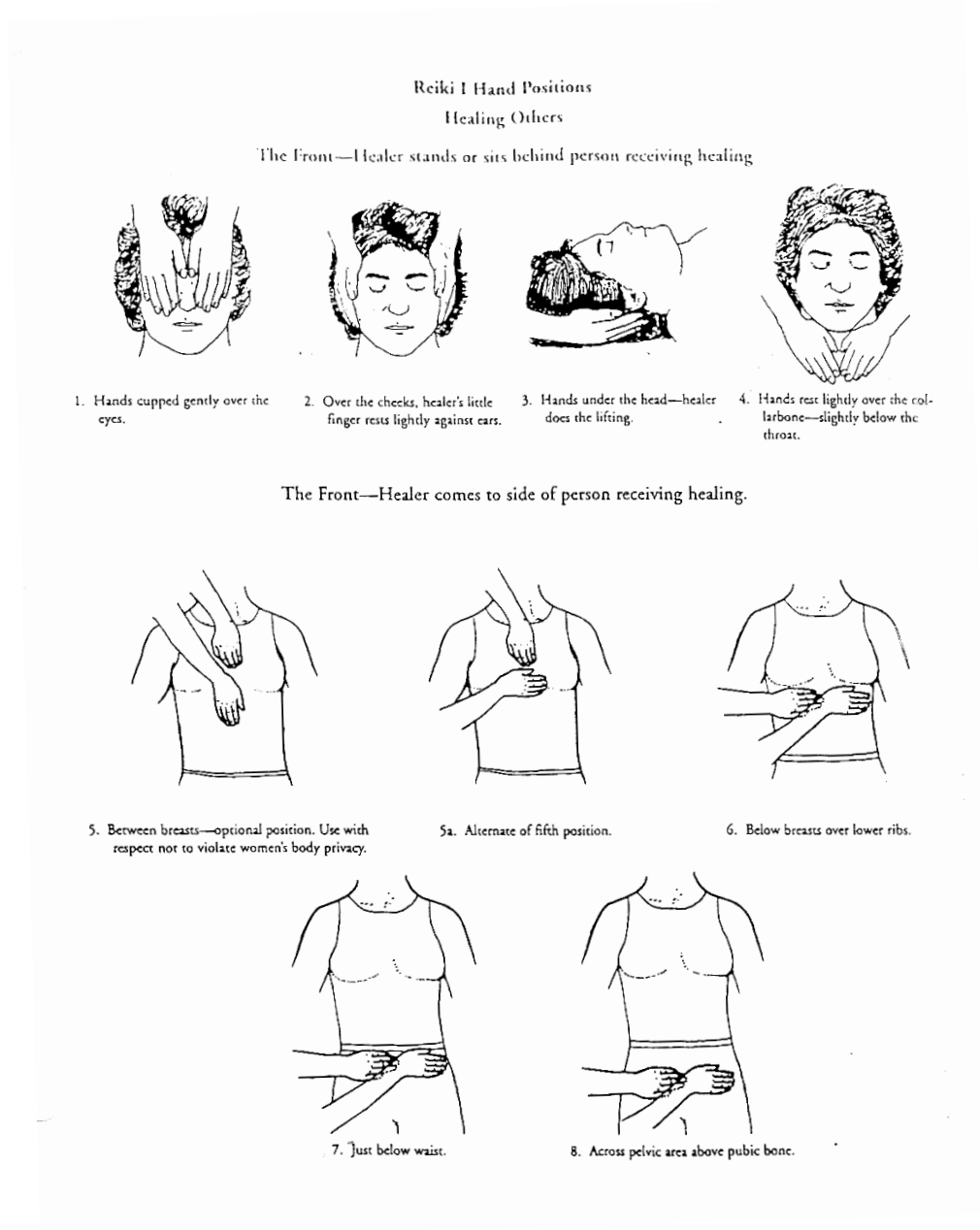
cocoon. Stand back a few feet and project a blessing to your friend and feel the gratitude for being honored to assist in his healing process. Open to receive the blessing of Reiki for yourself. Allow your friend to lie still for several minutes before arising.

A sample blessing for your friend at the end of a treatment is:

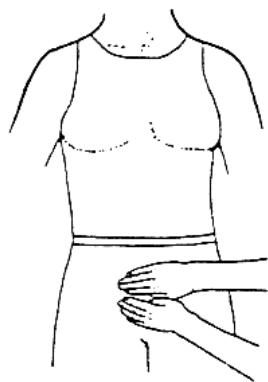
May the light of G-d surround you, the love of G-d enfold you, the power of G-d protect you, and the presence of G-d watch over you. Wherever you are G-d is and all is well. Thank you Father-Mother-Creator-G-d.

## Reiki Hand Positions

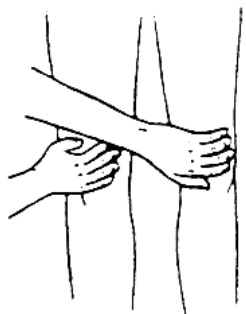
These images are taken from Diane Stein's book: the Essentials of Reiki



The Front—Healer moves further down the side.



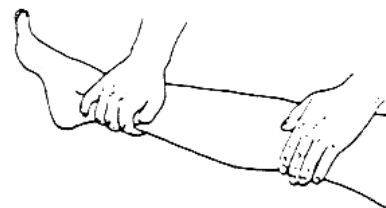
9. Both hands across lower abdomen above pubic bone.



10. Front of both knees.



11. Front of both ankles.



11a. Ankle and knee at once. Do both legs. Preferred position—combines 10 and 11.

The Front—Healer moves to bottom, facing feet of person receiving healing.



12. Bottoms of both feet.



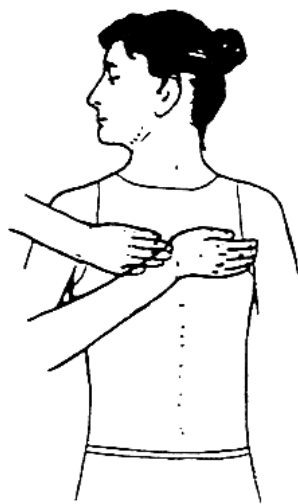
12a-12b. Alternate of twelfth position. Bottoms of both feet done one at a time.

The Front—Healer returns to the head of the person receiving the healing.

13. Optional head position—One hand on crown and other hand on back of head (at occiput). Person receiving healing will have her head turned to the side.



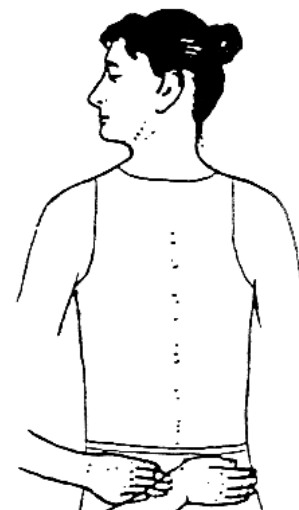
14. Back of neck. (Healer moves to receiver's side.)



15. Over shoulder blades.

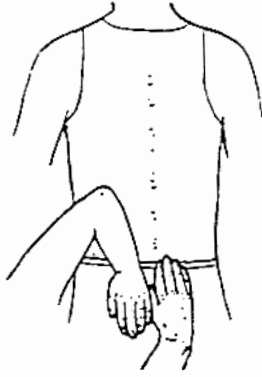


16. Middle back.

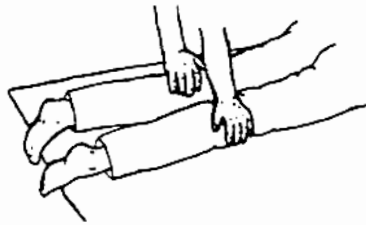


17. Lower back below waist—over sacrum.

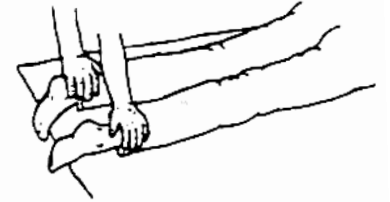
Reiki I Hand Positions  
 Healing Others  
 The Back



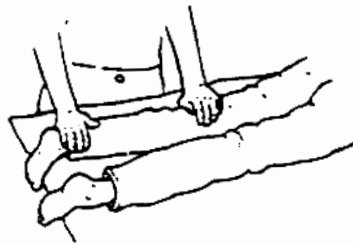
18. Over tailbone (coccyx)—optional position.



19. Backs of both knees.



20. Backs of both ankles.



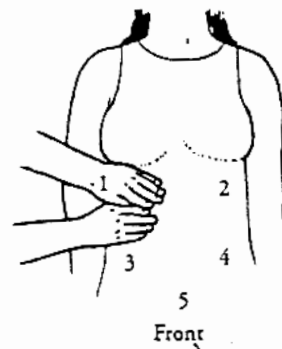
20a. Hold back of one knee and ankle together.  
 Do both legs.



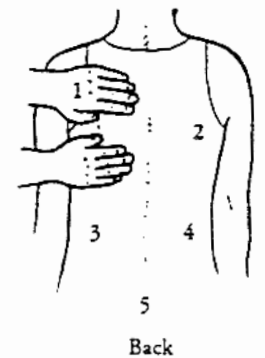
21. Bottoms of both feet.

Optional Hand Placement Alternative

Optional hand placement alternative for torso and back. Place hands side by side instead of end to end.  
 Replaces hand positions 6, 7, 8 and 9 on front and 15, 16, 17 and 18 on back.



Front



Back

**Section B:** Guide for Positions — This Chart is to be used as a guideline and can be extended in class discussion as appropriate. Written permission to reproduce this chart in any form must be obtained from the A.I.R.A.

**POSITIONS**

**HEAD:**

Physical	[Psychological]		Higher Consciousness Spiritual Growth
	Emotional	Mental	
<p>#1 Balances <i>Master</i> Pituitary and Pineal Glands <i>Spiritual Opening</i> Anything with eyes: vision, color, clarity, stress or tension, glaucoma, disease. Sinus problems. Nose or mucus problems. <i>Drinkles</i> Teeth and Jaws.</p>	<p>Shuts out external stimuli. Relieves anxiety. Reduces stress. Relaxation.</p>	<p>Relieves Confusion Mental Balancing Clarity of thoughts, Ideas. Concentration. Centering.</p>	<p>Turning to Inner Self Inner Wisdom &amp; Guidance. Openness to higher energies. Universal Awakening. Meditation.</p>
<p>#2 Brain—the top of consciousness. With #3 helps with headaches, seizures, balances pituitary and pineal glands. Endorphins Pain release Shock, Motion Sickness <i>Integration ideas</i> <i>Integration #3 &amp; #4</i></p>	<p>Right-Left Brain Balance. Worry, hysteria, stress. Promotes serenity. Assists in relieving depression. Use while the condition is present. Dream Recall</p>	<p><i>Integration ideas</i> Promotes productivity, Creativity. Depression. Clarity of thought. Retention of information. Thinking things through. Improves memory. Promotes calmness. <i>Comprehension</i></p>	<p>Clarity of response. Increases capacity for receiving higher energy. Expands Cosmic awareness/ consciousness. Openness. Universality. Clarity of Vision.</p>
<p>#3 Speech Problems Weight, Vision, Color. Bottom of brain, cerebellum, medulla and occipital lobe. With #2 for headaches, eyes. Balance and coordination. Waking up and going to sleep.</p>	<p>Fear, shock, worry, irritation. Stress Relaxation Comforting, Nurturing. Pain Relief Withdrawal Dream Recall</p>	<p><i>Integration ideas</i> Calms the thoughts. Depression Sense of Well-Being Clear expression of thoughts &amp; ideas. Creativity, Productivity Serenity <i>Scholar</i></p>	<p>Openness Reaches the Third Eye. See the whole. Expands vision, wholeness. Universal Vision Receiving higher energies. <i>Let Brain</i> <i>Integration</i></p>
<p>#4 Circulation, strokes Tonsils, throat, larynx, thyroid and parathyroid. Metabolism - <i>Weight Control</i> Balances blood pressure-either high or low. Lymphatic Draining</p>	<p>Self-confidence Anger, hostility, resentment. Uptight, Frustration Self-esteem Joy Balance Nurturing/ Comforting.</p>	<p>Calmness Sense of Well-being. Clarity. Stabilizing.</p>	<p><i>Will Center</i> Throat is a power force-creative center. Creativity, Productivity, Communications. ←</p>

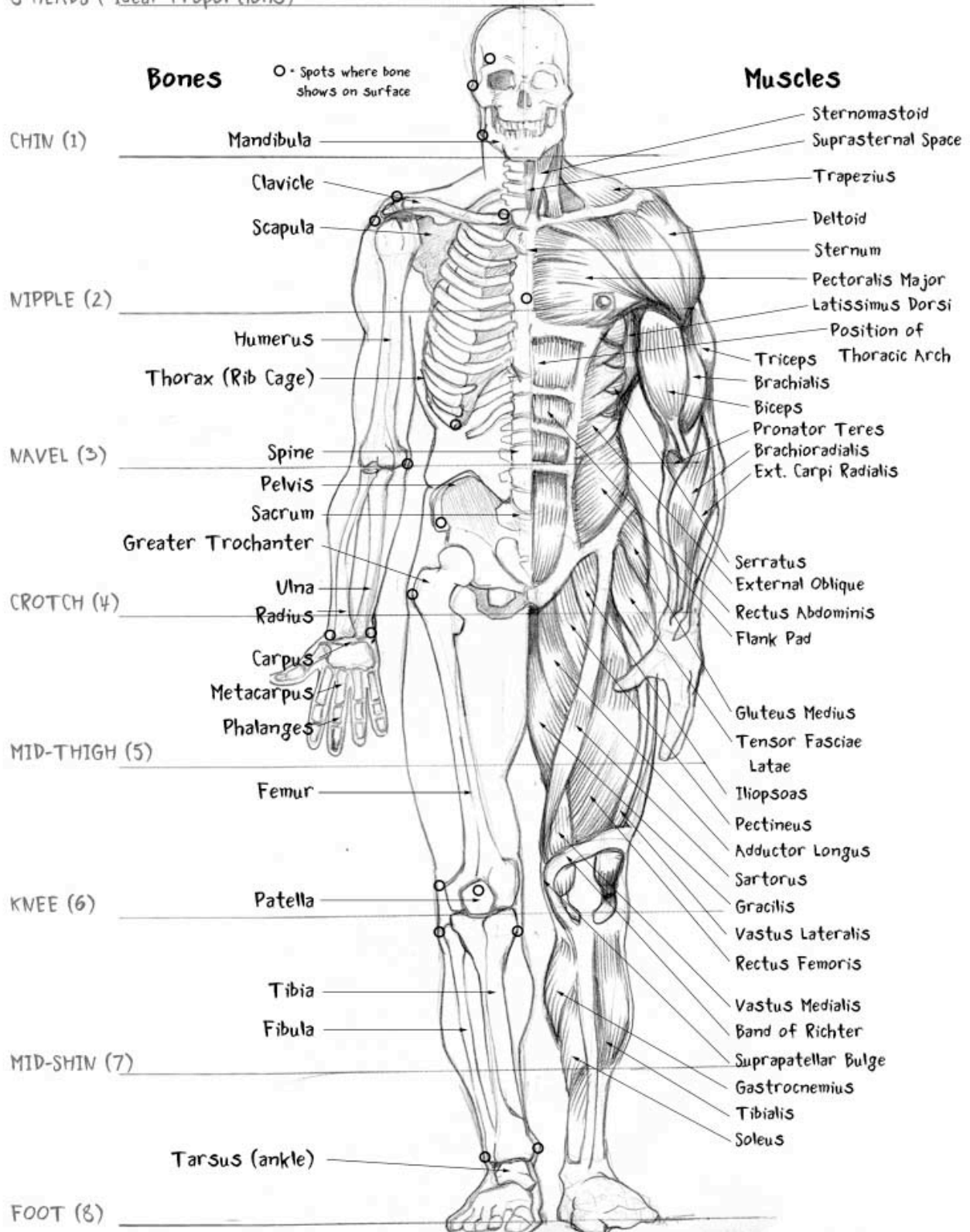


Physical	Emotional	Mental	Higher Consciousness Spiritual Growth
#1 Heart and lungs, plus the thymus+ which affects the immune system. Circulation Lymphatic draining <i>Heart Attack</i> <i>Aging</i>	Nurturing/self- confidence Capacity to love-in the heart center. Balances: anger, resentment, jealousy, hostility. Acceptance not re- signation. Trust. Stress release.	Calmness Serenity Concentration Harmony	Unconditional love. Joy Bliss Stability "Heart meld" Compassion
#2 Liver Stomach, spleen, gall bladder Digestion <i>Brath</i>	Relaxation Stress release Release fears →	Clarity Centering	Calm, Serenity Openness to receive higher energy
#3 Lower liver, pancreas, gall bladder, spleen, transverse colon. Solar plexus.	Stress reduction. Hysteria, frustration, anxiety. <b>!</b> Need to control or <b>!</b> manipulation. Strength or self-confidence.	Depression. Mental confusion. Increases confidence. Self-esteem.	Accept <u>without a</u> → need to <u>control</u> . Inner power and strength.
#4 Lymphatic Draining Toxin release Large/small intestines, bladder, ovaries, uterus, prostate. <i>Fertility</i> Migraines Constipation/Diarrhea	Creativity ←→ Frees emotional responses for sexual health ←→ Anxiety, fears. Release fears & uptight feelings.	Release from holding patterns and rigid thinking. Flexibility Adaptability.	Expansion of consciousness. Openness to Universal perspective.

BACK:

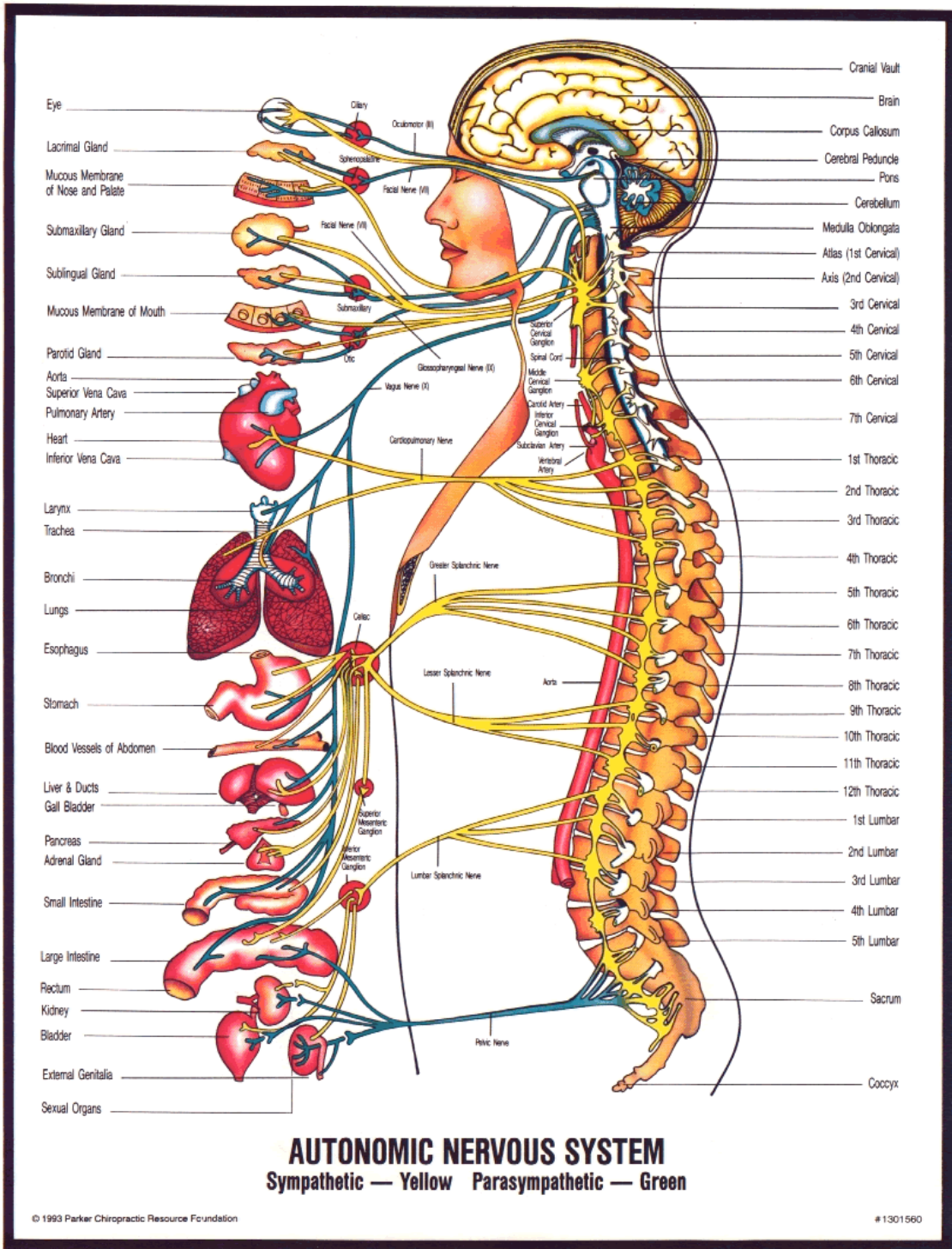
Physical	Emotional	Mental	Higher Consciousness Spiritual Growth
#1 Trapezius, thoraco- lumbar. Spinal cord difficulties. Neck. Breakdown of the nervous system.	Stress reduction Relaxation Self-Confidence Tension release.	Calmness Centering Stability	Receiving higher energies. Serenity Flexibility Communications
#2 Same as Front #1			
#3 Same as Front. plus adrenals, kidneys.	<i>Stress registered thru Ad. Seat of Emotional + Mental</i>	<i>Strength or Weakness</i>	
#4 Same as Front. plus coccyx, nerves.			

8 HEADS ("Ideal" Proportions)



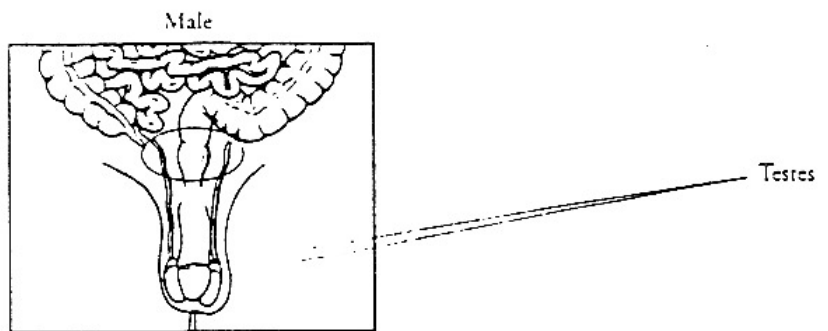
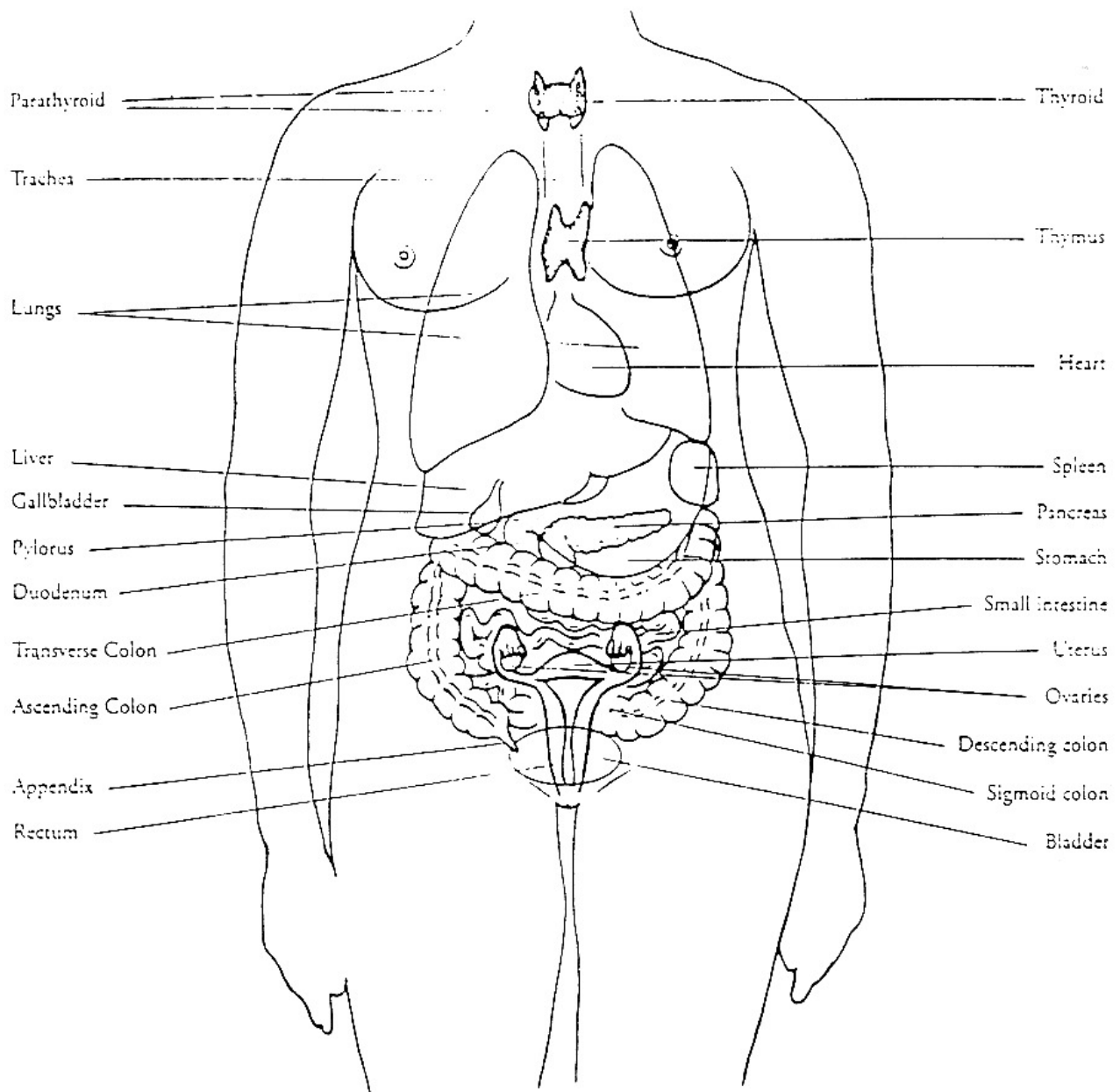
gtnbit.com - July, 2007

Sources: Atlas of Human Anatomy for the Artist by Peck.  
Figure Drawing For All It's Worth by Loomis



notes:

## Location of Major Body Organs—Front View



# *The Healing Curve*

**T**he healing curve is the time period that an illness requires to reverse itself to a state of health (wellness). A physical unwellness is unbalanced energy within the emotional, mental, higher conscious, and spiritual etheric bodies that has manifested in the physical body. The location of the unwellness is directly related to the imbalance “above” which has resided in the body “below.”

All states of physical unwellness correspond to an esoteric anatomical emotional misalignment that has not been dealt with properly. In other words, the “tic marks” in Pandora’s Box have begun to overflow into the body and to affect its functioning. Unresolved stress produces a sickness (pathology), a result of the trauma.

We work with these “awakened” traumas by realizing the person’s physical energy. However, the emotional stage is dealt with on more subtle levels in most cases. In the following material, I will present the various levels of cleansing that take place simultaneously within the healee. Remember that we work on three levels, Body, Mind and Emotion and that the energy of Reiki effects multidimensional changes. These changes need to be understood so that the practitioner is able to help the healee work through the realignment period with a positive frame of mind.

## Elimination of Pain Through Proper Treatments

Physical disorders fall into one of three general categories (degrees of imbalance). Acute (inflammatory); Subacute (less inflammatory); Chronic (a lingering condition). When we begin Reiki treatments, the client will go through these three conditions as stages of the healing process. No matter what category he may be in at the beginning of the healing process, he will experience first acute, then sub-acute, and then chronic symptoms. The average period of time is three days if treatments are given three days in a row. The reason for the three treatments in a row for problematic physical imbalances (pathological disorders) is to quickly establish the balance, while eliminating any pains, aches and toxins from the body.

So, the commitment of both the healee and the healer must include scheduling three treatments in a row, also, that subsequent treatments will be given at regular intervals thereafter. A person reaches a state of health by progressively reestablishing energy patterns in the direction of a balance which results in a continued production of healthy energy.

## Starting up the Motor

When the body parts begin to be stimulated by the healing energy one of the more common responses is, "It hurts more." Actually, this might not be the whole truth. The body is a fine-tuned instrument which works in a way that is both simple and complex; each part has a specific function; yet many parts jointly support one another in an emergency. We can also look at the body as a car engine to help us see the analogy of "starting up" an imbalanced or dysfunctional part or organ.

A new piston in an old engine must become tuned and broken-in before it will run smoothly. The same is true for an imbalanced part of the body, it reacts a little differently. As the balancing begins, the nerves send messages to the brain saying, "I feel different down here." What they are actually saying is, "I am beginning to function." The awareness of pain is the "awakening" of the nerves, tissue and blood supply in the imbalanced area, beginning the release of toxins (thought-forms). At the same time replacement of nutrients, proper body chemical balancing and reorganizing the biochemistry towards a healthy status begin.

The acute stage is the beginning registration of change in the body, the start of its journey towards wellness and health. This leads us to a purification process and through the three stages of the healing curve. This is explained in the following section on toxicity-purification.

### Toxicity: Purification Process

When the Reiki energy enters the body there is a large-scale release of toxic materials held in dead or malfunctioning cells in inert or non-circulating body fluids, in blocked lymphatic structures, and in the debris of tissue breakdown. The tissues and organs storing toxins (thought-forms) in the body will be points where, during healing, neurological sensitivity will be prominent. As the balancing energy enters the body, it will begin to stimulate the imbalanced parts, stirring up varying reactions.

One of the most common reactions comes from the actual toxin removal as they are released into the cardiovascular and lymphatic systems and then into the lungs, liver, skin, and gastrointestinal tract for elimination. A major part of this release of accumulated toxins comes from the liver.

This release, more often than not, at first causes the healee being treated to feel worse than before the treatment began. It must be understood that the entire body will detoxify in direct proportion to the amount of toxins it holds. This is the "inflammatory or acute" stage of the healing. In fact, it is not uncommon for a person to have a flare-up, somewhat worse than existed before the treatment. The degree of the acuteness tells us how toxic

the client really is. If it occurs throughout the body and is not localized to the imbalanced area, then we can safely assume that the level of psycho-physical imbalance has been present for some time period, or that the client has recently been on a diet highly toxic to his metabolism.

As the treatments continue into the second and third day, the body will continue to improve; as balanced energy displaces imbalanced energy.

### Baths for Detoxification and Pain

Cleansing the body of toxins, tension and pain can be facilitated by the use of a bath. If you or your client are experiencing muscle pain or swollen tissue, use 1 cup of Epsom salt in a tub of hot water for a 20 minute soak.

If the client is toxic with emotional stress, then have him use 1 pound of table salt and 1 pound of bicarbonate of soda in hot bath water. If the client has fear or symptoms similar thereto, then suggest he only stay in the bath for a "comfortable" period of time, 20 minutes will be the objective. The frequency of detoxifying baths can be regulated according to the need of the client. Have the client take a bath after the initial healing and thereafter, when they feel the need. The mental, physical and emotional equilibrium will benefit.

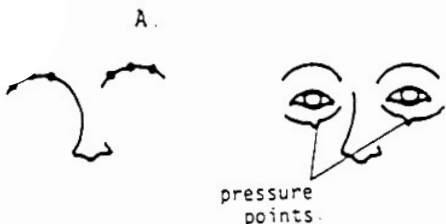
Clients have shared that the salt-soda bath does clear the residual feelings and thoughts acknowledged and/or confronted during the healing session. If your client is on fragile footing, suggest the bath to last within his emotional comfort zone. A 20 minute rest in total quiet afterwards is part of the treatment.

"Thought-forms"- the illusions of the emotions made physical

The trauma is not only emotional stress. The intellect has put forth enough "thought-forms" for them to now reside as a foreign element in the body; i.e., infection, cancer, calcium deposits, dysfunctional body parts, etc. We create in physical reality (our illusion) an imbalanced condition that "mirrors" the etheric body imbalances. Of course, we cannot forget that our Heart is our center and through it we always respond (consciously or unconsciously). Therefore, our "thought-forms" have a direct correspondence to how we feel about ourselves, to love and, its opposite, fear.

-excerpt from David Jarrell's *Reiki Plus*

### SINUS PRESSURE POINTS:



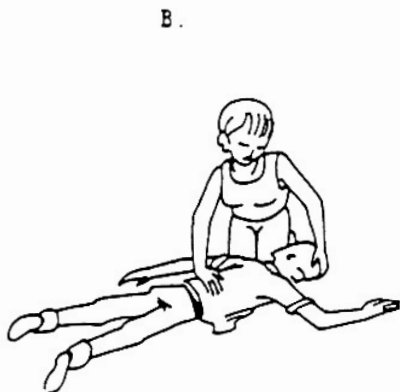
A. Place fingertips in notches on the upper orbital ridge of the eyebrow line; then,

B. Place index fingertips in center of lower orbital margin.

Reiki energy combined with gentle pressure helps to break up congestion in the sinuses

### FIRST AID:

Always check for Breathing, Bleeding, and Shock. Never move or attempt to lift an injured person because of possible damage to the spinal column. Call for medical assistance immediately. Never leave an injured person once assistance is rendered, until relieved by qualified medical personnel.



LH: Place on injured area of the body.

RH: Placed on the adrenal glands (Position #3, hand centered across spine) to prevent shock. If victim is supine, then place hand on the solar plexus to relieve stress in the adrenals.

### SANDWICHING AN INJURY:

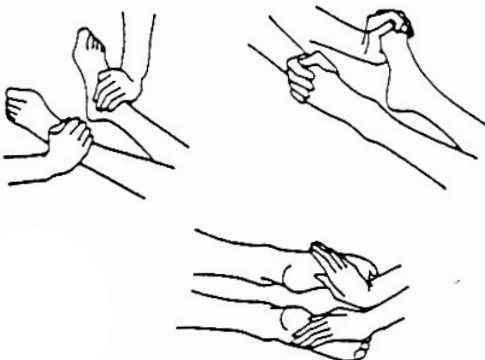
Treating a wound, broken bone (through cast), muscle tissue, or burn.



Broken bones need to be aligned and set before healing directly over the break. You may treat around the area to control swelling, bleeding and pain. We do have reports where broken bones were treated with Reiki before being set with the bone aligning itself; however, the author does not have sufficient evidence of this always working so please follow the above instructions.

In treating burns it is best to keep the burn covered until your hands cease to send the Reiki energy, which will continue after the elimination of the persons pain.

### TREATING THE FEET AND ANKLES



### GROUNDING AFTER A HEALING:

Touch your fingertips together to break the magnetic charge between you and the healee. Wash your hands and arms in cool water after completing the healing to discharge any collected energy in your auric field.





## HIGH or LOW BLOOD PRESSURE, STROKES AND MIGRAINES:

Place one hand on the back of the head in the #3 Position, while the other hand rests gently on the side of the neck over the carotid artery. Treat until the energy flow stabilizes and then place hands in reversed positions.

**SPECIAL NOTE:** In cases of very high blood pressure (pressure above 180), I suggest that you begin treatment with the hand placed on the neck and then off the neck for 30 second intervals. Increase the time on the neck each time you place the hand on the neck during the treatment. The length of time for this treatment position is until the energy is balanced. This precaution will prevent a radical change in the blood pressure, which could cause faintness and nausea.

Treating Others (Rear View):



Treating Self (Side View): treat both sides



Treating Others (Side View):



## SPECIAL POSITIONS FOR SPECIFIC IMBALANCES

### IMMUNE SYSTEMS STIMULATION

#### TREATING OTHERS:

Place the LH on the thymus (at junction of the 3rd rib and the sternum you will find a small opening just below where the ribs attach to the breast bone.

Place the RH on the Spleen (#2 Position left-hand side of the body).



#### TREATING SELF

Place LH on Thymus

Place RH on Spleen



# What is the Body Trying to Tell You?

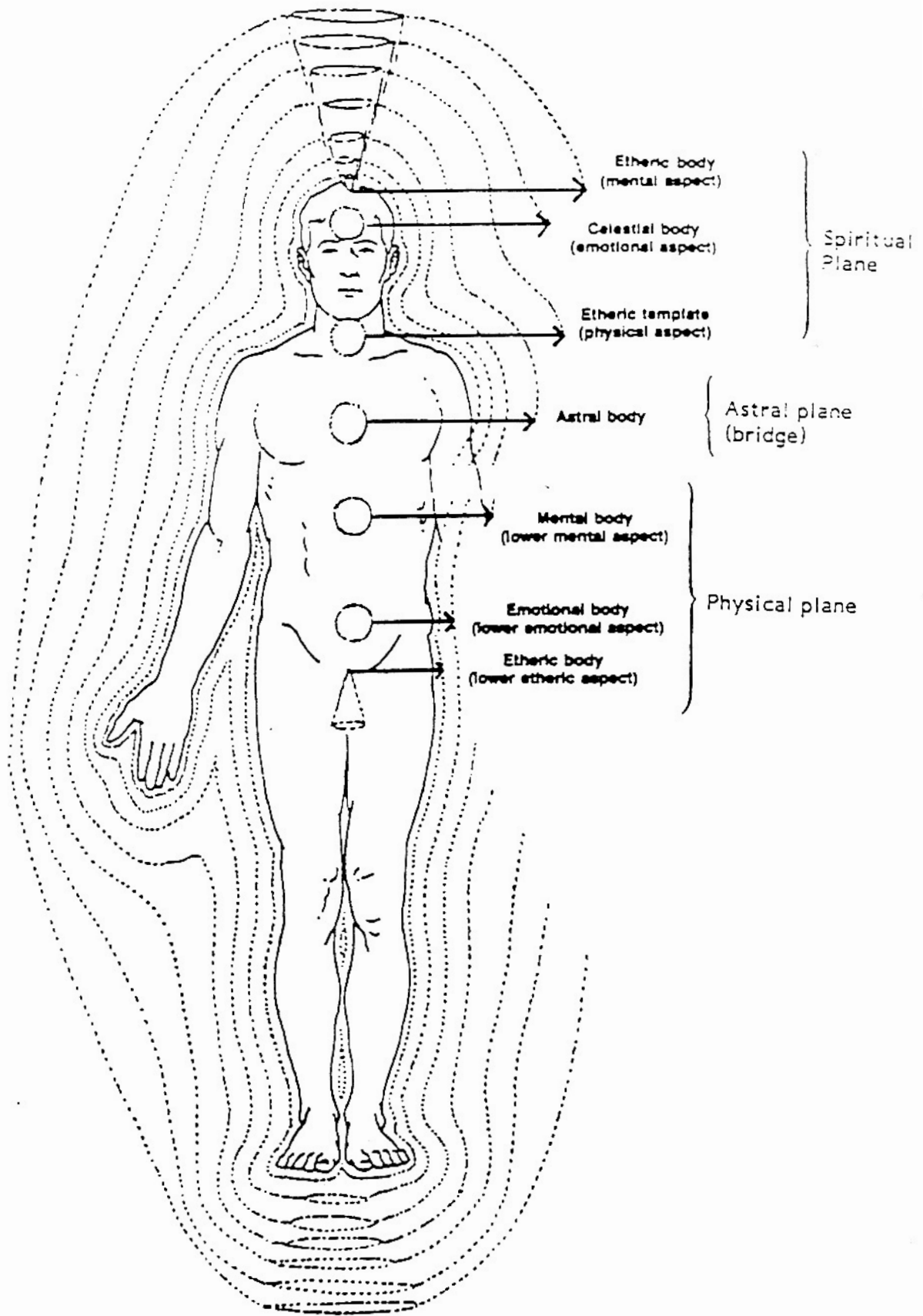
The body has many ways to provide you with clues to the solution of the cause for pain or dis-ease. Do not diagnose or prescribe any medical treatments. Licensed physicians need to be consulted for the symptoms; however, each person needs to be involved in the ultimate cure of their problem. All the Reiki practitioner can do is suggest what they would think about or try if they were in the same position. The following information is only a guide to help trigger your intuition.

There are many books describing that a particular ailment or body part means a particular emotional problem. Please keep in mind what the body part does for the whole and where that source of problem is in relation to the rest of the body. Below are key words that relate to the major body splits.

<u>RIGHT SIDE</u>	<u>LEFT SIDE</u>
Left brain hemisphere	Right brain hemisphere
Masculine	Feminine
Expansion	Contraction
Analytical	Orientation in space
Logical thinking	Artistic endeavors
Verbal & math functions	Intuition
Rational thought	Emotions
Assertiveness	Passivity
Authority	Holistic expression
Yang - Active	Yin - Receptive
Rash	Quiet
Hot	Cool
Aggressive	Gentle

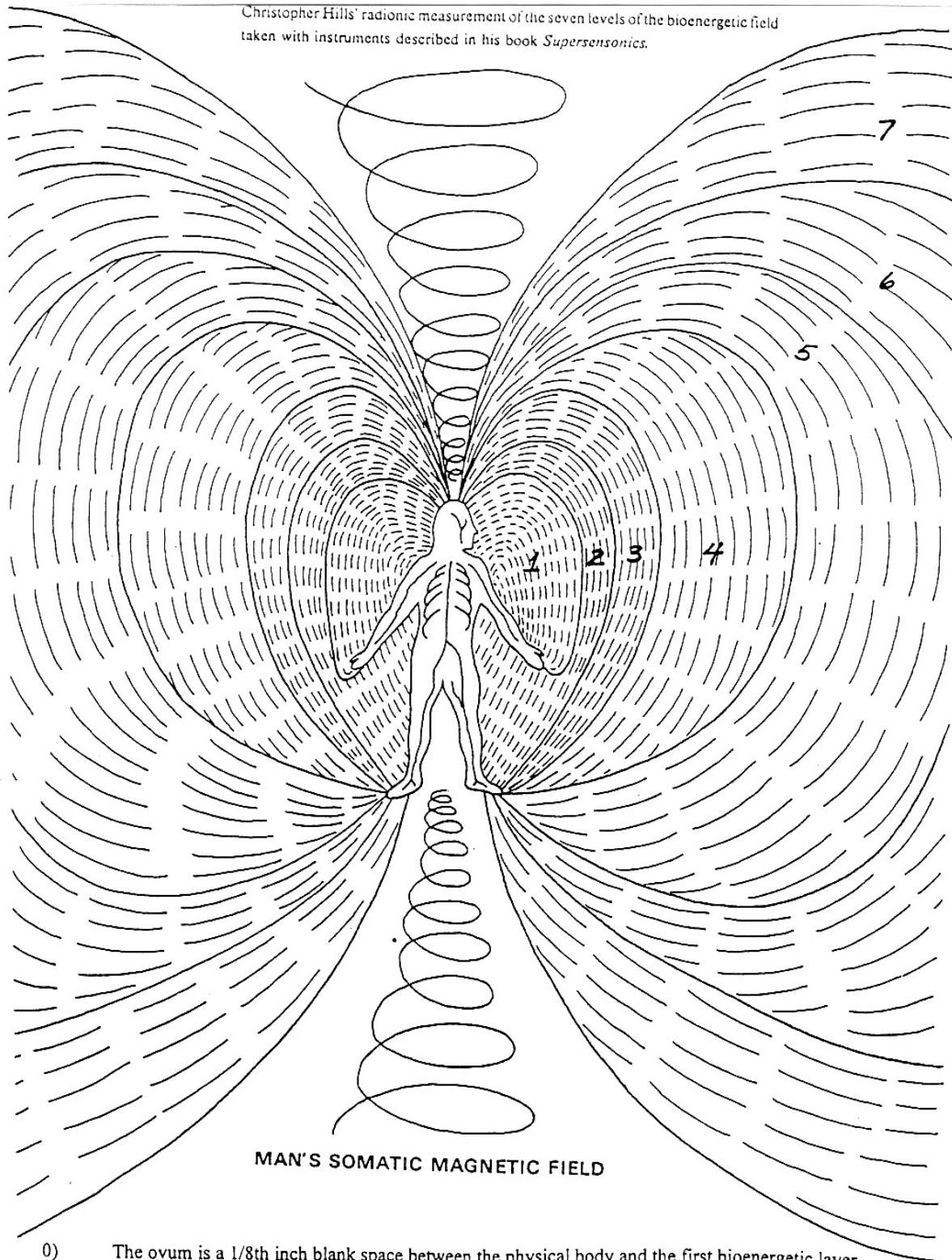
<u>TOP</u>	<u>BOTTOM</u>
Outward expression	Introspection
Aspirations	Earth contact
Manipulation	Supporting
Expressing	Privacy
Socializing	Homey-ness
Holding	Moving
Communicating	Groundedness
Seeing, hearing & speaking	Roots
Thinking	Emotional stability
Breathing	Balancing

<u>FRONT</u>	<u>BACK</u>
Social self	Private
Conscious self	Unconscious self
"Front" for others to see	Placing things behind the self
Things you will look at	Things you don't want to see
Open	Hidden



The Seven Layer Auric Body System

Christopher Hills' radionic measurement of the seven levels of the bioenergetic field taken with instruments described in his book *Supersensomics*.



- 0) The ovum is a 1/8th inch blank space between the physical body and the first bioenergetic layer.
- 1) The first layer is called the health band or the etheric layer. It radiates bluish-white under most normal conditions. If a person has a health problem, there will be localized dark spots related to the origin of the problem or the whole color of the aura may change.
- 2) The second layer is the emotional band which reflects the feeling state of the person's experience.
- 3) The third layer is the mental band which deals with the person's thought patterns.
- 4) The fourth layer is the para-conscious band which deals with intuition and extrasensory power.
- 5) The fifth or causal layer corresponds to personal karma or previous action.
- 6) The sixth layer is the spiritual band related to soul evolution.
- 7) The seventh layer is the cosmic band that connects us with universal consciousness.

## Seventh/Crown



Crown Chakra - located at the top of the head. Its function is understanding. Its inner state is: bliss. Its color is Violet and its planet is Uranus. Its stone is Amethyst. Its meditation is: I understand. Balancing this chakra is said to give vitality to the cerebrum and affects the development of psychic abilities. Energies: Air, Meditative, Intuition, Promotes thought.

## Sixth/Third Eye



Third Eye Chakra - located in the center of the forehead above the eyebrows. Its function is seeing, intuiting. Its inner state is: I know. Its color is indigo and its planet is Jupiter. Its stone is: Iolite. Its meditation is: I see. Balancing this chakra helps psychic perception and balances the pineal gland. Energies: Air, Meditative, Intuition, Promotes thought.

## Fifth/Throat



Throat Chakra - located in the throat. Its function is communication, creativity. Its inner state is synthesis of ideas into symbols. Its color is bright blue and its planets are Mercury and Neptune. Its stones are: Sodalite, Blue Lace Agate, Lapis Lazuli. Meditation on: I speak. Balancing this chakra is important for the speech and communication areas of the brain. Energies: Water, Calming, Soothes, Relaxes.

## Fourth/Heart



Heart Chakra - located in the center of the chest. Its function is: love, its inner state is compassion, love, its color is green, and its planet is Venus. Its stones are: Green/Pink Stones - Peridot, Rose Quartz, Malachite. Meditation on: I love. Balancing this chakra is important for the circulatory system, heart and thymus. It also affects spiritual love, compassion and universal oneness. Energies: Water, Calming, Soothes, Relaxes.

## Third/Solar Plexus



Solar Plexus Chakra - located in the area above the navel area. Its function is Will, power, its inner state is laughter, joy, anger, its color is yellow, and its planets are Mars and the Sun. Its stones are: Amber, Topaz and Citrine. Meditation on: I do. Balancing this chakra is associated with calming emotions and frustration, easing tension and helping to better utilize intuition. Energies: Fire, Energizing, Charging, Lends Energy.

## Second/Sacral



Navel/Sacral Chakra - located in the lower abdomen, genitals, womb, its function is desire, sexuality, pleasure, procreation. Its inner state is tears, its color is orange and its celestial body is the Moon. Its stones are: Coral and Carnelian. Meditation on: I feel. Balancing this chakra is associated with sexual vitality, physical power and fertility. Energies: Fire, Energizing, Charging.

## First/Root Chakra



Root/support chakra - located at the base of the spine. Its function is survival and grounding, its inner state is stillness and stability, its color is red and its planets are Earth and Saturn. Its stones are: Garnet, Ruby, Onyx, Obsidian. Meditation on: I am. Balancing this chakra gives energy to the physical body, controls fear, increases overall health and helps in grounding. Energies: Earth, Grounding, Focusing, Centering.

The word chakra is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column.

Created by: Inolda Trakhtenberg  
Source: *Wheels of Life* by Anodea Judith



**Crown Chakra** - Sanskrit name "*Sahasrara*" meaning "*Thousandfold*". Located at the top of the head and relates to spirituality, transcendence and being connected with higher planes of consciousness.



**Third Eye Chakra** - Sanskrit name "*Anja*" meaning "*to perceive*". Located above and between the eyebrows and relates to intuition and wisdom.



**Throat Chakra** - Sanskrit name "*Vishuddha*" meaning "*Purification*". Located at the base of the neck and relates to self-expression and communication.



**Heart Chakra** - Sanskrit name "*Anahata*" meaning "*Unstruck*". Located at the centre of the chest and relates with love, compassion and healing.



**Solar Plexus Chakra** - Sanskrit name "*Manipura*" meaning "*Lustrous gem*". Located between the sternum bone and naval and relates to personal power.

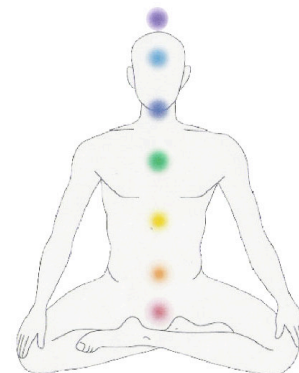
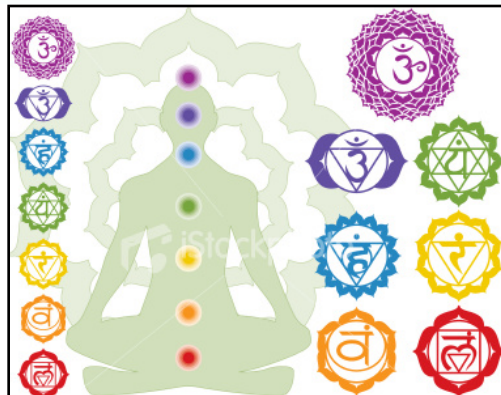


**Sacral Chakra** - Sanskrit name "*Svadhithana*" meaning "*Sweetness*". Located just below the naval and relates to our sexual and reproductive capacity.



**Root Chakra** - Sanskrit name "*Muladhara*" meaning "*Root*" or "*Support*". Located at base of spine and relates to the physical plane and material reality.

Chakra Number	Associated Colour	Main Issue	Elements & Ruling Planets	Astrology Associations
Crown 7th	Violet, White	Spirituality	Thought/Cosmic energy Uranus	Aquarius
Third Eye 6th	Indigo	Intuition, Wisdom	Light/Telepathic energy Neptune, Jupiter	Sagittarius Pisces
Throat (5th)	Blue	Communication	Ether Mercury	Gemini Virgo
Heart (4th)	Green/ Pink	Love, Relationships	Air Venus	Libra Taurus
Solar Plexus (3rd)	Yellow	Personal Power	Fire Mars & Sun	Aries Leo
Sacral (2nd)	Orange	Emotional balance, Sexuality	Water Pluto	Cancer Scorpio
Root (1st)	Red	Survival/Physical Needs	Earth Saturn	Capricorn



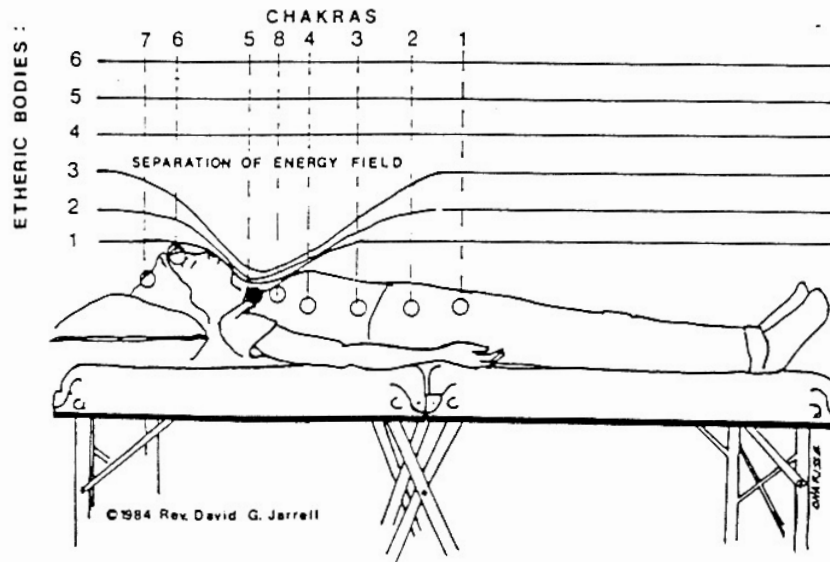
## CLOSING THE THROAT - THE CAUSAL FACTOR

Since our center is at the heart level, we must be able to communicate our feelings. Due to feelings of unworthiness or guilt, self-imposed or accepted, we often allow feelings of restriction and limitation to block the communicative function of the throat. So we can, and most often will, restrict at the throat chakra all that is felt emotionally "within." Closing the throat and not expressing the feelings within the heart and body is the beginning of instability in mental control of the individual's balance. This is the Causal Factor of all illness: fear to speak from the heart with unconditional love.

As we continue to contain within us more emotions, more "to-do tomorrows" are placed in "Pandora's Box;" and simple dealings become complex. We find it more difficult to understand why we are unhappy and why our body begins to produce states of unwellness.

## ETHERIC ENERGY PATTERNS OF THE CHAKRAS

This diagram shows the pattern of etheric energy that results when the Throat Chakra body is blocked, holding in emotions.



The etheric bodies (the chakras) are layered, and they depend upon one another for their proper functions. Thoughts, emotions, external factors and foods are just some of the causes that affect each body. An imbalanced chakra body will, in turn, affect the total functioning of the person.

When we begin blocking at the throat, we limit the flow of energy from the higher etheric body-chakra centers. As time goes on, the body will become imbalanced because the hormones secreted by these upper body glands decrease. The hormones have been restricted and their output limited. So, the receptor organs and glands in the physical body below begin to dysfunction as well.

We usually find that the glands corresponding to the higher chakras are being limited in the production of hormones and that one symptom actually leads to the manifestation of other symptoms. This is the dynamics of a "Catch-22" process. When the throat blocks the connection from the higher to the lower self, an inaccurate signal sets off a complex reaction. A dysfunction in the body not only has reception of a hormone, it sends out the false message that it no longer needs that hormone. This reduces the output of the glands in question. In turn, the already imbalanced gland and subtle chakra body continues to get further out of balance.

# *Treating Plants & Animals with Reiki*

**R**eiki consists of the same Universal Life Energy which makes flowers grow, birds fly, and is the cohesive force of the cosmos. Reiki will also heal the ailments of all animals. Another way to look at it would be the fact that animals cannot be cured, or healed by any psychological trickery. Animals know nothing of faith healing or religious belief systems. Animals are innocent, and are of "pure love". When using Reiki upon an animal, you will notice they get quiet, and something within them seems to let go and relax. Reiki literally flows into animals exactly as it does people. When treating domestic animals, lay your hands behind the ears at the point where dogs and cats like to be stroked. After this initial contact, then proceed to the afflicted areas of the animal's body. It's as easy as that.

If you want to treat fish you must place the aquarium between your hands and let the energy channel through for 15 or 20 minutes. It's as simple as can be, yet effective.

When you start channeling Reiki into plants, you will be impressed by the positive results you get, such as strong healthy growth, and a profusion of buds and blossoms. In order to empower seeds with Reiki, hold your hands a few inches above them, much as though you were blessing them. In one sense of the word, this is exactly what you are doing. You can hold seeds in your left hand, and give them Reiki with the right hand. Cut flowers standing in a vase may also be kept stronger and healthier with Reiki. Potted plants are best treated through the root system. You do this by holding the pot between your hands near the bottom.

Trees can be given Reiki also. Trees take Reiki in through the trunk, you can even hug the tree and tell it how much you love it while you are channeling the Reiki. Trees also reciprocate energy-wise. As you give, so shall you receive.

If you have attained Second Degree Reiki, you will have symbols that enable you to make use of absentee healing and a mental method upon plants and animals with equal success. The only practical way to send healing to a wooded area or herd of animals would be through the use of the absentee healing Symbol, and power Symbol.

There is a plane of energy-consciousness where plants are able to express their gratitude for your channeling. Be aware of this other plane consciousness factor, and open yourself up to it. Even upon the higher planes there can be an exchange of energy. So give it all you've got. There are 12 planes of consciousness to work with.

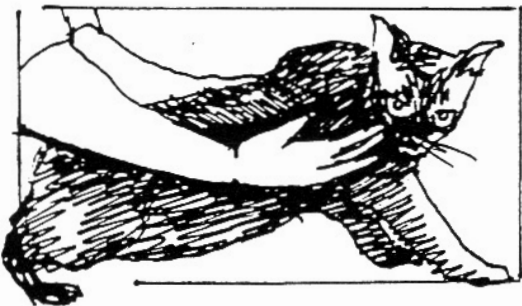
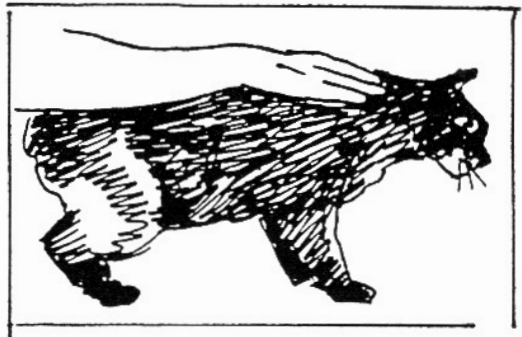
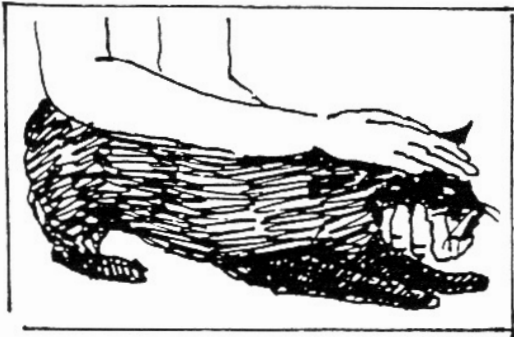
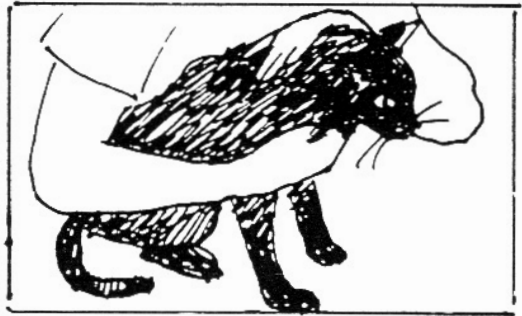
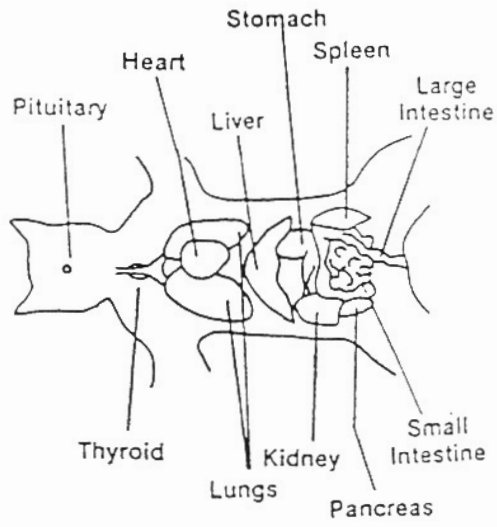
## Other Uses

You can turn presents or gifts into power exchanges by treating with Reiki before the giving of the "gift". Reiki can be sent in letters also. If you are empowered with Second Degree Reiki, you can clear every room of negative vibrations and replace them with harmonious Reiki life/light energy. This becomes very useful when traveling and staying in motels, etc. You can channel it into your home, office and automobile.

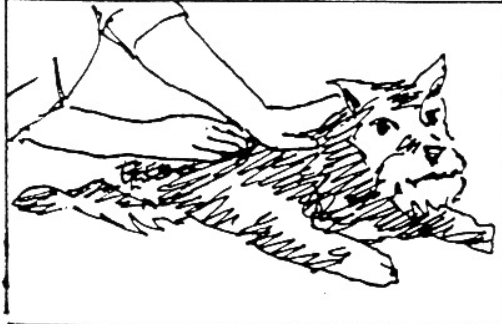
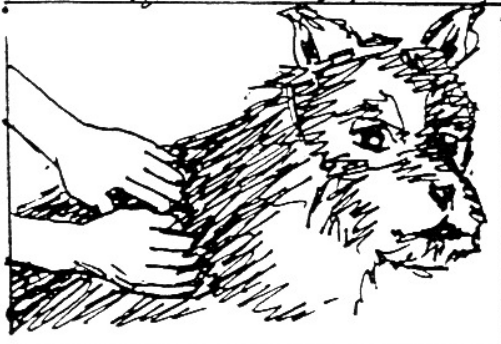
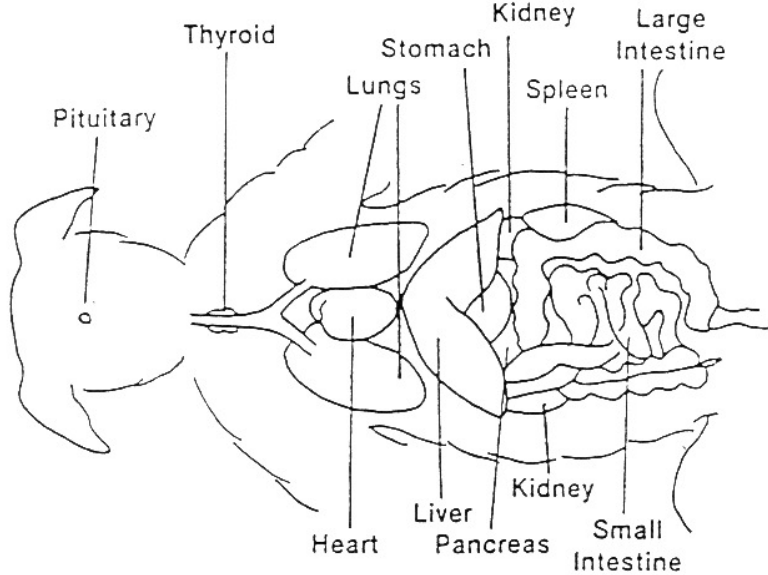
Reiki will channel more easily and more powerfully every time it is used. So use it as often as you have chances to do so. Reiki heals the planet and you, every time you use it. Do not hesitate to use it often.



# REIKI Positions: CATS



# REIKI Positions: DOGS





### First Kanji Hand Position

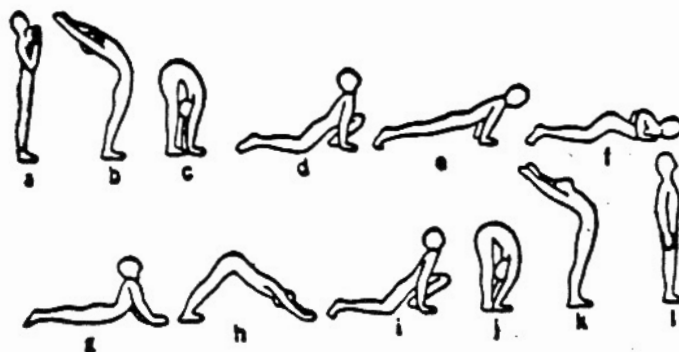
Kanji hand positions are used before treating with Reiki energy. Kanji's are used primarily to influence the reception of spiritual energies into and through the body mind continuum. Kanji #1 is utilized by placing the tips of the two forefingers together and interlacing the fingers of both hands. This position, assumed with the eyes closed for about 30 seconds with attention focused upon the Reiki point center which lies about 2" below the navel brings in spiritual energy enabling one to begin treatment through proper hand placement.

Kanji #2 hand position with the middle finger-tips touching, and with the other fingers intertwined will bring spirit in tighter and closer when practitioner sits with eyes closed in gentle supplication, while envisioning the Reiki point center being filled with radiant white light. This position is held until hands feel ready to lay on client.

Kanji #3 is used for "knowing". Many times the client will tell the Reiki channel of a symptomology that may exist in the subconscious, while manifesting upon the physical level in a vastly different configuration of energy. Kanji #3 is held with the fingers intertwined as shown while you enter an "alpha" state. Tell your subconscious mind you wish the true cause of the affliction, and to show it to you clearly. Then just wait for the answer. Many times it will be forthcoming rather quickly. Kanji #3 takes lots of practice for accuracy, but is well worth the time and effort spent in acquiring.

## Salutation to the Sun

Salutation to the Sun is a series of twelve poses done one right after the other -- like a dance. It is done with full deep inhalation and complete exhalation. It is a great conditioning exercise and you can use it to support any activity that you enjoy doing. That is why many people who don't practice Yoga on a regular basis use it as a part of their exercise program.



### 1. Sun Salutation (*Suryanamaskar*)

a. Stand erect, hands folded with palms joined in front of chest. Collect yourself and think of the sun as the eternal source of light and power. Know also that you can release the radiations of your own internal sun shining forth from the heart center.

b. Inhale, raising arms high and bending back from the waist.

c. Exhale, bending forward with straight knees, and touch (or try to touch) toes.

d. Inhale, extending right leg back while keeping left foot between hands on ground. Raise head and arch back.

e. Retain breath, extending left leg behind alongside the other so that body forms a straight line resting on outstretched hands and toes.

f. Exhale, resting on floor with feet, knees, chest, hands, and forehead touching. This position is called *Sastanganamaskar*, meaning that eight parts of the body touch ground.

g. Inhale, pushing chest forward and up, bending back upper half of body (as in the *Cobra* position).

h. Exhale, raising hips with straight legs and heels pressed flat on floor. Whole body forms a triangle.

i. Inhale, bringing right foot forward, toes on a line with hands. Raise head and arch back as in position (d).

j. Exhale, with hands to toes and head down as in position (c).

k. Inhale, raising arms high over head and bending backward as in position (b).

l. Exhale, lower arms, and relax.

Repeat exercise on opposite side.

## SIMPLE WAYS TO REDUCE STRESS

1. **Breathe** When you feel tight or tense, take a couple of slow, deep breaths.
2. **Touch** Hug someone, hold hands, stroke a pet, make physical contact with people.
3. **Communicate** Be honest with yourself and others. Let your feelings be known.
4. **Drink Liquids** Drink at least eight, 8 oz. glasses of water a day.
5. **Laugh & Humor** See the humor in life, laugh at yourself, enjoy life. "This too will pass."
6. **Bodywork** Experience the pleasure of releasing stored tension and stress.
7. **Meditation** Be alone and calm. Quiet your mind by reflecting on the good things in life.
8. **Be Human** Let up on yourself. Forgive yourself and others. Slow down.
9. **Honesty** Keep your word at all times. Always tell the truth to yourself and others.
10. **Friends** Communicate with your friends, spend time with each other. Share the good. Let them know that you appreciate and value their friendship.
11. **Hugs** Hug three people each day, relax and enjoy the feeling of physical contact.
12. **What if?** Quit worrying about the future, it does no good to fear what might occur. Concentrate on what you can do today. Doubt and worry prevent success.
13. **Clean It Up** Throw out old junk and papers, clean your physical and mental house. Deliver withheld communications. Organize your time and your life.
14. **Plan Ahead** Make a list of goals for your day, month, year, and life. Leave free time.
15. **Start Early** Get up 15 minutes early. Plan ahead. Leave early when you travel.
16. **Write it Down** Make notes to yourself. Make a list. Write dates down on your calendar.
17. **Say "NO"** Allow yourself to say "NO" to some requests. Do not become overcommitted.
18. **Dress** Wear comfortable clothes, ones that make you feel good.
19. **Food & Drinks** Eat and drink healthy foods. Food is your body's fuel and nourishment.
20. **Exercise** Both mind and body, any way you choose, 30 minutes, three times a week.
21. **Music** Really listen to the music and relax. Enjoy how it makes you feel.
22. **Excesses** Avoid doing anything to excess, even having fun. Health is a balanced life.
23. **Drugs & Drink** Avoid non-prescription drugs and alcohol. They put stress on your body.
24. **Love** Express and receive love as often as possible, to yourself and others.

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