



## **Introduction**

By signing up for this class, you have said to the Universe that you want to be of service at a higher level. You have committed to clear your body, mind, and spirit at an even deeper level to be of service to the larger collective. Reiki is a privilege given to those who are willing to commit to it. The more you give to it, the more it gives back to you. The more I study and use Reiki, the more I am convinced that everyone on the planet needs it and needs to be using it. It is the perfect universal healing tool. It is the only spiritual tool I know of that is highly powerful and absolutely safe. It never has and never will be used for harm in any form. It's built in. And it will take you as deeply as you want to go into the core of your being to clear and cleanse anything unlike what you came here to be.

## **What is Reiki?**

Reiki (pronounced ray-key) is a Japanese technique for stress reduction and relaxation that also promotes healing. It was discovered by Mikao Usui in March 1922. Reiki is administered by "laying on hands" (or now through the Crystalline Grid) and techniques such as this have been practiced for thousands of years. Reiki is a very simple yet powerful technique that can be easily learned by anyone.

The symbols for Reiki come from Japanese kanji. Kanji are ideograms used in the written language of Japan. The word Reiki is represented by two kanji, Rei and Ki. Rei is the upper character and Ki is the lower character.



### **Rei – Spiritual Wisdom**

The general meaning of Rei is universal and this is the definition many have used. However, Japanese ideograms have many levels of meaning. They vary from the mundane to the esoteric. So, while it is true that Rei can be interpreted as universal, meaning that it is present everywhere, there is a deeper understanding of this kanji, which for our use, is more meaningful in describing the healing art of Reiki.

The upper section of this kanji has to do with the heavens and spiritual realms, and thus, those higher areas of consciousness that are beyond ego. This area goes by various names such as spiritual consciousness, the Universal mind, God, the supreme Being, the third heaven and so forth. It is out of these realms that creativity, genius, miraculous experiences, and spiritual healing originate. The lower section of Rei represents the earth and portrays layers of soil and stone. The middle section represents the 3 aspects of the human being—body, mind, and spirit. More specifically, this section represents the healer, who is located between heaven and earth and acts like a bridge to bring the wisdom, guidance, and healing of heaven down to the people and living things of the earth.

Ki is life energy. It is also known as the vital life force or the universal life energy. This is the non-physical energy that animates all living things. As long as something is alive, it has life energy circulating through it and surrounding it; when it dies, the life energy departs. If your life energy is low, or if there is a restriction in its flow, you will be more vulnerable to illness. When it is high and flowing freely, you are less likely to get sick. Life energy plays an important role in everything we do. It animates the body and has higher levels of expression. Ki is also the primary energy of our emotions, thoughts, and spiritual life.

Ki is influenced by the mind. If you have positive healthy thoughts, your Ki becomes stronger (genki). If you have unhealthy, negative thoughts, your Ki is weakened or becomes unhealthy (byoki).

### **Spiritually Guided Life Energy**

Reiki is a special kind of Ki. It is Ki that is guided by spiritual consciousness, and is defined as spiritually guided life energy. This is a meaningful interpretation of the word Reiki. It more closely describes the experience most people have of it: Reiki guiding itself with its own wisdom, rather than requiring the direction of the practitioner.

### **Do all Healers use Reiki?**

There are many kinds of healing energy. All healing energy has Ki or life energy as one of its important parts. All healers use life energy or Ki, but not all use Reiki. Reiki is a special kind of healing energy that can only be channeled by someone who has been attuned to it. While it is possible that some people that some people are born with Reiki or have gotten in some other way, most people need to receive a Reiki attunement to be able to use Reiki. Therefore, most healers who have not received the Reiki attunement from a Reiki Master are not using Reiki but another kind of healing energy. It is my opinion that ALL healers can benefit from Reiki Attunements.

### **Attunements**

A Reiki attunement is a sacred spiritual initiation that connects the initiate with higher levels of consciousness and an unlimited source of healing energy. It heals and conditions the crown, heart, and palm chakras for their use in channeling Reiki and makes other adjustments in the student's energy system necessary on an individual basis.

Reiki is not taught in the way other healings techniques are taught. The ability to channel Reiki energy is transferred to the student by the Reiki Master during the attunement process, or in our case directly from the Reiki Guardians through the Crystalline Grid. During the attunement, the Rei or spiritual consciousness makes adjustments in the student's chakras and energy pathways and also in deeper parts of one's consciousness to accommodate the ability to channel Reiki energy; it then links the student to the Reiki source. These changes are unique for each person. The Reiki Master does not direct the process and is simply a channel for the attunement energy flowing from spiritual consciousness.

The Reiki attunement is a powerful spiritual experience and is the most important part of a Reiki class. The process is guided by Rei or spiritual consciousness, which fine tunes the experience for each student depending on what is needed. Some report having mystical experiences involving personal message, healing, visions, and past-life experiences. The attunement can also increase psychic sensitivity. Students often report an opening of the third eye, increased intuitive awareness, or other psychic experiences after receiving a Reiki attunement. However, not everyone has these experiences, but that in no way diminishes the attunement, itself. The meaningful experiences usually take place when the attunement energy works quickly and creates a rapid change in consciousness. However, for some students it's more appropriate for the attunement energy to work slowly over a long period of time which can sometimes extend even beyond the time when the attunement is being given by the teacher. Often when this happens, the experience isn't as dramatic and all that the student is aware of is a feeling of relaxation, even though the student is receiving all the benefits of the attunement. Because of

this, it's important to remember that what one experiences during the attunement isn't the main focus. Rather, it's the purpose of the attunement that is more important which the new ability to channel Reiki energy. And this becomes apparent when the student begins to practice using Reiki on others. Remember also that to understand the value of one's Reiki energy, one must not only be aware of what is felt by the practitioner while giving a session, but more importantly what the client experiences.

Once you have received a Reiki attunement, you will have Reiki for the remainder of your life; you can never lose it. When one attunement per level is all that is necessary to activate the ability to channel Reiki, additional attunements to levels already received have proven beneficial. (And yes, you can listen to the recording of the Attunement again and again and receive its benefit.) These benefits include refinement of the Reiki energy one is channeling, increased strength of the energy, healing of personal problems, mental clarity, increased psychic sensitivity, and an expanded level of consciousness.

### **The Cleansing Process**

The Reiki attunement can start a cleansing process that affects the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful. You could experience a headache, stomachache, weakness, or aches and pains. One student of mine gets cold and flu-like symptoms every time she gets an attunement, and these usually come on before class! These are the effects of toxin being released from areas where they had been stored and is part of the process of releasing them from the body. Changes can also take place in the quality of your emotions and in your consciousness that indicate the release of emotional toxins. These experiences are actually a sign that healing is taking place. This does not always happen for everyone after a Reiki attunement, but when it does, it is important to understand what is happening so you can support its completion.

Whenever change takes place, even if it is good, a period of adjustment is necessary so that the body and various parts of your life can get used to the healthy new conditions. You may need more rest, and it can also be helpful to drink more water and to spend more time quietly contemplating your life and any changes you might need to make to support a healthier lifestyle. Many have found that a process of purification prior to and after the attunement improves the benefit one received.

### **Giving Reiki**

After the attunement, all that is necessary to use Reiki is to place their hands on themselves or another with the intention of healing. The Reiki energies will begin flowing automatically. You may notice that your Reiki will turn on by itself. You may notice this by the heating up of your hands. It is suggested that after Reiki 1, the practitioner only use Reiki on themselves and use the time of at least 30 days to tone their own energy body to the energy of Reiki.

It is not necessary to direct the Reiki energy. It has its own awareness and intelligence and by connecting with your own or the clients energy field will know how to work and what to do. The best results are achieved by simply remaining calm and relaxed and enjoying the soothing energies that are flowing through you.

Note that while Reiki often goes to areas other than where one's hands are placed, it doesn't always do this. This is why it's important to use all the hand positions in a session and to follow the guidance you receive while you are doing a session.

### **Reiki Can Never Cause Harm**

Because Reiki is guided by spiritual consciousness, it can never and WILL NEVER cause harm. It can never be used inappropriately. It will always turn itself off if someone tries to use it inappropriately. It always knows what a person needs and will adjust itself to create an effect that is appropriate. One never needs to worry about whether to give Reiki or not. It is always helpful and always safe. In addition, because the practitioner does not direct the healing and does not decide what to work on, or what to heal, the practitioner is not in danger of taking on the karma of the client. Because the practitioner is not doing the healing, it is also much easier for the ego to stay out of the way and allow the loving presence of spiritual consciousness to clearly shine through.

### **Reiki Never Depletes Your Energy**

Because it is a channeled healing, the Reiki practitioner's energies are not part of the session are never depleted. In fact, the Reiki consciousness considers both practitioner and client to be in need of healing, healing so both receive benefit. Because of this, giving a session always increases one's energy and leaves one surrounded with loving feelings of well-being.

### **Anyone Can Learn Reiki**

The ability to learn Reiki is not dependent on intellectual understanding, nor does one have to be able to meditate. It does not take years of practice. It is simply passed on through the teacher to the student during the attunement process. As soon as this happens, one has Reiki and can use it. Because of this, it is easily learned by anyone. Reiki is a pure form of healing not dependent on individual talent or efforts by the individual to acquire it. Because of this, the personality of the practitioner is less likely to cloud the significance of the experience. The feeling of being connected directly to God/Goddess's healing love and protection is clearly apparent.

### **Self-Treatment**

In addition to using Reiki on others, you can also treat yourself and are encouraged to do so, especially right after receiving your Attunements. This is one of the wonderful advantages of Reiki. It works just as well on you as it does on others.

### **How Does Reiki Heal?**

We are alive because life energy or Ki is flowing through us. Ki flows within the physical body through pathways called chakras, meridians, and nadis and can also be present and pass directly through the organs and tissues of the body. It also flows around us in a field of energy called the aura. The free and balanced flow of healthy Ki is the cause of well-being. It is Ki that animates the physical organs and tissues as it flows through them. Ki nourishes the organs and cells of the body, supporting them in their vital functions. When the flow of healthy Ki is disrupted, it causes diminished functioning within one or more of the organs and tissues of the physical body. Therefore, it is the disruption in the flow of healthy Ki that is the main cause of illness.

Ki is responsive to thoughts and feelings. When we have positive optimistic thoughts, we increase our flow of Ki and this causes us to feel better. However, when we have negative thoughts, our Ki is disrupted and diminished, and we do not feel as good. When negative thoughts become lodged in the subconscious mind, they create a permanent disruption in the flow of healthy Ki. This happens when we either consciously or unconsciously accept negative thoughts or feelings about ourselves. These negative thoughts and feelings influence Ki and cause it to become byoki or unhealthy Ki. The byoki then attaches itself to the organs and tissues of the body and also disrupts the flow of healthy Ki. The organs and tissues of the body can be affected depending on the location of the blockage. This diminishes the vital functions of those organs and cells of the physical body and unless the blockage is released, a person could eventually become ill. When a person receives a Reiki session the Rei or spiritually conscious part of the energy assesses where the person has byoki and then directs the healing energy, usually to the byoki that is nearest the hands. However, sometimes it will go to the byoki that is most in need of healing even if it is far from the hands. The Reiki energy then works with the negative thoughts and feelings that have created the byoki and are blocking one's flow of healthy Ki and replaces them with healthy thoughts and feelings thus releasing the byoki. This can happen in a number of ways. By flowing through the affected parts of the energy field and charging them with positive energy, Reiki raises the vibratory level in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens, and heals the energy pathways, thus allowing healthy Ki to flow in a natural way. Sometimes the entire field of blocking energy is lifted up to a higher level of consciousness where it is processed. Other times, it is melted away or burned up. When a block is released, sometimes a person will feel a cold sensation and when it is melted or burned up, a hot sensation. Once healthy Ki is flowing naturally, the physical organs and tissues are able to complete their healing process.

### **What can be Treated?**

Reiki is both powerful and gentle. In its long history of use it has aided in helping to heal virtually every known illness and injury including life threatening problems like multiple sclerosis, heart disease, and cancer as well as skin problems, cuts, bruises, broken bones, headaches, colds, flu, sore throat, sunburn, fatigue, insomnia, and impotence. It is always beneficial and works to improve the effectiveness of all other types of therapy. A session feels like a wonderful, glowing radiance and has many benefits for both client and practitioner, including positive states of consciousness and spiritual experiences.



### **The Aura**

The Aura, sometimes referred to as the electromagnetic field, is a beautiful field of ever-changing energy pattern that completely surrounds all living things. The oval shape surrounding human figures in pictures symbolizes the aura. However, the aura is actually composed of many layers that begin close to or inside the body and extend outward 3 to 5 feet from the body. Each layer represents a different part of the person's consciousness with the inner layer connected to the physical body followed by higher layers associated with the emotional, mental, and spiritual levels of consciousness.

The aura is created by all of your thoughts and feelings, both conscious and unconscious as well as the energies flowing through the physical body. Your state of health is reflected in the aura as well as affected by the condition of the aur and, in fact, many feel that the original cause of both illness and health is the aura. Giving Reiki to a person tones the aura and promotes healing on all levels.

### **The Chakras**

The seven main chakras are represented by the different colored circles on the figure above. The chakras are actually transformers of subtle energy. They take the Ki that is always around us and transform it into the various frequencies our subtle energy system needs to keep us healthy. The lowest or root chakra brings in the lower frequencies that are needed for physical survival and each higher chakra brings in higher energies such as those for healthy physical pleasure, expressing your will in the world, love of self and others, communication and creativity, with the highest or crown chakra bringing in the spiritual levels of energy. Each chakra corresponds with a layer of the aura. Negative feelings or thoughts can become lodged in the chakras reducing the amount of subtle energy they are able to provide and adversely affecting one's health.

### **The Crystalline Energy Field**

Out surrounding the electromagnetic field, at the level of Sacred Geometry, is another field that we will be working with called the Crystalline Energy Field. This field surrounds, protects, and informs the electromagnetic field. Up until 2012, the Earth, and consequently our bodies, had predominantly

utilized the electromagnetic field to maintain all of our vital body functions. But as more and more people have populated the earth, and as we have become less and less conscious about how well we care for our bodies, this field has started to falter. In 2012, the Earth shifted to using the Crystalline Energy system to manage its vital systems.

This does not mean that we don't work with the electromagnetic field anymore. We do. We absolutely have to, and Reiki is the perfect tool to do that. But because now we have more techniques to assist us, we can utilize the Crystalline Energy Field to help us give Reiki Attunements at a distance. These two systems and healing modalities work perfectly together.

## Reiki Level 1 Exercise 1 – Reiki Self Treatment

