

# *Reiki I Class Manual*

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## **Introduction**

Reiki is a Japanese energywork modality that promotes relaxation and healing. Einstein's discovery that matter is energy forms the basis of energywork. As well as being physical patterns, our bodies and beings are also patterns of energy. Our pattern of energy corresponds to our physical, emotional, and spiritual state in the moment. Our energy pattern reflects the physical, emotional, mental, and spiritual state of our being. If we have an ache or pain, emotional trauma, habitual pattern, etc., our pattern of energy is different than if we are pain free, joyful, or living with different habits. Energywork modalities help shift the energy patterns and thereby shift the physical, emotional, and spiritual patterns. There are many energywork modalities including psychic surgery, acupressure, acupuncture, qi qong, chakra balancing, light work, etc. In fact, using energy work as a meta-paradigm, I would say that the energy of the medicines and physician's consciousness are what help a patient of western medicine heal. Reiki falls into a category of energywork healing called "laying-of-hands", meaning that the practitioner lays their hands on the body of the recipient to promote healing. The hands conduct healing energy just through touch both on and off the body. The healing is based on energy manipulation rather than physical manipulation. In contrast, methods such as massage and reflexology work under the premise of physical manipulation to change energy patterns. Other "laying-of-hands" modalities include Therapeutic Touch, Polarity Therapy, Quantum Touch, Hands of Light, some sects of Christianity, and techniques of many traditional indigenous cultures. Laying-of-hands is a natural, instinctive approach to healing. When we bump our knee, we often hold it. When a child gets hurt, their mother naturally goes to hold the child. In many ways, Reiki is our birthright. And yet, one thing that sets Reiki apart from many other "laying-of-hands" modalities is that Reiki requires an "attunement" of your body to realign your energy field to conduct Reiki energies. In theory, no one can practice Reiki without having received an attunement from a Reiki Master/Teacher. In practice, I find that often the Reiki attunement is a ritual that is part of an awakening process for an individual. Sometimes the individual already has a sense of energy flow through their hands. Regardless, the Reiki attunement most always strengthens the flow, and plays out as a ritual of great personal transformation.

## **Definition And Basic Principles**

The Japanese word Reiki (pronounced ray-key) comes from two roots: rei, which means universal, and ki which means life force energy just like the Chinese word, chi. So Reiki means Universal Life Force Energy and denotes that energy or vital life force that is in everything: plants, animals, insects, people. I believe inanimate objects, including rocks, walls, soil particles, also emanate this energy. I like to think of it as Unconditional Love and see all things as a channel of that force.

A person who practices Reiki channels the Reiki energy from the Universe through their hands. The recipient draws the energy where they need it for their highest good. The Reiki energy is divine and knows where to go. I like to think of it as the person receiving the Reiki takes the energy where they need it; their higher self directs where the energy needs to go. The Reiki works whether or not the recipient knows about or believes in Reiki because their higher self knows what is best for them. The Reiki

practitioner is merely the channel of the energy and therefore gives nothing except their time and presence. The Reiki energy is everywhere. And the practitioner therefore takes on no ill effects, nor negative energy, and usually feels better having channeled the Reiki.

## History

A Japanese man, Mikao Usui, coined the term Reiki in the late 1800s. The story says that he set out to discover the healing secrets of ancient cultures and gurus, like Buddha and Jesus Christ, who used laying of hands. He set out upon a vision quest and fasted for 21 days. On the 21st day, a ball of light struck him, imparting him with the format and methods of Reiki. Like many stories, Usui's story has become a bit of a myth handed down from Reiki Master to Reiki Master. Countless books tell stories about Usui. Some claim he was Christian and studied at the University of Chicago. My feeling is that the books by Frank Arjava Petter are probably the most accurate. Petter found Usui's gravestone and manuscripts and published them in [The Original Reiki Handbook of Dr. Mikao Usui](#).

My interest is in the use of the Reiki energy in the here and now. So I will not dwell upon historical details very much; there are countless books with different versions of the history. I would recommend Petter's.

## Usui's Teachings

There are several key components to Usui's legacy that do seem important. And you will find these components repeated across many texts. I think of these stories as parables and expect that many of them have a life of their own like any oral tradition.

### Reiki Must Be Asked For

Allegedly, Usui laid down the law that the Reiki energy must be asked for. And the idea behind that is based on the tale of Usui healing beggars in the streets of Kyoto. Now apparently these beggars did not ask for the healing. Yet Usui worked on them. And they transformed their lives and got off of the streets and were "healed". Several months later they ended up on the streets again. When Usui found them, he inquired what happened. And they replied that they really preferred living on the streets. And so Usui implemented the idea that Reiki must be asked for, such that the recipient sets some intention for their healing.

A better way to state this principle might be that Reiki must not be forced upon someone. Since, by definition, the Reiki energy goes where it needs to go according to the recipient's higher self, I find that I feel the Reiki energy flowing of it's own accord at various times when I am with other people. It may be useful to say, "I feel that you might enjoy some Reiki. Would you like to receive some Reiki?", but I don't feel this is dogma. You can let the energy run if it is running. I would mainly be aware of personal boundaries on the physical level. For instance, grabbing someone's crotch because you feel they need Reiki would most likely be inappropriate. Also remember to be unattached to results. Whether someone chooses to live on the streets or in a house may have little to do with their "healing".

### Conscious Exchange of Reiki for Payment

Another fundamental principle allegedly laid down by Usui is the idea that there must be a conscious exchange between the Reiki practitioner and the recipient as far as "payment" for the session. I feel that there are two key issues here: that the recipient honors their own healing with intent and respect; and that the Reiki practitioner honors themselves and works out of conscious will and joy. And the idea is that the Reiki is free, but that the Reiki practitioner's time needs to be honored and "paid" for, whether in-kind, by barter, or monetarily. You might also think of it as a gift to honor Spirit with your intent.

Some of you will choose to offer Reiki for friends and family and never set up a professional Reiki practice. Others will only use Reiki on themselves; and I believe that is the best place to start and perhaps the most important way to use Reiki. And, some of you will start a professional Reiki practice.

The important thing is to use Reiki. The format doesn't matter so much. This discussion on payment is primarily for those who wish to practice professionally, and, yet, I feel it is important if you use Reiki on anyone besides yourself.

I feel that our American culture often dishonor's itself with demands of free food and healthcare. Next to our individual spirit, our bodies are the most sacred and divine thing we "own". In that light, the idea of treating our bodies with cheap food and healthcare shows how little we value ourselves. What is it worth for a pain to go away, an injury to heal, a body that is comfortable, mobile, and strong? I feel that on a certain level the "payment" a Reiki recipient makes to their practitioner should represent their intent and faith in their own healing. If healing is cheap, one is more likely to continue to abuse their body and get a cheap fix, rather than to nurture their body and Spirit.

Personally, my goal as a Reiki practitioner is to empower people in their own healing, rather than providing a weekly fix up session. But that is just my own interest and goal. Hence, I prefer to see a few clients each week rather than many, and my rate reflects this.

And this carries into the flip side of the idea of exchange for Reiki. And that is that the Reiki practitioner honors themselves by consciously and joyously choosing to provide a session. A common belief system among healers is the martyr complex: that just because they have gifts to help others heal, the healer must heal whoever needs healing at any time. But I feel that it important for healers to respect their own body and soul. There may be times when they cannot joyously provide a Reiki session for someone. The idea that the Reiki recipient must gift them in exchange for Reiki helps make this a conscious choice so that they can consciously let themselves be honored. A healer could easily walk down any street or path and be kept eternally busy helping others. But healers are entitled to nurture themselves and have balance in their lives among all their pursuits. By consciously choosing when and with whom they work, and receiving a gift, a Reiki practitioner can be empowered and nurtured as opposed to run ragged as a martyr.

And the magic of this idea of exchange, is that the "payment" can be anything physical, emotional, or spiritual in nature. It might be money, art, flowers, bicycle repair... anything. Often, with close friends or family, there is a constant exchange of goods, favors, etc. Personally, I have decided to pursue Reiki "full time" and asked for monetary exchange. In other times and places, the community structure provided more support for their healers. The community might provide housing and food and other goods directly. But in our modern culture, our support systems translate through money.

The common suggestion in Reiki circles is to charge a rate similar to local massage rates. When I started doing Reiki professionally, I was doing sex work. I felt that Reiki was much more powerful and healing than massage or sex work, mainly because of intention (sex certainly is a powerful healing modality). And I didn't want to take a pay cut for work I perceived as more valuable. So I set my rate at \$150 per hour. That is my official rate. I have a couple clinics where I give reduced fee sessions. And I often give impromptu sessions wherever I am. I try to listen to every potential client and see if I feel called to see them. If I feel called to see them, I will see them regardless of payment. Sometimes the gift for me is in learning a new skill, or working on a new type of issue. Sometimes I can tell that the person is ready for their healing and honoring in their intention even though they have no monetary gift to offer.

People's perception of money is so funny. I have clients who say they have little money and must slide my sliding scale rates lower, then they fly around the country on trips! Or they may not have \$20 for a session, but they can afford a pack of cigarettes per day! In most cases, the amount of money is not the issue, but how one chooses to spend it. I once read a Reiki book in which a woman tells of how she paid a rather high price for her Reiki training. A few days later her entire family became sick. At first she felt resentful that she had spent her money on the Reiki training and so had no money to take her family to the doctor. She ended up using Reiki to heal her family. And then she realized that it was entirely a gift that she had spent all her money on Reiki because she learned that she could heal her own family. Had she paid a bargain rate for her Reiki training, she might never have learned to use it!

So I urge you to make conscious choices in your exchange of Reiki. Make sure you feel honored and joyous to be providing it. If you are too tired or have other things to do, trust that perhaps you are not the right Reiki practitioner for that person at that time. Or, decide that you really want to provide the Reiki session and that the Universe will support you even though you are tired. The key here is to make a conscious, empowered choice.

### The Five Reiki Principles

Allegedly, Usui adopted Five Principles from Buddhism. These are often stated:

- 1) Just for today, let go of anger.
- 2) Just for today, let go of worry.
  - 3) Just for today, live fully.
  - 4) Just for today, be kind.
- 5) Just for today, be thankful.

To me, these principles seem like basic instruction for tapping into the present moment, which is where all your power is anyway. The past is gone. The future is unknown. All you can do is take action, or not, in the present moment. Throughout time, Reiki masters have read into the principles their own bias. For instance, I have seen principle three expressed as "work honestly" and taken to mean to work hard like a Puritan. My own take on it is to listen to and follow Spirit. I use these principles as a mantra when I start a formal Reiki session. I actually envision the worry, and anger, disappearing energetically as I take a deep breath after each principle.

Lately, I've been playing with rewording the principles de-emphasize the negatives. And I have turned them into an affirmations or blessings:

- 1) Just for today, be a channel of unconditional love for yourself and others.
  - 2) Just for today, live fully in touch with your highest Spirit.
- 3) Just for today, be a channel of unconditional empowerment for yourself and others.
  - 4) Just for today, be a channel of unconditional joy for yourself and others.
  - 5) Just for today, be thankful.

### The Attunement

What sets Reiki apart from many other laying-of-hands modalities is the idea of the "attunement". The Reiki attunement is a ritual that realigns the Reiki student's energy body to channel Reiki. This activates a self healing process within the student and is often a great time of personal transformation. The activation of the student's ability to channel Reiki generally increases the awareness of energy flow through the hands. The physical sensation of this energy flow is often that of heat, mild electrical pulsations, and/or tingling (almost like the hands are falling asleep). Very rarely, students do not feel physical sensations of the Reiki flow; yet the results will still be felt by the recipient.

It is important to take care of yourself after the attunement. Drink plenty of water. Rest. Nurture yourself a bit. Realize that sometimes both symptoms of physical and emotional detoxification occur as the higher vibration knocks loose old physical and emotional traumas.

The exact affects of the attunement vary with the individual. I've had student's who have channeled energy and felt energy for years, but not known what to call it. Often, the body's preparation for the attunement has actually been going on for some time. Other times, it begins a whole new way of being for the individual who gains their first awareness of subtle energies in a tangible and tactile way.

For myself, my first attunement was purely mental and gave me a mental framework and belief system to attach to the energy that I'd been feeling for several months. By the time I got to my second attunement, barely two months later, I'd been using Reiki on myself daily and had started sharing it professionally with clients. I had already started to send distance energy a little. And I had read every book I could find on Reiki. I figured I would wait a year to get my level III. But, one day, around nine months after my second level attunement, I came home and felt a jolt of energy and knew it was time to receive level III. It was just in time to prepare me for a trip to the East coast where I was to deal with some challenging loose ends from my past. Two weeks later I taught my first Reiki class to about a dozen students.

As far as my own healing and the attunements, I feel like the major effects occurred about six weeks before my Reiki I attunement when a powerful orgasm left me feeling the energy of trees and people. At that time, I went through three weeks of intense emotional detoxification. By the time I received my Reiki I attunement, I was already detoxed and feeling energy; I just needed the mental framework of Reiki to understand it and put it to use. Looking back I can see how patterns of low self esteem and lack of empowerment dissolved that summer as I went through the three levels of Reiki training. The only real physical detoxification I remember is that a couple of days after my Reiki III attunement, my bowels started cleansing. A lot! This went on regularly for about three months until New Year's Eve 1999 when I thought to myself, "This is silly. I help clients heal with Reiki everyday. I can Reiki this shit away!" I put my hands on my belly and my entire abdomen warmed up and the next day I was fine.

I don't like to make a big deal about the detox symptoms because they may or may not happen. Just realize that if some physical or emotional stuff comes up for you following an attunement, that it is very likely detox. Let it go! Reiki yourself!

In general, I find for myself and my students that each attunement is like a fabulous birthday and rebirth. Exciting and invigorating. I encourage folks to take some time and enjoy and be mellow for a few days. Let your life blossom in new ways. And it is good to even carry an intention for change with you into your attunement, focusing on goals of empowerment, unconditional love, and joy.

### **Your Commitment**

In taking the Reiki I class, you make a commitment to yourself to practice Reiki everyday for the next 21 days. The 21 day period allows three days for clearing each of the seven chakras. Ideally you could give yourself a self-treatment each day. That would give you a sense of how it feels to give and receive Reiki. And, it would get you in the habit of healing yourself. But you can also run Reiki for just a few moments on yourself, a friend, a pet, or a plant. The important thing is to get used to running the energy.

### **Levels**

In most lineages, Reiki is taught in three levels. The first level provides the initial attunement so that the student can officially channel Reiki energy for hands-on healing sessions. In the second, level the student learns the sacred Reiki symbols, which help fine tune the intent and feel of the energy; also, the student learns how to send Reiki energy through time and space. In the third level, the student learns several more symbols and how to pass attunements; after taking the training, the student is level III, and once they attune a student, they become a Reiki Master or Teacher. Occasionally, level III is broken into two separate classes. I like to think of the three levels as: level I, beginner for home use; level II, professional for widespread use; and level III, as that of the serious devotee and teacher of Reiki. In actuality, there is no reason you can't provide Reiki professionally after you level I training. Each attunement tends to activate great personal transformation within the student, and also increases their ability to channel Reiki.

Different Reiki lineages and people have different ideas about how quickly a student should progress through all three levels. Some teach all three levels in a single class. Others recommend or demand periods of months or years between each level. My own feeling is that it depends entirely on the

individual. My experience is that few people can actually integrate all three levels at one time, at least on the mental level. My preference is that students take some time between each level and trust their intuition to tell them when it is time to move on to the next level. For me, attunements are amazing experiences, like the best birthday you can imagine and then some. So I like the idea of spreading them out a little.

## **How to Use Reiki**

The beauty of Reiki is it's simplicity. It flows of it's own divine will. And by intending to channel Reiki, you merely need to lay your hands on yourself or another person, animal, plant, object. Generally, you and the recipient will feel the sensations of Reiki flow relatively quickly and the effects of a session will begin to be felt by the time the session is finished. A Reiki session consists of laying your hands on a series of positions on the recipient. Generally, you lay your hands in one position for a period of time and then move to another position. Note that you can also use your hands an inch or two off of the recipient for the same effect. In fact, you may find this useful in gaining awareness of the sensations of Reiki flow. It is easier to sense the "heat" of Reiki when your hands are not directly on the body where you can be confused with body heat. The ability to work with the hands slightly off the body is useful in working around open wounds, or genitals and breasts--or, anytime, it seems better to not touch the body directly.

A formal Reiki session consists of laying the hands on a series of positions that cover the body. But note that you can give an informal session of any length of time in any position. Most western Reiki texts define a formal session with fourteen hand positions that roughly correspond to the common seven chakras on the front of the body

## **Treatment Protocol**

The treatment protocol is essentially the same whether you work on yourself or someone else. A full treatment consists of laying the hands on a series of positions on the body. Each position is held for a period of time that may be determined by feel, intuitively, or by time. Most texts specify fourteen positions, and estimate holding each position three to five minutes, which will end up taking an hour to an hour and a half. If you do not have time nor space for a full treatment, any amount of Reiki will still be beneficial. Reiki is very adaptable.

### **Key points:**

- 1) Comfort. Make sure both you and the recipient are comfortable.
- 2) Breath. Breath moves energy. Make sure both you and the recipient remember to breath. And be aware that different patterns of breathing may correspond with energy movement.
- 3) Trust. Trust the Reiki to flow for the highest good.
- 4) Focus. Feel the flow of the energy and be present.
- 5) Eyes. Know that as the Reiki practitioner you will have a different experience if your eyes are open or closed. Sometimes if your eyes are open, you will see where to move your hands next. With your eyes closed, you might have more empathy with the recipient.
- 6) Let your prayers and intentions be unlimited.

### **Common effects:**

- 1) Sensations. Both you and the recipient may feel sensations of energy movement. This might feel like heat, tingling, vibration, or mildly electric.
- 2) Visions. It is common for the recipient to trance out, or even "sleep", and have thoughts or visions of the things they are letting go of and, perhaps, visions of actions to take to integrate their healing and intention.
- 3) Empathy. As you tune into the Present and Reiki flow with the recipient, you may have mental, emotional, or physical sensations allowing you to understand what the recipients healing is about. You

can use these sensations for understanding, communication, or for ideas of what to do to move the blocked energy. The symptoms will dissipate from you as you finish the session, if not sooner.

#### **Know:**

- 1) The Reiki energy is divine. Trust it. There is no way to mess up, except on issues of personal boundaries or confidentiality. When in doubt, communicate, ask, clarify. Otherwise, trust.
- 2) You are merely a channel of Reiki. As such, there is no way for you to take on negative energy, or give negative energy. Listen to William Lee Rand's audiotape, Spiritual Protection, daily for 30 days if you have concerns about this.
- 3) Reiki only does good. Never bad. There is no way to do evil or hurt with Reiki.
- 4) The standard full treatment is just a suggested protocol and an excellent way to gain experience and confidence. But you may develop your own intuitive gifts and techniques with experience. You and your clients are unique combinations and by listening to Spirit in the Present, you achieve the best results. Every situation is different.
- 5) You can position your hands an inch or two away from the body, and the Reiki will be just as effective. If for any reason, it does not seem appropriate to touch the body due to open wounds or avoiding private parts, leave your hands off the body. This is also a useful way to gain more trust and awareness of the energy because sensations will be less confused with body heat and clothing texture.

#### **Results:**

Usually the recipient feels extremely relaxed, and very comfortable. I like to check in when I feel I am finished, and see how they are feeling. It is not uncommon for there to be some pain or blocked energy still in their body. If there is, I usually go another round of very intuitive and quick positions, to see if the energy flows better. Sometimes the recipient will undergo symptoms of emotional or physical detoxification over the next few days, as physical and emotional toxins clear from their body. It may be useful to provide supplemental Reiki sessions during this period.

Remember, however, that Reiki by definition works for the recipients highest good. Healing may not be what we expect.

Traditionally, when one practices Reiki, they are not to hold any expectation or intention other than for the highest good, whatever that is. I believe it is OK, and perhaps even better to hold space for specific intentions, because our consciousness can affect others. For example, if working on a "terminal" cancer patient, I would hold the intention and space for spontaneous, miraculous healing. But I would not be attached to this. I would trust whatever happens to be a part of their Divine path.

#### **Detailed Protocol:**

- 1) Make yourself and the recipient comfortable. A massage table is helpful for a full session.
- 2) Explain the process, and what to expect.
- 2) Recite the five principles.
- 3) Hold the intention for highest good.
- 4) Place your hands on the first position. Breathe. Feel the energy in your hands. It will slowly build to a peak and diminish. Once the sensation diminishes, move your hands to the next position. You might also intuitively sense the time to move to the next position. In the rare case that sensations or intuition is nil, move your hands to the next position after three to five minutes.
- 5) Repeat over the next position.
- 6) Seal in and bless on the path of highest good.
- 7) Check in with recipient; if necessary, repeat a few positions, intuitively.

#### **The Positions:**

**Starting Face up:**

- 1) Over the eyes.
- 2) Over the ears.
- 3) Under the head.
- 4) Over the heart/chest chakra.
- 5) Over the solar plexus.
- 6) On the navel.
- 7) Pubic bone.
- 8) Front of knees.
- 9) Ankles.
- 10) Feet.

**Turning Face down:**

- 11) Back of neck.
- 12) Shoulder blades.
- 13) Middle back.
- 14) Lower back.
- 15) Coccyx/tailbone.
- 16) Back of knees.
- 17) Back of ankles.
- 18) Bottoms of feet.
- 19) Seal in with one hand on neck, and the other on coccyx.

**Self Treatment**

If you are working on yourself, the treatment is essentially the same except that some positions you will not be able to reach. The energy will still flow everywhere, so you don't have to reach every point directly. Focus on the awareness of the energy and on the intention of channeling Reiki, rather than any stress or problems. The meditation of listening to Reiki will help you heal. It is common to "fall asleep" when working on yourself. That is fine. The Reiki will continue to work on its own. You will probably "wake up" in anywhere from 30 minutes to an hour and a half, feeling like you just received a Reiki treatment. And, more likely than being asleep, you have probably been in a healing trance and perhaps, left your body. Your dreams and visions are probably about your healing.

The best thing you can possibly do is get in the habit of giving yourself a Reiki treatment daily, and running Reiki impromptu on yourself any time something is not how you wish in your life. This will get you used to using Reiki and to being self reliant in your healing.

**Reiki for Other Things**

You can use Reiki on anything from blessing your food before you eat it to loving and healing your car and computer. Plants, animals...most everything will respond to Reiki. And certainly if it doesn't, you will at least change your own relationship to the recipient.

**Common Myths**

I find several common myths and fallacies regarding Reiki and the concept that the Reiki energy is Divine and knows when and where to flow. Or, rather, I find places where people do not take this definition to heart. There are a couple of examples where texts often say not to use Reiki. The examples given are for broken bones before they are set by a doctor, and amputated limbs before re-attachment is tried. The fear is that the Reiki will heal the bone in the wrong position, or heal the stub too much before the limb is re-attached. Certainly, if the Reiki energy is Divine, it will help realign the bones, or control bleeding in an appropriate fashion so that a limb can be re-attached IF it is in Divine order for highest good to do so.

With regards to the idea of taking on negative energy, there are similar fears and myths often

perpetuated about taking negative energy with suggestions of washing hands in cold water after seeing clients, or smudging, etc. Since you are a channel, there is simply no reason to even worry about such things. I don't even think in terms of negative energy when I work on a client. I just see it as relative degrees of flow, or energy out of place. And energy can be cycled and transmuted through anything to transmute it into love, joy, and flow.

The whole idea of asking permission to do Reiki even runs counter to the idea that Reiki is Divine and flows of it's own accord according to the recipients higher self. If you somehow send Reiki where it is not wanted or needed, the energy will simply be recycled. When you work in the belief system that your higher self is totally empowered, there is no way for anyone to force any energy or situation upon you, and vice versa. Just be aware of personal physical boundaries, and ask if there is any doubt in your mind. Remember, too, that just because you feel Reiki flowing doesn't mean you have to give a formal treatment. It may just be your awareness of the energy.

## Healing

What is healing? In the broadest sense, I think healing is anything that moves stuck energy and helps the recipient come to a state of peace and empowerment. Healing does not necessarily mean that a diagnosis goes away, but that perhaps the diagnoses ceases to be a problem for the individual. Sometimes illness and death catalyze great transformation within the individual, their family, and the world. A mother's illness might bring her family together in more healthy relationship. The death of a war protestor might help catalyze world peace. So it is important to be aware that healing may take place beyond what our ego-centric minds perceive.

Who is the healer? Our language is a bit funny. In empowerment based thinking, the healer is actually the person who receives the ability to heal themselves. The doctor, Reiki practitioner, acupuncturist, sex worker, etc. is simply the catalyst or placebo that helps someone remember how to heal themselves. Every one alive is quite a great healer when you think about it. We all heal ourselves countless times of cuts, colds, flu's, headaches, congestion, etc. Our culture simply chooses to focus our attention on our lack of success rather than our success in healing our selves. Similarly, our culture tends to give the power of healing to the physician rather than on the person who is healing. When you think about it, you know how to feel good. In fact, I believe the simplest way to heal, is to tell your body how you want it to be and believe it!

In general, I take the shamanic view that the world is a dream and that through choosing the dream, we can change the reality. Put another way, I believe that what you believe is what you get. Hypnosis works. What people don't often realize, is that we are under a constant state of hypnosis from what we say to ourselves in our minds, and what we listen to from family, friends, other people, and media. The gift of the shaman is to consciously choose the story that gives the greatest joy and empowerment.

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Rand, William Lee. **Spiritual Protection and The Healing Center Within** (audio tapes) available at <http://www.reiki.org/>. *I highly recommend this self-hypnosis tape to negate the prevalent victimization paradigm of taking on client's energies. This tape enhances your ability to transmute negative energies into positive energies.*

Stein, Diane. **Essential Reiki: A Complete Guide to an Ancient Healing Art**. The Crossing Press Inc., Freedom, CA. 1996. *If I were going to study all levels of Reiki and own one book, this would be it.*

Usui, Mikao and Frank Arjava Petter. **The Original Reiki Handbook of Dr. Mikao Usui**. Lotus Press. Twin Lakes, WI. 1999. *Usui's original handbook unearthed and published. Will give you specific protocols for specific dis-eases as well as the confidence to follow your intuition.*

Waites, Bill, and Master Naharo. **Reiki: A Practical Guide**. Astrolog, Hod Hasharon, Israel. 1998.  
*Interestingly different from the Japanese-based texts, this illustrates the Tibetan lineage, which has a different approach to the Reiki symbols. Also, it discusses marma points...similar to acupuncture points and meridians.*

### Summary:

Reiki is Universal Life Force Energy or Unconditional Love.

Reiki is everywhere.

You are a channel of Reiki. Reiki channels through your crown to your tanden and out through your hands. As a channel, you receive the benefits of Reiki, and there is no exchange of personal energy between you and the recipient. There is no way for either of you to take on negative energy.

Reiki is Divine and knows where to go. The recipient's higher self draws the Reiki through the practitioner exactly where and how they need it for their highest good.

Your Reiki attunement will activate and enhance your ability to channel Reiki energies. It will also catalyze powerful transformations and healing within you. It is good for life. How and when you choose to use Reiki, and your awareness of it, is up to you.

When giving Reiki, remember to make yourself and the recipient comfortable, breath, and hold intention for the highest good. Let the Reiki guide you. Be aware of the difference between leaving your eyes open and closing them when giving Reiki.

Make a conscious choice in providing Reiki by receiving a gift, whatever that means to you. Do not force Reiki on anyone, rather listen to Spirit, and communicate as necessary.

**Your Reiki Lineage:**

1870s -- Dr. Mikao Usui  
1900s -- Dr. Chijiro Hayashi  
1939 -- Mrs. Hayao Takata  
1970 -- Iris Ishakura (her longtime companion/secretary/assistant.\*  
1982 -- Arthur Robertson  
1989 -- Dan Buffo  
1992 -- Alima Pat Hamilton  
1992 -- Dirk and Barbara tenWolde  
1997 -- Mari Coniglione (Coop)  
1999 -- DhamiBoo