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Reiki 1

Reiki 1 Notes

Introduction

Welcome to Reiki and thank you for choosing myself to share this special occasion with you for I see the opening of our awareness to Reiki as one of the most magical moments in our lives. It is something very special that will be with you for the rest of your life and will give you gift upon gift for yourself and others.

Over the next 2 days you will be given 4 attunements which will bring you into alignment with Reiki and allow you to channel or direct it's energy. You will also be taught the methods for treating yourself and others with Reiki by way of "Laying of Hands". Please keep in mind that what you are being taught is merely a guide and that with Reiki there really is no wrong way. So please question anything you feel needs clarity for even though I am teaching you, the student, it comes to you from my own experiences and my own truth and what is important here is that you find your own truth. This is one thing that I have found during my time with Reiki and that is that it teaches us constantly through the lessons of life and we must learn to be so much more aware of what the Universe is whispering to us.

During our time together I will endeavor to pass on as much of my knowledge as possible too you, but my commitment to Reiki is such that I will always be here to offer my help and guidance in any way I can should you ever need it.

The Story of Reiki

Reiki is a Japanese word meaning Universal Life Energy and was given it's name by the man who rediscovered it. His story is as follows;

Dr Usui was the head of a Christians boys school in Japan towards the end of the last century. He was approached one Sunday during his sermon and asked by some of the boys "do you believe in what the bible says?"

He replied, "I studied the bible very thoroughly while in the seminary here in Japan, and have faith in what it says."

The boy speaking then said, "We are just beginning our lives and would like for you to answer a question. Do you believe Jesus healed?"

Dr Usui answered "Yes."

"Then please give us a demonstration by showing us how he healed?"

Dr Usui responded, "I am a good Christian and have faith but I can't demonstrate this thing because I have not been taught how."

The boys said, "We do not want to live in blind faith, we would like to see a demonstration."

Dr Usui said, "Some day I would like to prove this to you, I will find out how this was done and I will come back and show you."

The following day Dr. Usui resigned from his position with the school and headed for America to study the bible in a Christian country. He entered a University in Chicago and studied the bible but could not find the formula for healing. He then studied Hinduism, Buddhism and other religions of the world but was still no closer to the truth he sought. After 7 years in America he returned to Japan and entered a Zen Monastery in Kyoto which had the largest Buddhist library in the world.

He had learned through the Buddhist teachings that Buddha himself healed the blind and sick but nowhere could he find the teachings of how it was done. It wasn't until he studied the ancient language of Sanskrit and the Sutra's written over 2500 years ago that started to uncover some of the symbols and phrases that might be a formula for healing. The next problem was to put the things together so that they would make a practical, usable form. For this he decided to undertake a fast and meditation in the hope of receiving a vision that would explain everything to him. His parting words to the monastery were to come looking for his body if he was not back in 22 days.

He climbed Mt. Kurayama, found a suitable place to sit within close distance to a stream and placed 21 pebbles in front of him to represent each day that passed. Here he meditated, read Sutras, chanted and prayed until the dawn of the 21st day. In the darkest of night before dawn he opened his eye's thinking this was his last opportunity to receive his message that he had searched for all these years.

Then in the distance he saw a great ball of light traveling towards him. This light struck him in the forehead and he fell backwards and lost consciousness. It was in this state that he saw millions of bubbles in colours of the rainbow dancing in front of him and within these bubbles he saw the ancient Sanskrit symbols he had found in the sutras and with them came the understanding of their use.

When he came to it was daylight and he sat up thinking of all that had been given to him. He stood up and was amazed at how strong he felt for a man who had not eaten for 21 days he felt it was a miracle. Then picking up his hat and cane he began his walk down the mountain. As he walked the pathway home he stubbed his toe, blood flowed and it hurt. He grabbed the toe and held it in his hands, he felt a pulse of energy, the pain went away and when he removed his hand he saw dried blood but no problem with the toe. This was his second miracle.

On his way back to the monastery he stopped at a farm for in Japan food and shelter was offered to travelers who needed rest. Dr. Usui was seated at the table waiting for his meal when the farmers grand daughter appeared with a scarf tied around her face and swollen cheeks. Dr. Usui asked her what was wrong with her and she replied that she had a bad tooth ache but could not travel to the nearest Dentist because it was too far. Dr. Usui felt sorry for the girl and asked if he could put his hands on her cheeks. She gladly agreed and as soon as he touched her the pain started to go away. Soon she was smiling again and said to her Grand Father "The monk makes magic."

He continued his journey back to the monastery where upon his arrival he was told his good friend the abbot was sick in bed with arthritis. After eating he saw the abbot who asked about his meditation?" "Success" replied Dr. Usui and he put his hands on the abbot and told him of his time away. The old abbot then said "The pain has gone away and my body feels good and full of energy!"

Dr Usui replied "this is Reiki!"

Dr. Usui is referred to as the first Grand Master of Reiki, Chujiro Hayashi was the second. Mr. Hayashi was a Naval Officer when he met Mikao Usui walking the streets of a village holding a lantern over his head in broad daylight. This was one of the ways Dr. Usui would meet who would approach him and ask why he was carrying a lantern in the middle of the day. Dr. Usui would then reply "Dear people, I am looking for people who are healthy, happy and have enlightened hearts. There are some with sorrows, depression and physical pain who need to light up their life. Come to the temple and

hear my lecture.” Mr Hayashi was so impressed with the monk he accompanied Dr. Usui on his walks all around Japan helping those in need. He practiced Reiki with Dr. Usui for many years and when the time came for Dr. Usui’s transition he asked Chujiro Hayashi to take the leadership.

The third Grand Master of Reiki was Mrs. Hawayo Takata. She had come to Japan for an operation and while lying on the operating table heard a voice say to her 3 times “Operation not necessary.” After the third time she sat up and told the doctor what she had been heard. The Doctor was amazed but then told Mrs. Takata of the Reiki clinic and this was her introduction to Reiki and soon she was learning and healing with Reiki herself. Mrs. Takata is the lady responsible for bringing Reiki out of Japan. She lived in Hawaii so this is where she first started teaching classes then on to America. Takata passed away on December 12th 1980 and the Grand Master energy was passed on to her Grand Daughter Phyllis Lei Furumoto.

The Tibetan Energy association with my style of Reiki comes from a different Masters Symbol that has it’s origins in Buddhism. It is added to the first stage of the attunement process to cleanse the recipients energy pathways prior to receiving the Usui system of attunement. It is simply an addition to the old system and has no different techniques from the original Usui system.

The Reiki Creed

The following creed was formulated by Dr. Usui after spending many years in the slums of Japan and observing the people he healed and passed Reiki onto. It is a simple yet effective way to live our lives.

JUST FOR TODAY DO NOT ANGER

JUST FOR TODAY DO NOT WORRY

*HONOUR YOUR PARENTS, TEACHERS
AND ELDERS*

EARN YOUR LIVING HONESTLY

SHOW GRATITUDE TO EVERY LIVING THING.

If we endeavor to live each day of our lives according to this simple creed , we will be well on the pathway of self love, self acceptance and a peaceful way of life.

How Does Reiki Work

There are some simple guides to describe the way Reiki heals. The first is that *Reiki brings to light*. This you will discover for yourself and is in relation to the way Reiki will bring important issues to the surface within ourselves showing us what needs healing or dealing with. Reiki teaches us that for every illness or dis-ease there is a thought or condition associated with it. Reiki will show you these all you have to do is be aware and listen!

Reiki brings into alignment that which is not. This statement is very broad but Reiki will bring calm to chaos in it's own way. An example of this is that normal body cells spin in a clockwise direction. Any cell that does not do this (as in cancer cells) will be corrected.

Reiki will also *revitalize* as the energy is universal and is used by all living things. To give these beings Reiki is to increase their vitality which in turn will accelerate the bodies natural healing process. This can quite often be seen with someone we treat who has the Flu. By giving them Reiki the body will accelerate the natural healing process time dramatically. It has been my experience that people suffering the flu and given Reiki will be sick for one day instead of the usual week recovery time. So this guide is *Reiki Accelerates*.

What will Reiki do for you

We have all been brought up to believe that it is better to give than receive and when we first receive Reiki we want to go out and heal the world. But what we must be aware of is that Reiki is for the self first and we are the ones that Reiki will help heal first and foremost. You will also find that when healing others you will grow in body, mind and spirit. If this is all you receive from Reiki then isn't that a wonderful gift on it's own.

Always remember that through our journey of life - "*Enlightenment is the Goal, Healing is the Byproduct.*" I feel our journey here on this planet is to become one with our spirit, become one with the God Source. In other words become Christlike in every essence of the word. For does it not say in the bible that Jesus states "*These miracles I do, ye shall do and more.*" This is one of the things that Reiki gives us the skills to do. You are being awakened to an ancient wisdom and knowledge that has been lost over the years of society seeking materialistic wealth and recognition. Listen to it, act upon the information that Reiki gives us and most important of all learn and grow from your experiences.

Learn to look at life as a learning experience with many lessons on the way and learn to see these experiences as simply something we have to go through, not positive or negative, simply as a lesson to help us grow. And when it is over learn from your experience, ask yourself "what is this teaching me, what do I have to learn from this?" Mahatma Gandhi said "When your a confronted by an opponent conquer him with love!" This is what Reiki is in it's purest essence "Love Energy" which is the most powerfulest of all the energies in the universe.

There are no rights on wrongs to Reiki, use it as you see fit and always remember the rule of the universe "What you put out shall be returned" for the world we create around ourselves is simply a reflection of our true inner being. There is also no limitations as to what can be done by Reiki so please don't put any on it yourself and always remember that Reiki will do something regardless of the size of the task.

In our personal growth we often find ourselves in situations that require us to assist another person. 3 simple rule here will help our growth for the people that come to us for help are simply mirrors of ourselves in some way and if we can learn to identify this and recognize it for what it truly is that we are being presented with there will be no limits to our growth.

Rule 1 is to *Look!* In being an observer of the world all around us we are able to ask ourselves “What is that in me?, Do I need healing in that area?” Then trust your inner guiding voice or feeling for that is our inner wisdom and it contains all the answers to the universe. If only we listen.

Rule 2 is to *Listen!* For to listen to ourselves, our bodies and others around us will always lead to the right place at the right time. Listening is learning. Listening is healing.

Rule 3 is to *Learn!* When we learn to understand who we are and begin our own self healing, we are in a better position to help others and open the doors to their own healing. When we are a Reiki channel it is important to remember “Heal the self first then heal others” for how can we help others when we do not apply the same things to ourselves.

In connection to this I would like to share with a story of Mahatma Gandhi who was asked by a lady to tell her son to stop eating sugar. Gandhi asked the woman to return in a fortnight with her son. When she returned 2 weeks later Gandhi looked at her son and said “It is best if you don’t eat sugar.” The woman looked at him puzzled and asked why he hadn’t just said that before?” Gandhi replied “I could not ask of him what I had not done myself!”

Hands On

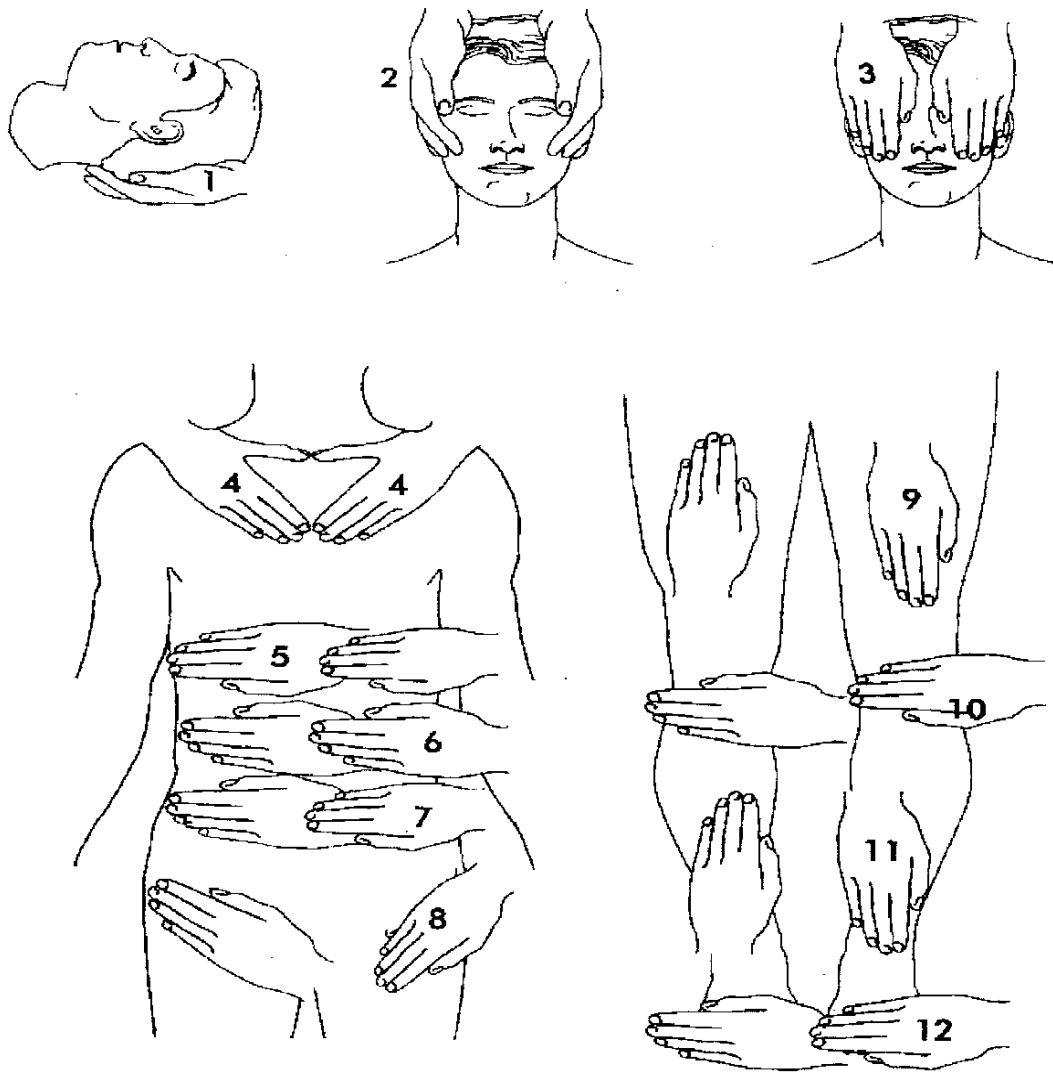
During the 2 days of your Reiki 1 workshop you will be shown the *suggested* hand positions. These positions are simply suggested as the Reiki can be applied by the most comfortablest way for you the channel and for you that will be right. Also be aware that Reiki will bring about increased inner awareness of what is required of you for a patient. This is where the listening rule comes in, learn to listen to your feelings and trust in them for they will be right. Often when doing healing work I am urged to move to a different part of the body. After the healing has finished the client has remarked on how they needed healing on the part I moved to. So remember what you are doing is right and if you are not sure simply ask yourself and listen.

The final analysis lay with you, in becoming a Reiki channel your intuition will become stronger and when you listen to this you will be led where to place your hands. The reason you are taught a set method is give you guidance in applying the energy to someone and to give you way of spending the right time with someone.

Another important point to remember is that it may have taken years to develop a condition within the body and it will take time to heal it with Reiki. Never let people think that Reiki is a fast miracle cure, it will work but it requires time and commitment from both the channel and recipient and it will work on anything.

Reiki Hand Positions for the Front

All positions minimum of 3 minutes



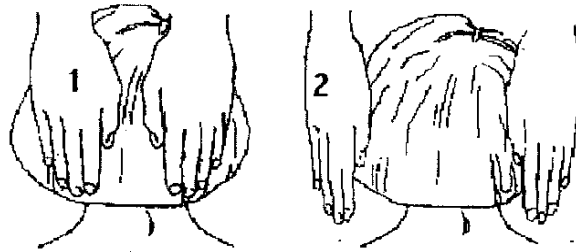
Optional Positions

The Heart - Place hands one on top of the other at right angles over heart

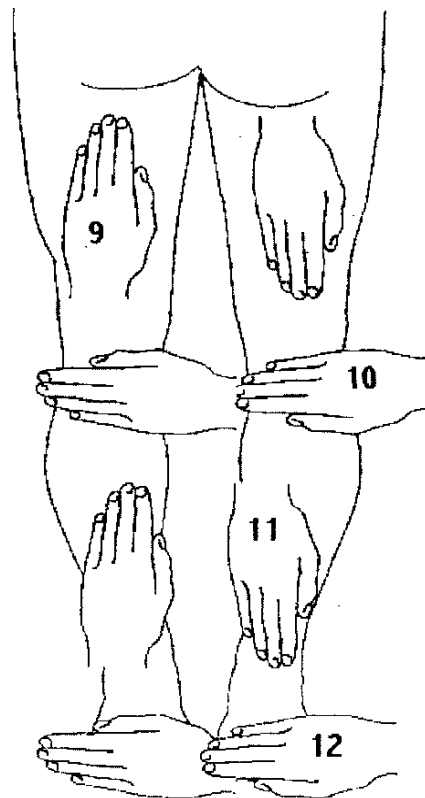
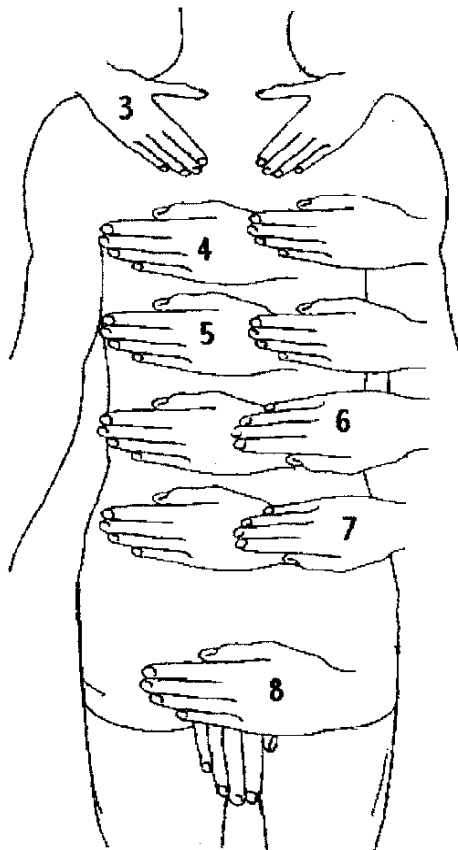
The Arms - Place one hand on their hand (palm to palm if comfortable), the other hand is placed on the elbow or shoulder.

Reiki Hand Positions for the Back

All positions minimum 3 minutes.

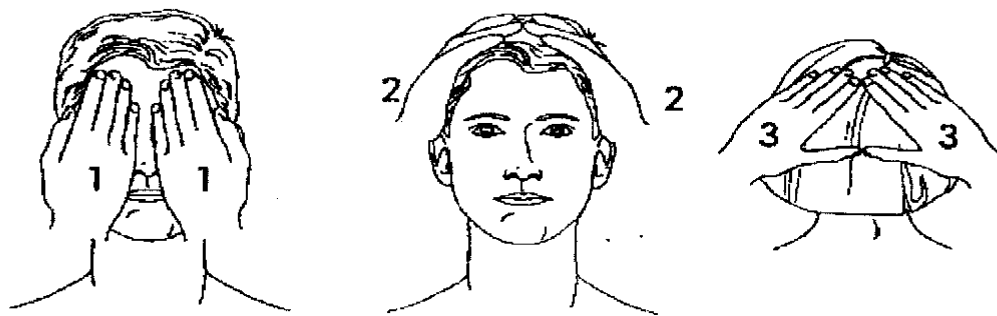


Back



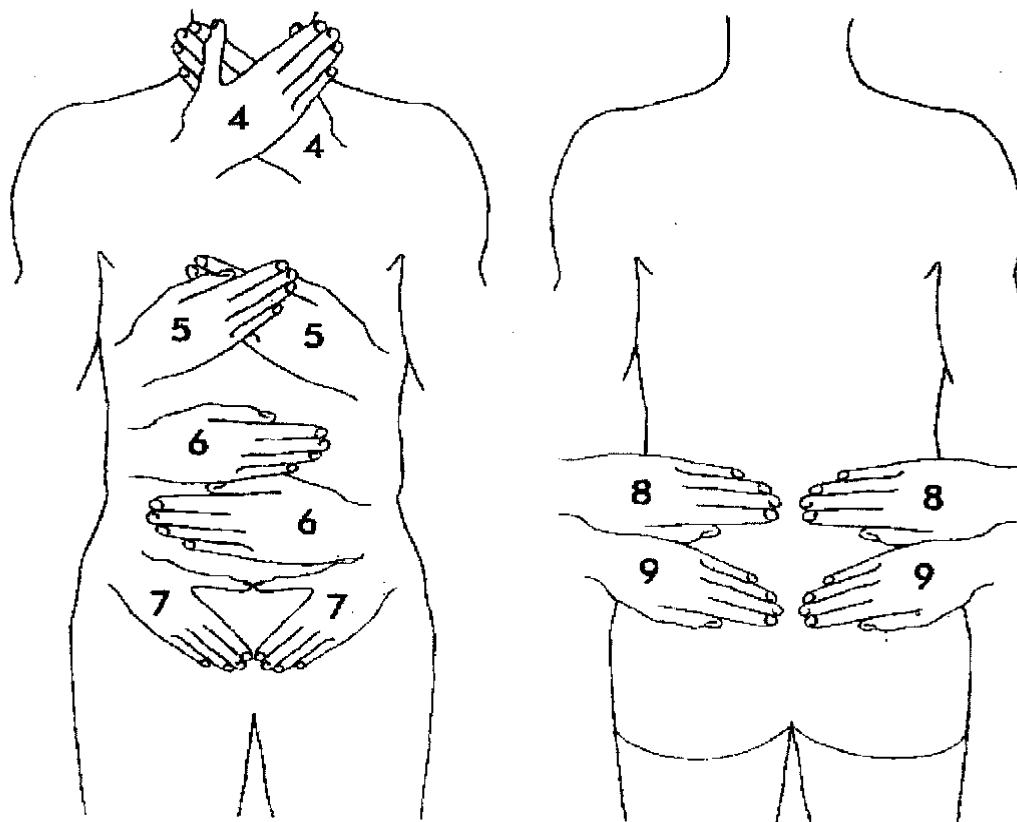
Reiki Hand Positions for Self Treatment

All positions minimum 3 minutes



Front

Back



Old Emotions

As we practice Reiki we will find that the body will talk to us. We will be given messages as to what the body is hiding and wishes to have brought to the surface. People receiving Reiki may sometimes show signs of tears or crying. It is important to realize that this is Reiki working and what it is doing is allowing old stored up emotions to be brought to the surface and released for if they are not released it will remain buried deep within the person and eventually may manifest into dis-ease. This is very healing for the person and we must learn to understand this and continue the treatment as sometimes we may feel concern that we are doing the wrong thing and our natural urge is to stop and comfort them. Please keep this in mind and if it occurs you may wish to shift one hand to the heart to allow the Reiki energy to fill the void that the released emotion leaves behind. Also it is important to tell the recipient before the start of a healing session to be aware of any thoughts or emotions that they experience whilst receiving the energy. *Gentle* is one of the key words for Reiki. The other is simple, always try to keep this in mind. There is no need for heavy analysis. Find the cause for the disease or emotion, look at it, thank it for the lesson then release it and get back into the flow of life.

Self Healing

Reiki is primarily for the self and it is important to treat yourself to a Reiki session as often as possible. It is also a valuable aid to meditation for it will help your body and mind relax very quickly. Any time you feel you need a boost of energy simply apply Reiki to yourself as you would to another person.

You will also receive Reiki when doing 'hands on' as the energy comes to you first then on to the recipient.

Other Uses

Reiki can also be applied to plants and animals with the same effect remember the energy is Universal and all living creatures draw upon this energy for life.

Metaphysical Keys to Emotions and Dis-ease

Reiki teaches us that for every illness or dis-ease there is an associated thought pattern within the mind. It is these patterns of thinking that create problems with ourselves and others and the only way to deal with them is again to identify it, learn from it and release it. Reiki helps this process by bringing to light these feelings or thoughts when receiving a healing.

The following is a quick reference list to the metaphysical meanings behind dis-ease and illness. It is only a suggested and always remember to trust your own intuition.

ACNE	- <i>Something you are afraid of trying to come to the surface.</i>
ABSCESS	- <i>Inner conflict unable to find release - erupts through the skin.</i>
BURNS	- <i>Pent up anger, fear of someone else's anger, afraid you'll get your fingers burnt.</i>
BOILS	- <i>Anger coming to the boil.</i>
CUTS	- <i>Leaking life's joys.</i>

COLDS - Leave me alone! Confusion, suppressing something, take time out to rest. Can also be the body cleansing and releasing.
CIRCULATORY - Symbolizes the emotions and the capacity to love. The circulatory system carries vital energy through out the body.
CONSTPATION - Fear of letting go. Holding onto old past emotions.
DIARRHOEA - Letting go of new impressions without processing them.
DIABETES - Lacking the sweet things in life. Living in the past. Unforgiving.
DIGETIVE - Stands for reception and digestion of impressions. This requires openness, acceptance and devotion.
Eczema - Wanting to break out of the barriers you have set yourself.
EYES - What you don't want to look at. Long Sighted - Can't see in the now. Short Sighted - Always looking to the future.
EARS - Don't want to hear or listen to your inner voice.
FEET - Fear of moving forward in life.
FLU - Believing in mass thought.
HEPATITIS - Resistance to change. Fear. Anger.
HEADACHES - Excessive tension or perpetual worry. Placing to much weight on rational thought. Hurry. Worry. Strong will. Blocking out intuition.
HANDS - What are you holding onto. Left Hand - receiving Right Hand - giving.
THUMB - Under the thumb
INDEX - Authority.
MIDDLE - Universal symbol.
RING - Partnerships.
LITTLE - Sex and Communication.
ITCHING - Something getting on your nerves
JAUNDI - Internal and external prejudice, unbalanced reasoning.
KIDNEY - Projecting ones deficiencies and problems onto another.
KNEES - Pride. Stubbornness. Egotism. Unconscious fears preventing you from submitting.
LIVER - Chronic complaining, Justifying, Fault finding to deceive yourself.
LEGS - Fear of the future or moving forward.
LARYNX - Repressed speech. Afraid to speak up for yourself.
MIGRAINE - Strong willed. Bad attitude to opposite sex. Resisting the flow of life.
MOUTH - Cannot take in new ideas or impressions.
RASHES - Striking back at yourself for something.
RESPIRATORY - The taking in and letting out. What don't you want to come in contact with
SINUSES - Someone close to you is irritating you. Sharing.
TEETH & GUMS - Lack of confidence in self. Difficulty in making decisions.
THROAT - Not wanting or able to swallow something. Can't express how you feel.
ULCERS - Feeling judged or an injustice done. Acid thoughts and feelings eating you away.

Reiki 1 Requirements

I ask for your benefit you do 10 Reiki treatments over the next 30 days. This will help you become familiar with the energy and the feelings it produces with yourself. Learn to identify these but always be aware that Reiki has intelligence and knows how much energy is required so you will often feel different feelings during each session. Be amazed, it still amazes me.

The 21 Day Healing Cycle

Over the next 21 days after your Reiki attunements your body will go through a healing process. This is because you have just been given 4 attunements which open you up to the energy and by doing 'hands on' you are also being healed. This time period is directly proportional to the 21 days Dr. Usui spent on the mountain meditating. A lot of healing takes place during this time so pay attention to what your inner voice tells you and how your body feels.

Conclusion

Firstly my congratulations to you for what you have given yourself and my deepest thanks for allowing me to share this with you. I love Reiki and it never ceases to amaze me with the things it does and brings about so enjoy. One important note that I ask of everyone and that is don't put any limitations on what can be done with Reiki, there none. If you think it can be done do it, it will only bring about the highest good for all.

Thankyou

Light, Love, Peace and Laughter to You.

Alistair Kelsall

Reiki Master