

# Usui Reiki

## Level 1

Love Inspiration & Maitri Foundation



Hands On Healing Practices:  
Dr. Mikao Usui and  
Hawayo Takata Lineages



*Love Inspiration*

*Learn • Heal • Awaken*

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FOR THE INFINITE BENEFIT OF ALL

May all beings be liberated from suffering.

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### Prerequisites For This Ebook



*Welcome! There are no prerequisites for this course however please ensure that before you begin this Usui Reiki course you:*

- 1) Have allowed yourself a minimum of 21 days from the completion of:
  - any [Ascension Pathway](#) attunement and/or
  - any Love Inspiration [ebook](#) (eg. Kundalini Reiki, Divine Light etc)

*Notes:*

- a). Here in this point, the completion of an ebook means you have completed the whole ebook including all attunements, waiting times and compulsory daily / self healing practices, whereas the completion of an attunement means you have completed the attunement and not necessarily any waiting times or associated practices.
- b). This 21 day period is recommended in order to give your body time to assimilate all the energies from the previous course/attunement, (so as not to overload your energy system). However if this is your first Love Inspiration course (i.e. you have not taken any attunements or courses previously) then you may begin this ebook immediately without waiting 21 days.

- 2) Have activated (unlocked) the Usui Reiki Level 1 energies and attunement using the activation code & instructions on the next page.

*Once you have unlocked the energies, you are ready to begin.  
With love, we wish you well on your Usui Reiki journey!*

### Helpful Resources For This Ebook

- [Sign up for free monthly Ascension Healing \(sent on the 11th of the month\)](#)
- [Join the Love Inspiration Community Facebook Group](#)
- [Download the Love Inspiration Handbook as an accompaniment to this ebook](#)
- [Start on the Ascension Pathway alongside this ebook](#)
- [Visit our Free Music & Relaxation webpage](#)
- [Sign up for an Ascension Healing Booster](#)
- [Find out how you can help](#)
- [Read our Disclaimer](#) and [Copyright Information](#)

Additional Note: Because the Advanced Usui Reiki levels (Level 4 onwards) require [Ascension Pathway](#) prerequisites taking approximately 12-18 months to complete, if you have not already started an Ascension Pathway it is recommended to start as soon as possible. *(The required prerequisites for Level 4 can be found on Page III of the Advanced Usui Reiki Levels 4,5 & 6 ebook).*

# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

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### ACTIVATING (UNLOCKING) THE USUI REIKI LEVEL ONE ENERGIES:

Before opening up to these beautiful Usui Reiki Level 1 energies, it is very important that you firstly activate or 'unlock' the energies and attunement in this ebook. Once this is completed, you will then be ready to begin Usui Reiki!

The activation is a very simple process, done by yourself, using a specially embedded activation code to 'unlock' the energies in this ebook. The four step process is outlined below and should only take you around five minutes or so to complete.

(For more information about the activation codes or the activation process - please visit our [Activation Codes FAQ's](#)).



#### ■ 1) Preparation:

Please sit or lie down, whichever is more comfortable for you, and ensure that you will not be disturbed for at least 5 minutes or so. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

#### ■ 2) Invocation:

Invoke the activation ('unlocking') by placing your hands together, fingertips touching in prayer position and saying the following:



**"With infinite grace, I ask humbly and clearly to activate the energies and attunement for Usui Reiki Level One. With the unique activation code 718424 may this be so. May this activation benefit all beings. Thankyou, thankyou, thankyou."**

#### ■ 3) Receiving:

If you wish to, you can now just sit for a few minutes as the energies are unlocked for you. After this period of time, as you feel ready, you may wish to give thanks. The activation is now complete!

#### ■ 4) Understanding:

Once you have completed your activation, we ask that you now read through - ["Activation Codes and Prescribed Timeframes"](#). This will only take around a minute or so and will help you to receive the maximum benefits from all of these healing energies, attunements and practices. After this, you are now ready to begin opening up and receiving these beautiful Usui Reiki Level One energies! May you enjoy these with much love & light and with an intention to benefit all beings.



# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

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### FOREWORD:

It is with much love & light that we welcome you to Usui Reiki. For those of you who are just starting out on your healing or spiritual pathway or are new to Reiki, let us start here by saying that Reiki is a truly precious gift of love, healing & divine light.

The Reiki energies can help you to open up to more healing, love & happiness in your life as you connect with a very beautiful series of 'Higher Consciousness' energies. Reiki is a practice which helps to uplift your energetic vibration and by doing so, you are helping to bring more health, wellbeing and energetic balance into your life.

Reiki heals at a physical level, a mental level, an emotional level *and* a spiritual level and is therefore able to help us heal the root causes for particular ailments or issues we are dealing with in our life. The Reiki healing practices are all very simple & easy to learn and they are perfect for anyone interested to heal themselves or others.

Reiki is not a religion and can be learnt by anyone, regardless of age, background, culture, gender, religion or race. As a result of this, we feel that Reiki can truly be a wonderful gift for *anyone* to help them find more love, balance & harmony within themselves.



It is therefore with a sense of love, hope and peace, and with an intention to share these Reiki energies for the benefit of all, that we are delighted to offer you this series of free ebooks and Reiki courses.

All of our Reiki courses and ebooks include everything that you would normally learn through an 'in-person' Reiki workshop and we have very carefully designed each ebook so that the learning processes are made as simple and as straightforward as possible at each step of the way.

As part of this, we will be referring you to a series of additional 'video tutorials' which we feel help to explain and demonstrate the healing practices and meditations more thoroughly where necessary.

It is our aim to help you connect more deeply to these Reiki healing practices in the easiest and most effective way possible so that you can become a more effective Reiki healing channel as you become more familiar with the beautiful healing techniques of Reiki.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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In addition to offering these Usui Reiki energies, attunements & healing practices, Love Inspiration has also received a series of 'blessings' from Higher Consciousness to offer the Advanced Usui Reiki healing system and the Usui Reiki Gold healing system which help to extend and expand on the Usui Reiki energies for the infinite benefit of all.

These new levels will be introduced in more detail as we continue to move through these Usui Reiki courses however for now, please know that once you complete your 'Usui Reiki' training, the Advanced Usui Reiki healing system and the Usui Reiki Gold healing systems will also become available to you as part of the Love Inspiration 'free online' Reiki courses.

Having now received these healing systems directly from Higher Consciousness, we are delighted that Love Inspiration has accordingly received the necessary blessings from Dr Mikao Usui and 'Higher Consciousness' to offer all of these Usui Reiki teachings in 'distance' format. This is a very important blessing and we therefore share this information with you here at the start of your journey with much love.

For now though, at this early stage of your Reiki journey, we do not want to create any confusion by talking about the more advanced levels so in simple terms, let us just reassure you here that the Love inspiration Usui Reiki ebooks and courses will be offering you a very real and genuine connection to the Usui Reiki teachings.

Finally, let us share here that Usui Reiki is indeed one of our favourite healing systems. These beautiful Reiki energies can really help to bring much healing, purification & transformation into one's life and it is truly a precious gem that will help you to learn many beautiful healing & meditation techniques for your pathway forwards.



We do sincerely hope that you will enjoy the Usui Reiki Level One course and may these energies help you to bring more healing, love, happiness & health into your life!



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### GET THE MOST CURRENT VERSION OF THE USUI REIKI LEVEL 1 EBOOK!

Please note that this ebook is updated as further information comes to light, therefore before you begin, and periodically throughout this ebook if you wish, please [visit our website](http://www.loveinspiration.org.nz) to check you have the most current version. The version number and date are listed in the bottom right hand corner of each page of the book and only the version on the website will always be the most current.

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**USUI REIKI**  
LEVEL 1 - HANDS ON HEALING PRACTICES

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# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

### AN OVERVIEW OF USUI REIKI:

Please find below an overview of the Usui Reiki, Advanced Usui Reiki & Usui Reiki Gold Healing Systems. We trust this will help you to understand the outline of the Reiki courses offered by Love Inspiration.

## The Love Inspiration Usui Reiki Healing System

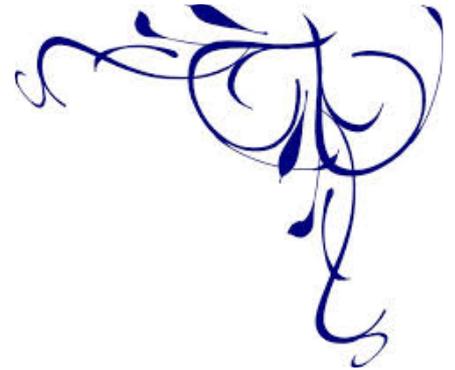
Ebook	Level	Information	Completion Timeframe
Usui Reiki	Level 1	Hands on Healing Practices	21 days * minimum practice 21 days
	Level 2	Advanced Healing	3 months * minimum practice 21 days
	Level 3a	Master Healer	21 days * minimum practice 21 days
N/A	Level	Master Teacher	Not offered by Love Inspiration
Advanced Usui Reiki	Level 4	<u>Ishyo</u> : Consolidation & Expansion of Usui Reiki Energies	14 weeks * minimum practice 21 days
	Level 5	<u>Kotoko</u> : Energies To Help Ease 'The Healing Crisis'	4 weeks * minimum practice 14 days
	Level 6	<u>Rokaito</u> : An Influx Of New Light & Healing	8 weeks * minimum practice 3 days
Advanced Usui Reiki Master	Level 7	<u>Usui Blue Thunder</u> : Significant Expansion in Consciousness	3 months * minimum practice 3 - 5 days
	Level 8	<u>Usui Golden Dome</u> : The Flowering Of Pure Consciousness	3 - 6 months * minimum practice 3 days
Advanced Usui Reiki Master Teacher	Level 9	<u>Kohito</u> : Expansion & Consolidation Of All Reiki Practices (Including How To Give Attunements)	1 - 3 months * minimum practice 30 days
Usui Reiki Gold	Level 10	<u>Diamond Reiki Gold</u> : The Diamond Layer Of Usui Reiki	15 months
	Level 11	<u>Diamond Reiki Gold Infinity</u> : The Ascended Diamond Layer Of Usui Reiki	6 months
	Level 12	<u>Usui Reiki Gold Master+</u> : The Master Plus Level Of Usui Reiki Gold	11 months

# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

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Like all of our energy based healing courses, this Usui Reiki training is commenced with a full overview of the Usui Reiki Healing System. As you have just seen in the above overview table, Love Inspiration offers free Usui Reiki courses and ebooks for:



- a) The Usui Reiki Healing System,
- b) The Advanced Usui Reiki Healing System, and
- c) The Usui Reiki Gold Healing System.

Collectively, we refer to these energies, teachings and attunements as the Love inspiration Usui Reiki Healing System and again, we offer this healing system with much love in our hearts and with the hope that these beautiful healing energies can help bring much love, light and happiness into your life.

Traditionally, the Usui Reiki Healing System is taught over three main levels, with the third Master Level often being offered over two sub-levels; Level 3a - Master Healing and Level 3b - Master Teacher.

Once you complete the traditional levels (1 - 3) of Usui Reiki healing, Love Inspiration warmly invites you to start moving into The Advanced Usui Reiki levels and then onto the Usui Reiki Gold levels, as you feel guided to.

In this way, you can see that the traditional Usui Reiki levels become the energetic platform from which you can springboard as you are guided towards raising and uplifting your energetic vibration further through the Advanced Usui Reiki levels and finally, through the Usui Reiki Gold levels. Wonderful!

Within the traditional Usui Reiki Healing System, Love Inspiration offers all of it's teachings in accordance and alignment with the various Usui Reiki lineages around the world. This means that you will be receiving the exact same teachings as those that you would normally receive through a traditional Usui Reiki class or workshop.

As Reiki Master Teachers themselves, Marty and Gerry have taught these traditional Reiki levels many times in person and for each level of learning, they have been very careful to design the ebooks and courses in such a way that helps to promote understanding in both the theoretical aspects and the practical aspects of Usui Reiki. To this end, each of the ebooks (for the traditional Reiki levels) are split into two main sections:

- **Theoretical Foundations**
- **Practical Aspects of Reiki**

By designing the courses in this way, it helps to ensure that the theory as well as the practical aspects of Reiki are covered for each level of learning. And of course, both of these are vital for becoming a well rounded Usui Reiki practitioner.



Level 1

For example, during the level 1 training, the theoretical foundations include information such as 'Defining Reiki', 'Reiki History & Origins' as well as 'Reiki Uses & Benefits'. And for the practical aspects of the course, the Level 1 training focuses mainly on giving 'Hands On Healing', from a self healing perspective and also a healing others perspective.

During the level 1 course, we also like to provide a range of additional healing techniques, meditation practices and other guidance too so that you will feel more comfortable with all the material being presented. We feel that this also helps you to gain a more well rounded understanding of the Reiki practices.

Level 2

In the Level 2 Reiki course, you will learn about how to access the Reiki energies in a slightly different way as you are guided towards working with a variety of 'healing symbols'. These very special healing symbols will help to magnify and intensify the Reiki experience and can also help you to bring Reiki into many different areas of your life.

The Level 2 training also helps you to become a far more effective healing channel as you learn a series of new 'Advanced Healing Techniques' which include distance healing, sending Reiki to goals / situations and sending Reiki into the past & future.

The Level two energies are normally felt as a very beautiful awakening as you start to understand the true possibilities & potential of Reiki.



At the third level of Reiki then, as we've already mentioned above, these Master Level teachings are typically taught over two parts: a) Reiki Master Healer and b) Reiki Master Teacher.

Inevitably, there will be some students who will not wish to teach Reiki to others. And in these cases, the Level 3a Master Healer Level will be more than enough as it provides all of the necessary information and energies for becoming a Reiki Master Healer.

## Level 3a

As part of this Usui Reiki Master Healer Level (3a), you will be guided towards a deepening in your understanding of Usui Reiki, both from a theoretical perspective and from a practical perspective as you open up to receiving the all-important Reiki Master symbols.

As part of the Level 3a Reiki course, Love Inspiration will also be providing you with a wide range of additional Master healing techniques & meditative practices that can help you to gain a deeper connection with the Reiki energies at this Master Healer Level.

Continuing on from Level 3a, most Reiki Teachers will also offer Level 3b - Reiki Master Teacher, which focuses on all of the teaching aspects of Reiki. Most importantly it teaches how to give the Usui Reiki attunements to people as well as some of the other more logistical aspects of teaching Reiki.

Please note that the Level 3b Master Teacher training does not introduce any *new* healing techniques and as such, this is a level which is normally offered to those who specifically want to *teach* Reiki as part of their pathway forwards.

## Level 3b

As part of the Love Inspiration training courses, and especially for those of you who may be interested in teaching Usui Reiki to others, Love Inspiration provides you with this opportunity as part of the Level 9 Advanced Usui Reiki Master Teacher Level (Level 3b is not offered by Love Inspiration).

As an Advanced Usui Reiki Master Teacher (Level 9), you will be able to teach *all levels of Usui Reiki* as well as *all levels of Advanced Usui Reiki* and you will have learnt a number of different attunement techniques as well as everything you need to know about teaching Reiki to others.

As you finish the Level 3a training then, we humbly suggest that you continue onwards by moving into the Advanced Usui Reiki Levels. And by doing so, you will also be able to open up & receive a very beautiful & transformational set of healing energies that will help to take your Reiki practice to a much higher level!

## Advanced Levels

The Advanced Usui Reiki Levels are split up into three ebooks:

- **Advanced Usui Reiki (Levels 4,5 & 6)**
- **Advanced Usui Reiki Master (Levels 7 & 8)**
- **Advanced Usui Reiki Master Teacher (Level 9)**

The Advanced Usui Reiki levels have all been 'divinely designed' by Higher Consciousness and will help you to become a wider and more effective healing channel. During the Advanced Usui Reiki levels, you will be opening up to a wide range of new & advanced healing techniques and you will also be opening up to receiving a very significant amount of healing & purification from within as you move closer towards more love, light, happiness, inner peace, health and overall wellbeing in your life.

For those who are interested to learn the Advanced Usui Reiki Healing System, you may have noticed from our website that there are a few prerequisites for these courses (in order to help enhance and enrich the flow of energy within you). And to help make things a little easier for you, we have prepared a full Usui Reiki Learning Pathway diagram on the next two pages which shows you the quickest way to learn Usui Reiki & Advanced Usui Reiki (choosing to move through The Unified Pathway To Light rather than The Pathway To Light).

The Usui Reiki Gold levels are a deeply profound and wonderfully vast series of energies that become available to you upon completion of the Advanced Usui Reiki Master Teacher training (Level 9). These beautiful energies are also offered over three main levels:

- **Diamond Reiki Gold (Level 10)**
- **Diamond Reiki Gold Infinity (Level 11)**
- **Usui Reiki Gold Master+ (Level 12)**

## Usui Reiki Gold

These final three levels of Usui Reiki are of a very high and profound energetic vibration and will be helping you to become a very powerful and effective healing channel for the infinite benefit of all.

Having reached this very significant vibration, you will then truly be an 'Ascended' being. You will be someone who vibrates with unconditional love, compassion and unity and we bow down to your immense healing work and love which will radiate beautifully and naturally for the benefit of all beings.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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For now, at this early stage of learning, please don't worry if any of this sounds a little complicated. Like all learning, the teaching being done at each of the Reiki levels will always build on top of one another and through each level and each ebook, you will be introduced to the Reiki teachings and practices in a way that is very simple and easy to understand.

We will be talking about all of these concepts in more detail about as we continue to progress through each of the individual levels of learning. Above all, Reiki should always be a pleasant and divinely uplifting process of learning how to move towards more love and light!

*We hope that you enjoy this Reiki course once again and may these new energies help you to feel more healthy, happy & peaceful!*



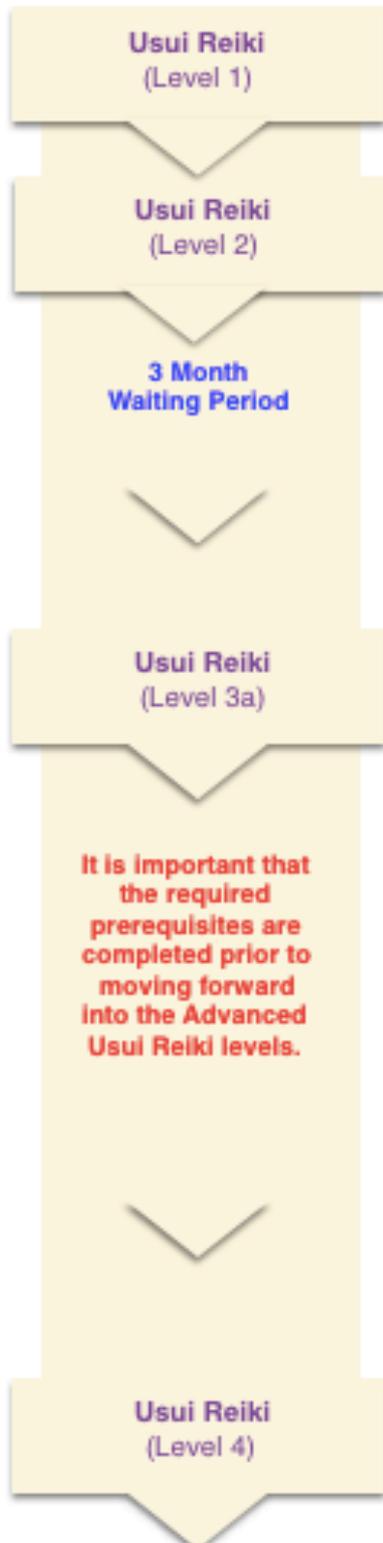
# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

### THE QUICKEST USUI REIKI LEARNING PATHWAY

This diagram shows the 'quickest' way to move through the Usui Reiki energies which is by choosing [The Unified Pathway To Light](#) Ascension Pathway. Please note that this is not the ONLY way; it is merely the quickest. It is possible to complete the Usui Reiki energies with the [Pathway To Light](#) Ascension Pathway, it just takes a little longer (and is not shown in this diagram).

#### THE USUI REIKI PATHWAY



#### THE UNIFIED PATHWAY

Because the Advanced Usui Reiki levels (Level 4 onwards) require Ascension Pathway prerequisites taking approximately 12-18 months to complete, it is recommended to start an Ascension Pathway as soon as possible.

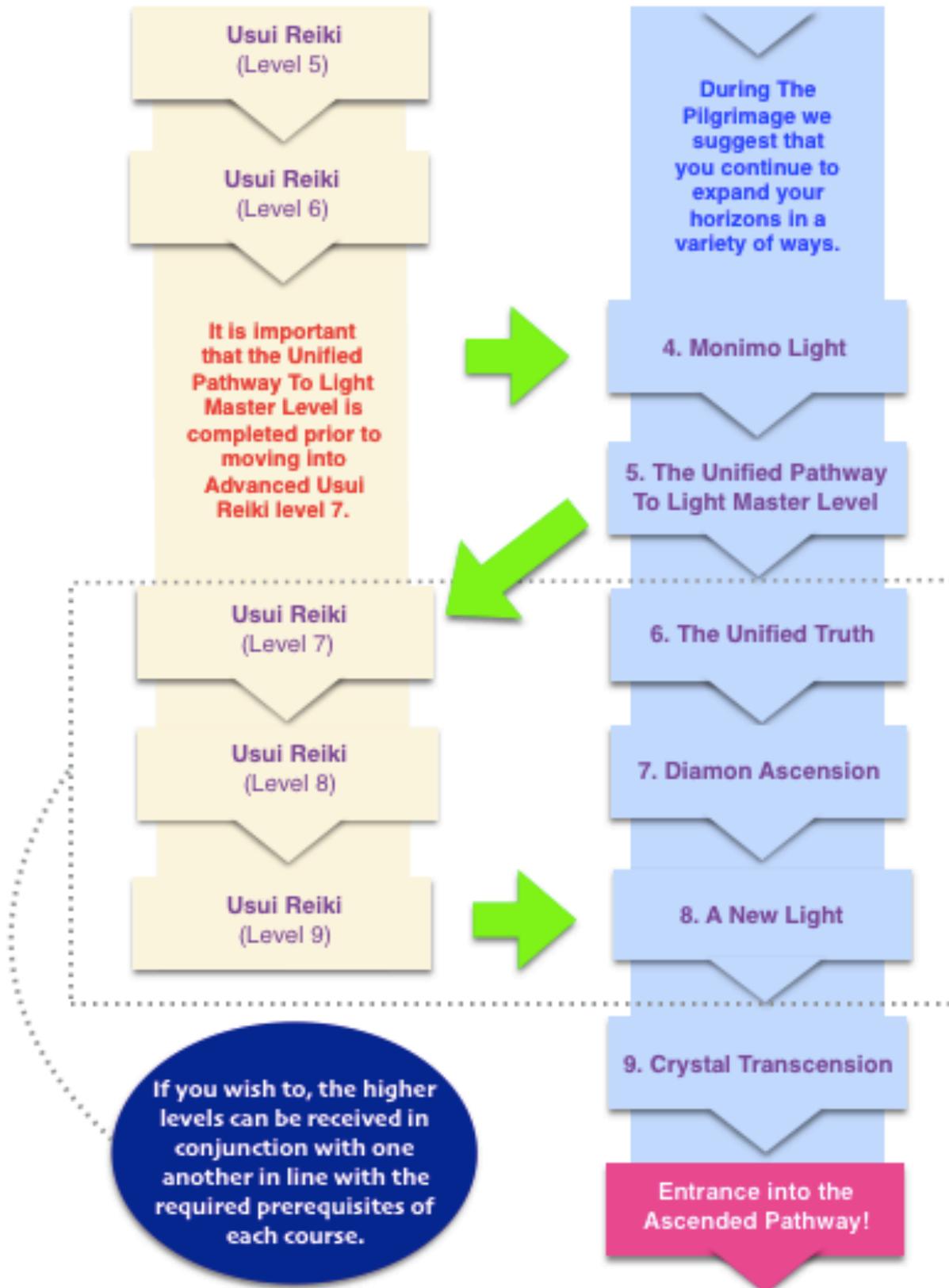


# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

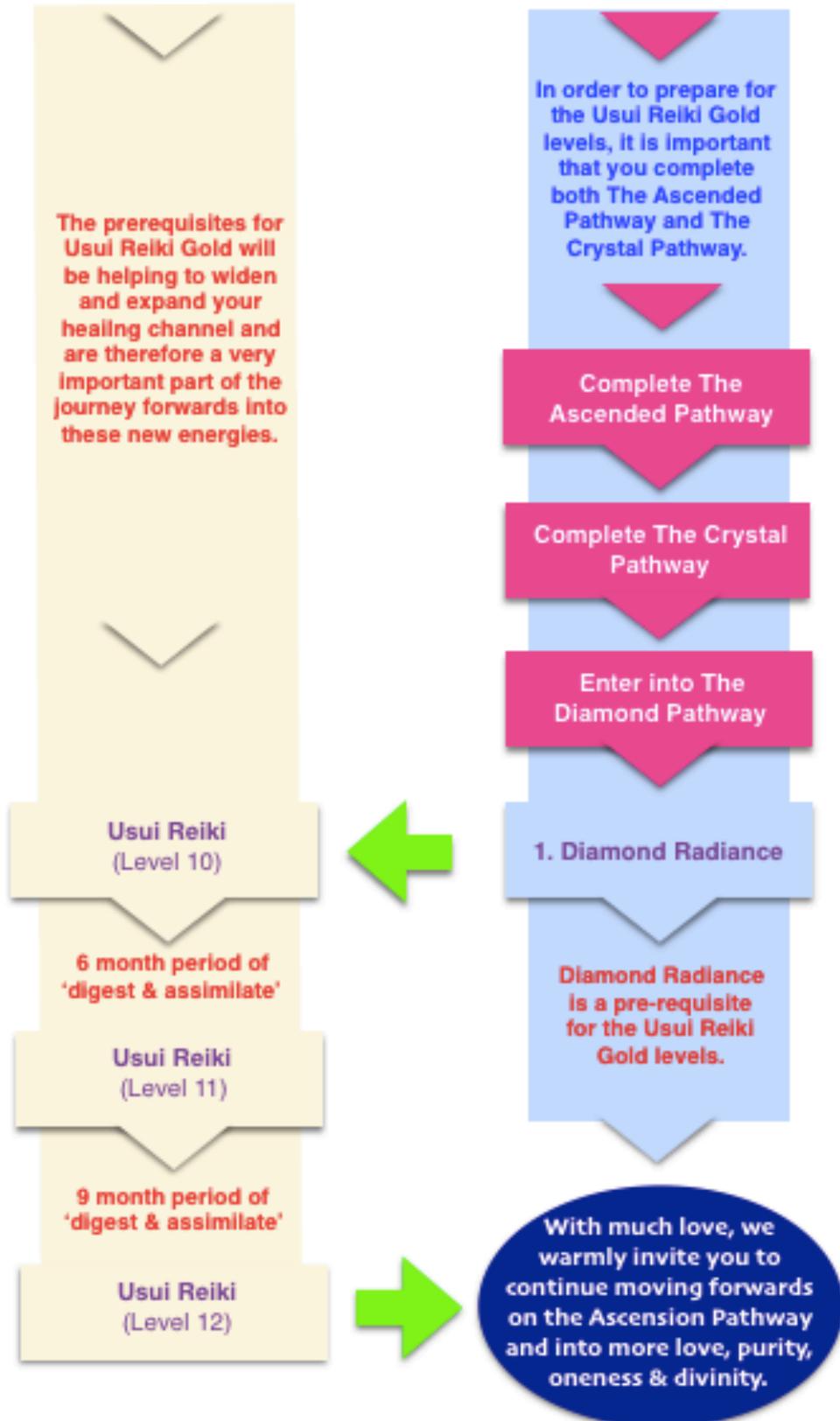
### THE QUICKEST USUI REIKI LEARNING PATHWAY

(CONTINUED)



THE QUICKEST USUI REIKI LEARNING PATHWAY

(CONTINUED)



## Learning Level One In Five Easy Steps!



### Step 1

Download and start reading your Level 1 ebook

### Step 2

Activate / unlock the Usui Reiki Level One energies  
(See Page IV)

### Step 3

Receive your Level 1 attunement  
(See Chapter 2 'Receiving Your Attunement' - Page 37)

### Step 4

Learn 'Self Healing' & then complete 21 days of self healing practice  
(See Chapter 3 'The Self Healing Practices For Level 1' - Page 72)

### Step 5

Learn how to give Reiki to others and then begin healing others!  
(See Chapter 3 'Giving Healing Sessions For Others' - Page 81)



Welcome to  
Usui Reiki Level 1



Chapter 1:  
Theoretical  
Foundations



*Love Inspiration*

*Learn • Heal • Awaken*

USUI REIKI  
LEVEL ONE - HANDS ON HEALING

Chapter 1: Theoretical Foundations

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# USUI REIKI

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### WELCOME TO USUI REIKI - LEVEL 1:

With love & light we again wish to warmly welcome you to the first level of Usui Reiki. As we've mentioned in our introductory sections, the first level of Reiki will be teaching you all about the basics of Usui Reiki. And as you progress through this course, we hope that you will see just how simple & easy Reiki really is as a way of bringing much peace, love & joy into your life!



Marty and Gerry themselves have experienced many things on their Reiki journey to date and have opened up to receiving a wonderful variety of teachings from a wide range of Reiki Masters. With this first level then, we hope that we can share all of this information with you here in a way that helps to inspire you towards a wonderful Reiki practice! Our goal is to make the learning process as simple & easy as possible whilst being sure to cover all of the necessary content in a way that is fun & enjoyable. To help us achieve this, we have divided the Level 1 Reiki course into the following four main sections:

- ♥ **1. Theoretical Foundations:** This section includes all the necessary introductory information that you would expect to receive when taking an 'in person' class. Here we will be discussing all of the basic Reiki concepts as well as providing you with a number of additional sections to help you gain a deeper understanding of the theoretical foundations of Reiki.
- ♥ **2. Receiving Your Attunement:** This is a very important section as it will guide you through all of the aspects of the attunement process. As you will see, the attunement is a very fundamental and crucial part of the Reiki learning process!
- ♥ **3. The Reiki Practices (Level 1):** Having now discussed the different theoretical elements of Reiki and having received your attunement, you are now ready to practice Reiki. So in this section we will be introducing you to the actual techniques and healing practices of Reiki.
- ♥ **4. Appendices:** Our appendices section helps to provide you with additional information relevant to your Reiki pathway. In this section you will find lots of additional tips, healing techniques, guidance & other useful materials which will help as you continue on with your Reiki practices.

*Please feel free to go through these sections at your own pace!*

There are indeed many new concepts being covered here in each of these main sections so please, if you feel that you need some further digestion on some of these areas, simply put the book down and allow yourself some time for personal reflection and digestion. For some of you, this will all be very new to you so like all learning, it will be important that you give yourself the appropriate time and mental space for digestion and absorption of the concepts being introduced.

*Perhaps you are someone who has already done research & reading about Usui Reiki?* In this case, you may wish to move through these introductory chapters more quickly and focus your attention on the practical aspects of our teachings.



Whichever category you fall into, and from whichever country, culture or background you are from; we would again like to welcome you here with much love & light and we sincerely wish that you will enjoy opening up to these new Reiki energies in your life!

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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#### 1. WHAT IS REIKI?

When first explaining the concept of Reiki, we often start with the idea that Reiki is a form of energy based healing which can be used to help heal, purify and bring more love & light into our energy field.

As we draw more love, light and balance into our energy system, we can then experience more health, vitality & wellbeing as our body's natural healing ability is accelerated i.e. the body now has more 'life force energy' to heal itself.

This is one basic interpretation of Reiki and is often the easiest place to start when asked 'What is Reiki'. But as you will soon discover, Reiki is so much more than just this!

For as you start opening up and experiencing the true delights of Reiki, you quickly realise that these 'healing energies' are actually helping you to open and awaken to many new experiences, realisations & understandings in your life.

By connecting with these 'higher energetic frequencies' through your own healing practices, you are not only helping yourself to heal & purify but you are also able to uplift your energetic vibration closer to love, light & peace in your life.

#### 1.1 A BASIC INTRODUCTION TO REIKI:

Whilst Reiki can be thought of in many different ways, most commonly Reiki describes a method of hands on healing which helps to stimulate and accelerate the body's own natural healing ability through calming the mind and raising one's life force energy.

In a basic Reiki treatment the Reiki healer will help to raise the recipient's life force energy through the use of a variety of different hand positions with the healing energies being 'channeled' by the Reiki practitioner. These energies then help to clear away and release blockages within the recipient as their energetic vibration is uplifted so that any old or unwanted energies can be safely released from their body.

From a spiritual perspective, Reiki can be described as a beautiful tool which can help us to bring a beautiful array of pure & blissful energy to our meditations and self healing practices. It is also something that can help us to accrue many kinds of karmic merits as we share these Reiki energies with others through the healing session format.

When practising Reiki, some people feel sensations of warmth, peace and relaxation as the Reiki energy flows through their body whilst others are actually able to see this energy manifest through colour, beautiful visions, feelings or sensations etc.

It is important to point out though that everyone is always very different in their experiences of Reiki and we always suggest that it is best to approach any Reiki session or Reiki meditation without any expectations.

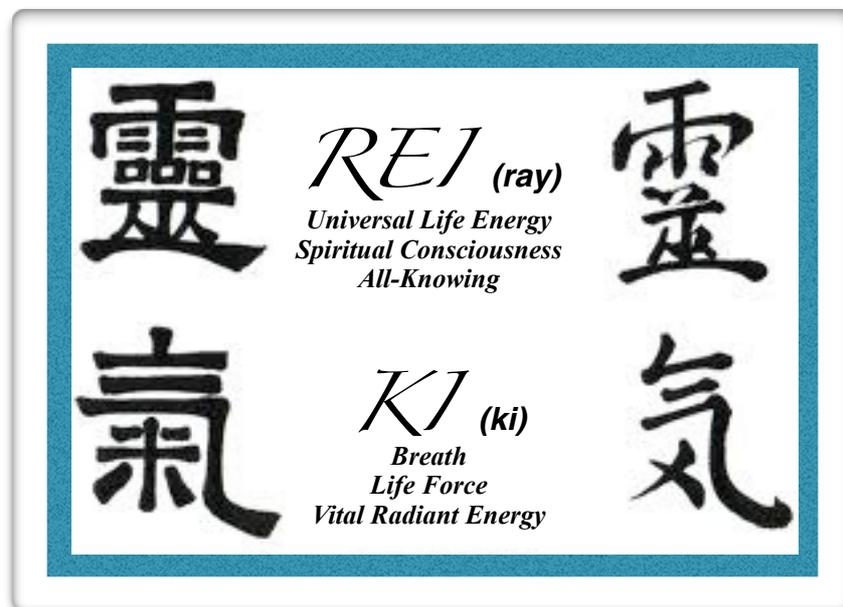


## 1.2 DEFINING THE WORD 'REIKI':

The Reiki energies were discovered (or more accurately, re-discovered) by a Japanese monk by the name of Dr Mikao Usui during the late 19th century and as such, the word 'Reiki' originates from Japan.

The word itself is made up of two Japanese Kanji characters, 'Rei' and 'Ki' with the first character 'Rei' being roughly translated to mean 'Universe' or 'God'. As we move more deeply into the translation process, we can also translate 'Rei' to mean 'higher knowledge' or 'spiritual consciousness'.

Ki (or Chi as it is sometimes referred to) is a term that most people will be more familiar with due to the popularity of things like Thai Chi or Qi Gong. It is the energy which circulates through all forms of life & throughout the entire universe.



When this Ki / Chi energy is flowing freely throughout our body, we feel balanced, light and happy. When the energy is not flowing freely, we are more likely to feel what may be physical or mental ailments, disfunction or dis-ease.

From these two translations then, a generally accepted definition of Reiki is "universal energy" however for a more specific or accurate definition, Reiki can also be translated to mean:

***"Spiritually Guided Universal Life Force Energy"***

As part of this defining of Reiki, it is also very important to understand that Reiki is not a religion and can be learnt by anyone at any stage of their lives. It is a healing modality first and foremost which can help us by calling on a series of 'spiritually guided universal life force energies' so that we can gain more love, light & therefore health in our life.

Reiki can also be thought of as being a very beautiful & precious gift which can be given to, received or learnt by anyone (at any stage of their lives) to help their physical, mental or emotional health & energetic wellbeing.

### 1.3 THE INTER-RELATIONSHIP BETWEEN REIKI, ENERGY & DISEASE:

A big part of any Reiki healing comes from the idea that we are calling on 'spiritually guided universal life force energy' to help us heal our body, mind & soul. With this understanding, it then becomes quite important for us to understand what this 'universal energy' is - and how it affects our state of healing & wellbeing.

To help us, let's start by looking at science and in particular the realm of quantum physics (a.k.a quantum mechanics) to aid in our understanding of 'what is energy'.

By starting here with these scientific modalities, we are able to see a very concrete proof that all things throughout the entire 'physical universe' are actually made up of energy. And to help explain this in very simple terms, we wish to refer you here to a very simple 5 minute video that helps to describe the inner workings of the atom and the energetic foundations for our entire physical reality. Be sure to watch right to the end as it is only when the 'observer' is put in place that things change!

[Watch this great 5 minute video here - The Double Slit Experiment](#)

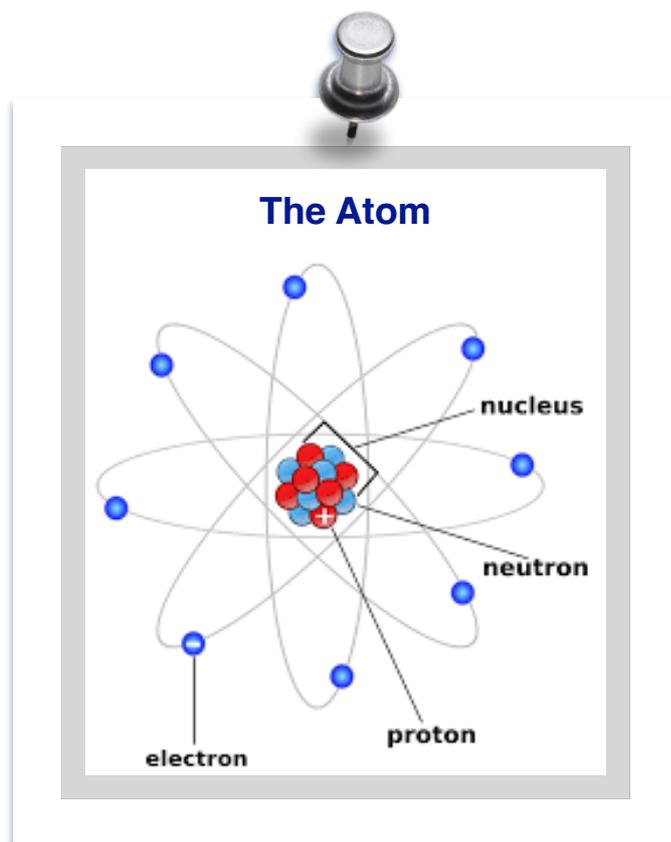
[Please note that this link goes to a third party provided video (i.e. not provided by Love Inspiration), therefore if it does not work, please simply search the internet for "Quantum Physics - The Double Slit Experiment" to find any version of this video.]

Quantum physics is branch a science that analyses and dissects the very minuscule to help explain the inner workings of the entire universe. And what they have now discovered, is that each atom (remembering that atoms are responsible for making up all physical things in our universe) is simply a matter of vibration or energetic frequency.

For example, the chair you are sitting on right now is made up of a great many atoms. Each of these atoms, believe it or not, are actually made up of empty space mostly. And the foundations for each of those atoms is energetic vibration or a wave of energy.

As scientists continue to study this most mystical idea, they are now starting to understand and prove that this energy is actually '*aware*' or '*conscious*'. As such, we can perhaps start to see the link between this 'scientific understanding' and our Reiki definition of 'spiritually guided universal life force energy'.

As unbelievable as all this may sound, it is actually true! This is information that has been proven time and time again through many different scientific experiments dating right back to the 1950's!



Your physical body is also made up of 'universal energy' and these energies are said to flow through you via a series of energy channels (often referred to as meridians or nadis).

When this life force energy is flowing freely and undisturbed, we are said to experience a good level of physical & mental health. However, when there are blockages or disruptions to the flow of energy, this is often said to manifest as signs of physical illness, dis-ease or other mental/emotional ailments or imbalances.

There are many different ways that our energies can become blocked, however one of the major sources of energetic disruption comes through our own thinking and more specifically, our own negative thought patterns.

Negative thoughts, which directly result in negative emotions through our emotional guidance system, vibrate at a lower vibration and it is these denser energies that will slowly accumulate and over time, become blockages thereby causing issues to our health.

Through practices such as Reiki, the vibrational level of our energy is able to be raised by us opening up and receiving more universal life force energy - and as this occurs, these denser energies are safely unblocked, balanced and released from our energy field.

In this way, we can see that Reiki (as well as other energy based healing practices) can actually help us to **raise our body's vibration** back to states of health, healing, balance and general well-being.



#### 1.4 HOW IS REIKI LEARNT?

Having already introduced the idea that Reiki is learnt over a series of different levels, let us re-iterate here that the connection being gained at each of these levels becomes stronger as your Reiki experiences become more intensified and magnified as you progress.

As a result, for many people learning the first level, there is a very soft and gently connection to the Reiki energies as you open up to doing hands on healing for the first few times. But as you progress, please know that these feelings will certainly strengthen and become more pronounced with time, practice & experience!

For each level of learning, your Reiki course should always include both a theoretical & practical perspective so that you can gain a thorough understanding about the general Reiki principles & techniques being introduced at each level.

In addition to this, all Usui Reiki courses (for each level) will include an 'attunement', sometimes referred to as an 'initiation'. This simply helps your energy field to become 'attuned' to the Reiki energies so that you can then open up and receive the energies through the healing practices.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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As you receive your attunement, you are therefore ready to actually practice 'Reiki' by following along with the instructions provided to you during your course. And whilst there are many different ways to do the Reiki healing practices, as a minimum, your Reiki course should be showing you how to do the Reiki healing practices for yourself & for others (in a healing session format).

So from this, you may realise here that receiving an attunement is an absolutely crucial part of any Reiki training! And in actual fact, it is often said that the process of being 'attuned' to Reiki is what distinguishes Reiki from other natural or alternative healing practices.

We will be discussing the purpose of the Reiki attunement in more detail as we move through this course so for now, please just know that everything will be made very clear to you as you move through this course!



#### 1.5 A TIMELINE FOR LEARNING USUI REIKI:

On the next page, please find a diagrammatic overview of the minimum timeframes between levels for learning both Usui Reiki and Advanced Usui Reiki (Levels 1 - 9).

The timelines given in the diagram have come about through Marty and Gerry's own experience, their learnings from other Reiki Masters and of course also from the divine instruction given by the Guides and Higher Consciousness Beings during the writing of the Reiki courses. The time periods between levels include the self-healing practice times plus required digestion times.

As part of most Usui Reiki courses, it is commonly recommended that there be some energetic 'digestion' done at each level so that the new energies can be better assimilated into your energy field prior to moving forwards.

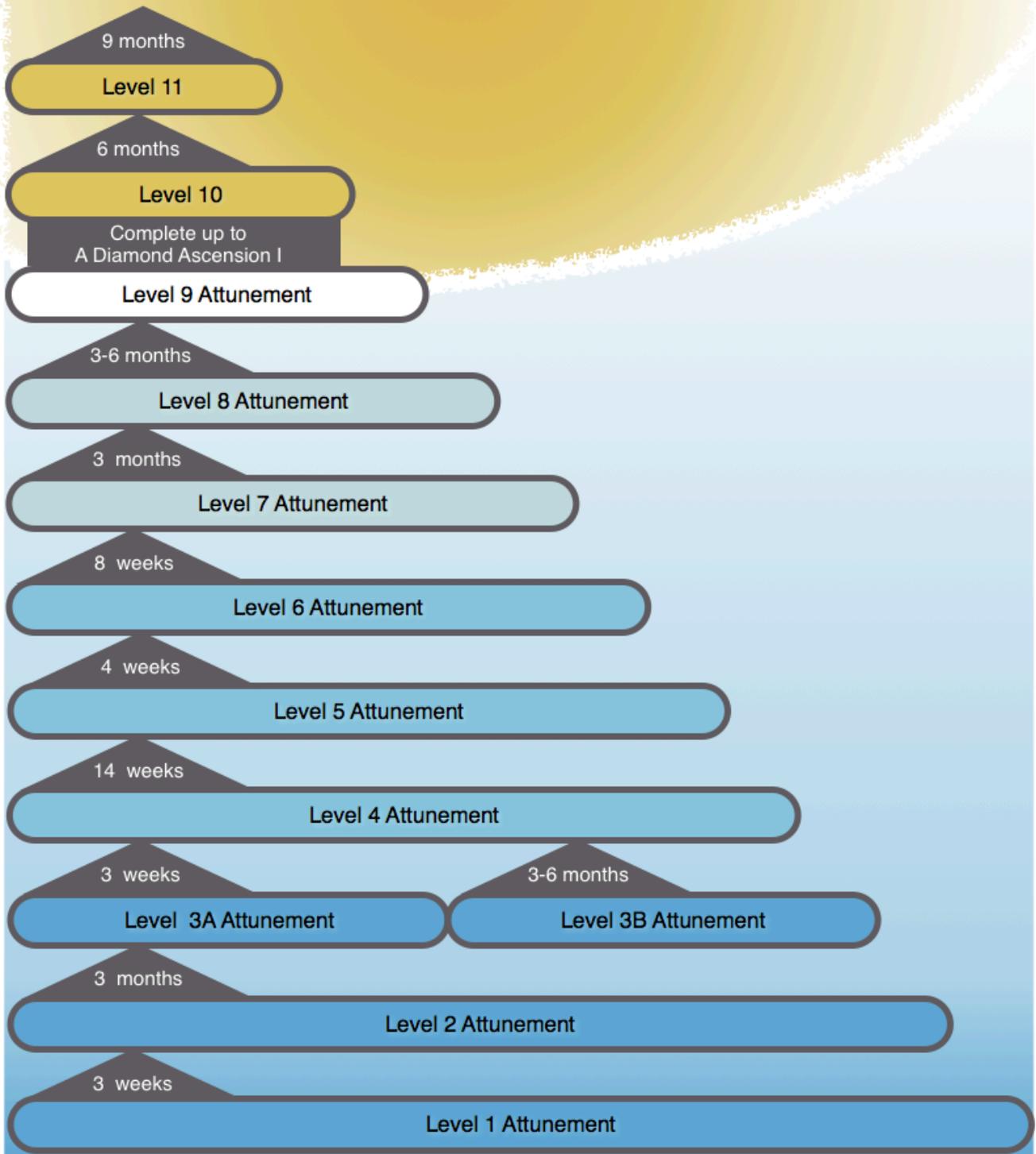
As Higher Consciousness has explained to us many times, this digestion period is extremely important as it allows your energy field to digest the new energies being introduced and will help you to gain a stronger relationship with the Reiki energies prior to moving forward into the higher levels.

In addition, as part of Love Inspiration's Reiki courses, we like to recommend a series of self-healing practices to also be completed which will help you to connect with the Reiki energies during this digestion and assimilation time. This will allow for a deepening of your Reiki experience and will help you to learn and more thoroughly understand how you can practice Reiki at each level.

As always, the timeframes given are a guide only and although we recommend using them, trusting your own intuition is always most important on your own spiritual pathway!

# Minimum Timeframes Between Levels 1 - 12 For The Love Inspiration Usui Reiki Healing System

Level 12



## **1.6 THE REIKI PRINCIPLES:**

Having now understood some of the basics about what Reiki is, let us now introduce you to the idea of the **Reiki Principles** which have been established as part of the Usui Reiki healing system. These principles can be thought of as 'ethical guidelines' that can help us to govern our Reiki practices to help us live a more happy & loving life.

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### *The Five Reiki Principles*

#### **1. Just for today, I will let go of anger**

Anger usually appears after we step out of love in any given number of situations and is a very destructive emotion. We often see anger as a sign that there is something lying un-healed beneath the anger and most commonly, it can be the emotion of sadness that is being covered by anger. So please, next time you see anger flaring up from within you, ask yourself "where does this anger come from?". And most importantly "how can I help to heal this issue?"

#### **2. Just for today, I will let go of worry**

Worry lowers our energetic vibration - it represents a lack of faith in the divine plan and is very rarely a helpful emotion in any situation. What problems have ever been solved through worrying?

#### **3. Just for today, I will do my work honestly**

Project your honesty outwards towards other people and inwards for yourself. Try to be truthful and authentic in all things that you do so that you can speak your truth, live your truth and be your truth! Do not give in to guilty feelings - just be honest with yourself and with your own feelings and express your honesty with much love in your heart.

#### **4. Just for today, I will count my many blessings**

How often do we give thanks and feel grateful for everything we have been given in life? Giving thanks for our eyes, our hands, our legs, the food we eat, the water we drink, the experiences that we have. There are so many blessings every day to be grateful for and so many benefits to being grateful for those things.

#### **5. Just for today, I will love and respect all living beings**

Everything that lives is part of the universal plan and has a function to fulfil in life; even down to the tiniest of insects. When we live in love & respect for all living beings, we help to open up many new doorways on our healing pathway.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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So these are the 5 Reiki principles - something that can help us to lead a more peaceful, loving and fruitful life.

Usually for any spiritual tradition, there are a set of commonly agreed upon ethics or morals which help to form the foundations of the spiritual practitioners pathway. Typically, it is normally through a belief in the law of karma that helps to shape these.

It is the notion that a set of ethical guidelines or principles can help to guide the spiritual practitioner towards performing good actions (and cultivating good intentions) which is often thought to help in the creation of good karma and karmic merit.

Ultimately, this helps the practitioner to accumulate good karmic merits which is often considered to be an essential part of any journey towards purification, healing & enlightenment.

In this way, we can more easily understand why these principles have been passed on through these Reiki teachings. By reading through these principles and by reflecting on these, it is said to better help us to move towards more love, light & purification in our life.

As an example of this, let us reflect on the last Reiki principle - to love and respect all living beings. How can you bring this into your life more effectively? What changes can you make to your life so that you honour all life?

These kinds of personal reflections are usually best done over a longer period of time noting that the changes that are often brought about from these inner reflections are very genuine, deeply loving and long lasting. We hope that you will enjoy reflecting on these very simple Reiki guidelines in your life!



### 1.7 A DEEPER PERSPECTIVE OF REIKI:

One of the best things about learning Reiki is the depth at which the learning can be done; from the very basic introductory aspects to the very eternal depths of pure consciousness, there are indeed many different levels of understanding about Reiki.

One very beautiful aspect of Reiki is the opening up to the idea that by helping others, we are also automatically helping ourselves. And this understanding comes to us through our experiences of giving Reiki healing sessions to others.

You see, as you give a Reiki healing session, you are also helping to create the necessary energetic circumstances for healing to happen within yourself. Yes - there is indeed a direct link here!

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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And as we learn more about this inter-relationship between helping others and healing ourselves, we can then start to open up to a new understanding about how to attain genuine and long lasting happiness in our own life!

Of course, Reiki can also help you to heal your own physical body as well through your self healing practices however we often feel that the true power of Reiki lies in the understanding that by helping others, you are also helping yourself.

And within this type of thought-stream, you can now also be lead towards a very deep and profound inner transformation which helps you to move towards your own truly divine essence. And within this stage of growth, you are able to realise more deeply that:

You are a truly divine, infinite being!



You are like the sun shining magnificently throughout all time & space. You are far more expansive than you realise and through practices such as Reiki, you are now able to unlock and understand more about this beautiful & expansive 'divine self'.

As you grow and evolve with your Reiki practices, the beautiful side benefits of all of this are health, happiness and well-being in your life. You are able to gain a deep sense of inner peace, love & happiness in your life as you find your balance at a physical, mental, emotional and spiritual level....

*.....such is the beauty of practising Reiki.*

### 2. THE HISTORY & ORIGINS OF REIKI:

Whilst the true origins of Reiki are said to date back to the beginning of time, it was through the spiritual work of Dr Mikao Usui during the late 19th century that the Reiki energies were re-discovered and brought into the world as a form of energy based healing.

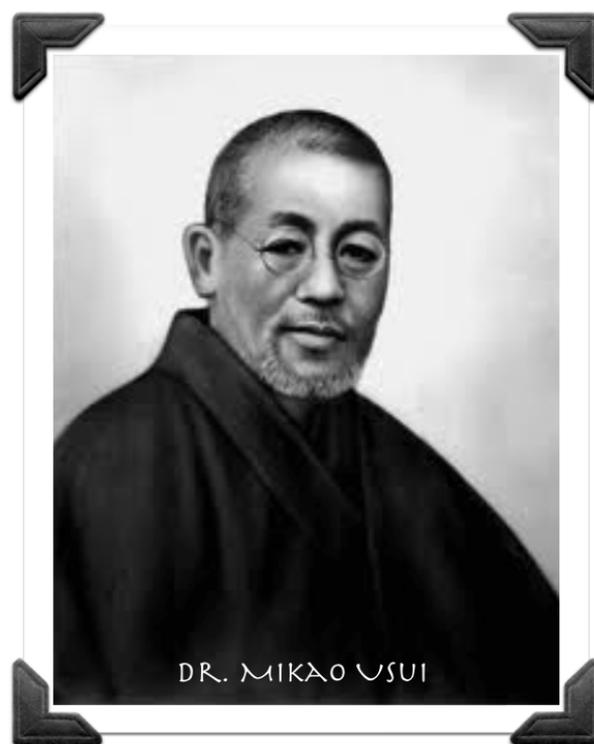
The following story that we will be providing you with here is the 'official Reiki story' as explained through the western 'Hawayo Takata' Reiki lineage. As we present this information to you, we will also be doing our best to clarify some additional things along the way about the different Reiki lineages and about how Reiki has now grown and expanded into the 21st century.

#### 2.1 INTRODUCING DR. MIKAO USUI:

During the mid 1800's in Kyoto Japan, Dr Mikao Usui was the Dean of a small Christian University called Doshisha University where he taught Bible studies. One day, his students asked him whether he believed in the Bible to which Dr Usui replied that he did.

The students then went on to ask if he believed that Jesus was able to heal the sick with his hands and again, Dr Usui nodded in agreement. The students then quoted the words of Jesus where He proclaimed that '*you can do this too, and more*' and then again, the students asked Dr Usui whether he believed in this statement.

Agreeing with his students, Dr Mikao Usui felt that he was unable to answer them completely and as such, honour demanded that Dr Mikao Usui resign immediately from his position as Dean, as he set out to find this divine healing ability.



#### Starting His Search

Given that Jesus had spoken of this divine healing in the Bible, Dr Usui started his search by exploring the Christian religion. And as part of this, he felt that he would find the answers he was searching for in a Christian country.

For the next seven years, Dr Usui would live in Chicago where he would study Christianity, the Bible as well as other ancient scriptures & religions at the University of Chicago. However after this long search, he was unable to find what he had sought.

During this time however, he had learned that Jesus had travelled through India and Tibet so as a next step, Dr Usui decided to follow in these footsteps in search of more answers.

It was here in these regions that Dr Usui was said to have learnt Sanskrit as well as studying the Indian and Tibetan Sutras. Unfortunately however, he was still unable to find what he was seeking.

### Returning To Buddhism

During his time in India & Tibet, he had learned that the Buddha had been known to heal the sick so with this, he again returned back to Japan to further his studies in Buddhism. Upon his arrival there he wandered from monastery to monastery, asking each of the monks whether they had any knowledge of a technique to be used for divine healing. None of them were able to help.

They had known that Buddha could heal the physical body, as it had been well documented through the Sutras, however they themselves did not know how to perform these seemingly magical healing gifts. They were more focused on healing their mind & soul rather than their physical body.

### Dr Mikao Usui Experiences Zen

Dr Usui was starting to feel despondent until he came across a Zen monastery where his plight was met with great support. The monks here, although they didn't know of any technique to help heal the body, believed that the knowledge about how to do so would be revealed to them through their own meditations. They therefore invited Dr Usui to join them for their inner search.

Dr Usui thereafter spent three years there studying the Sutras & meditating on their meaning until at last, he felt that he had finally found the formula for divine healing from 'the Lotus Sutra'.

He understood that he would need to meditate very deeply on this formula to help in finding the answers that he was searching for so with this, he decided to do a 21 day meditation retreat on top of a very special spiritual mountain in Japan.

### Meditation Retreat On Mt Kurama

Arriving at Mount Kurama, Dr Mikao Usui found a beautiful spot, facing the east and prepared himself for a 21 day retreat. To help him keep track of the days, he sourced 21 rocks from the nearby area of which he would throw one away each morning.

Readying himself to his meditation retreat, Dr Mikao Usui now fasted, meditated, prayed and chanted for 21 days consecutively. And on the dawn of the 21st morning, as he continued his practices, he saw a slight flicker of light in the distance.

This light drew closer, closer & closer towards him. And it was during this time that Dr Usui gained the understanding that this light was actually a form of consciousness or awareness. It communicated with him intuitively that this was indeed the realisation he was seeking.



As part of this intuitive communication, Dr Usui understood that he would need to let the light strike him in the Third Eye. And with a sense of love, faith, determination and gratitude, Dr Usui allowed the light to penetrate so that he could gain the necessary realisations that he sought for the benefit of all.

When the light struck, it was so powerful that it knocked him unconscious and it is said that it was in this state that Dr Usui saw an array of beautiful lights, colours and bubbles in which a variety of symbols were shown to him as he became attuned to a series of divine healing frequencies.

#### **The Three Miracles**

As Dr Usui regained physical consciousness, he felt a tremendous amount of energy and vitality flowing within him. He also felt incredibly excited about what had just happened and wanted to get back to the Monastery at great speed so that he could share his experiences.

He took off down the mountain and stumbled, injuring his foot quite badly. Instantly he felt the pain right through his foot and instinctively, he bent down and put his hands over the affected area.

As he did this, he felt a wave of relief from the pain as his foot almost instantaneously healed itself. Dr Usui was stunned to feel a tremendous amount of heat and divine healing ability flowing from his hands. It was like a miracle!

Continuing his journey down the mountain, Dr Usui found himself at a small Japanese restaurant. Keeping in mind that he had just completed a 21 day fast without food, Dr Usui was hungry and as such, decided to request some food.

Knowing that he had just come from a retreat, the proprietor suggested to him to only have something light but as Dr Usui felt so good, he ignored this and ate a full meal without any ill effects whatsoever. Another miracle!

Whilst he sat in this restaurant, Dr Usui noticed that the proprietor's granddaughter was crying; she looked like she was in severe pain with swelling around her face. Upon enquiry, the proprietor told Dr Usui that she had been suffering from a severe toothache for many days.

With the proprietor being unable to afford medical care, Dr Usui was overwhelmed with compassion and asked whether he could help. The girl gladly accepted and with this, Dr Usui gently placed his hands over her face.

Within just a few minutes, the pain had subsided and the swelling on her face had also totally disappeared. A third miracle!



### Using His Divine Healing Gifts To Benefit Others

After this, Dr Usui hurried back to the Zen Monastery where he discovered that the Abbot there had also been suffering, this time from an acute case of arthritis. He laid his hands on his friend and again, within a matter of minutes, the Abbot had felt the pain subside until it disappeared completely.

Being astonished at this remarkable form of healing, the two men now discussed how they would be able to benefit others in the best possible way using these newly found divine healing gifts. And their decision was that Dr Usui should go and live in the beggars quarter and help those who are in need using his healing gifts.

For the next seven years, Dr Usui would spend his time healing as many people as he could. However one day, he saw a beggar return to him for healing. Puzzled as to why the beggar was returning for healing, Dr Mikao Usui asked the beggar how he had come to live in this way again. The beggar's response was deeply disturbing.

It turns out that having been very happy at being healed initially, the beggar had gone out and got a job, lived in another part of the city and prospered. However not before too long, it had all got a bit too much for the beggar and he had therefore decided internally, that life was just easier to be a beggar.

Sadly, as time went by, Dr Mikao Usui was to realise that this was not an isolated case as more and more people returned to this beggar lifestyle after they had been 'healed' of their ailments and issues.

Being quite dismayed by this new discovery, Dr Mikao Usui went back into meditation to try to learn the lessons from this experience. And with time, he realised that his biggest mistake was to offer healing without necessarily teaching them anything about the value of responsibility. He had also come to the realisation that by offering these healing energies for free, the beggars had not attributed any value to their healing & recovery.

After he had gained these new realisations, Dr Usui immediately closed his healing practice in the beggars quarter, he adopted the 5 Reiki principles and then started to travel around Japan, giving Reiki healing sessions and teachings throughout the country.

His name was widely known and by the time Dr Mikao Usui died in 1926, he had attuned 16 Reiki Masters and had passed on the responsibility of preserving and continuing the Reiki teachings to a man called Dr Chujiro Hayashi.



#### 2.2 DR CHUJIRO HAYASHI:

Dr Chujiro Hayashi was forty seven years old when he was initiated by Dr Mikao Usui as a Reiki Master. As a retired Naval Officer and a commander in the Imperial Navy of Japan, he spent many years following Dr Usui on his travels around Japan.

As a very capable healer himself and a renowned psychic, he was a very apt leader. Dr Usui passed on the title of Reiki Grand Master to him prior to his passing in 1926.

Dr Hayashi opened the first Reiki Clinic in Tokyo and established the 12 basic hand positions of Reiki as well as a combination of observation and clinical record keeping. He is also said to have refined the attunement process somewhat by separating it out into three levels.

It is unknown how many Reiki Masters Dr Hayashi had initiated before his death however it is understood that as a psychic, Dr Hayashi foresaw the coming of the second world war and had therefore decided to pass on the Reiki teachings to two *women* in addition to his other students.

It appears that he had done this with the advanced knowledge that many men would be killed during this time and with an intention of preserving the Reiki teachings, he had very cleverly selected two women to continue sharing these Reiki teachings. The two women he trained were his wife and Hawayo Takata.



#### 2.3 MRS HAWAYO TAKATA:

Mrs Hawayo Takata was born in the year 1900 on the island of Hawaii and although she was an American national, both of her parents were Japanese Immigrants. Her father worked at a sugar plantation on Kauai and it was the book-keeper of this plantation that Hawayo Takata would then go on to Marry.

She had two children but sadly, her husband died in 1930 at the age of thirty four which left her to raise the two children on her own. Her parents had also left to live in Japan at this stage so she was quite literally on her own.

From about 1935, after having continued working on the sugar plantation, the loss of her husband and the stress of daily life had resulted in Hawayo Takata failing ill and it was during a trip to see her parents in Japan that she was admitted to hospital.

In the process of being prepared for surgery, she questioned the surgeon about some of the alternatives to surgery. The surgeon, knowing of the Reiki clinic that Dr Hayashi had set up, said that she might get some benefit from Reiki and with that, Hawayo Takata immediately cancelled her operation and headed over to the Reiki clinic for a consultation.



Having received a similar diagnosis from the Reiki clinic to what the hospital had diagnosed, she decided to give the Reiki treatments a try. Over the next few months, she would receive Reiki healing on a daily basis for her illness.

After her many healing sessions, Mrs Takata was now completely free from her ailments and having experienced the healing results first hand, she knew that she had to learn this healing art for herself.

However, before she could learn Reiki, there were two very big hurdles that Mrs Takata faced. Firstly, she was not 'Japanese' and secondly, she was a woman. Remember that this was 1935 in Japan so times were quite different to how they are now!

Even so, Mrs Takata persisted to the point where she even offered to sell her house back in Hawaii as a sign of her devotion to the Reiki practices. And given the psychic foresight of Dr Hayashi in the knowledge of the coming war, Mrs Takata was finally accepted into the Reiki family where she then started to learn all about the Reiki practices.

She immediately received the first degree attunement and then spent the next year or so working at the clinic. She also received the Level 2 attunement before returning home to Hawaii to open her own Reiki clinic on the island.

In 1938, Dr Hayashi travelled to Hawaii to pass on the third and final attunement to Mrs Takata which would help to ensure the survival and prospering of the Usui Reiki healing system.

In 1941, prior to his death, Dr Hayashi passed on the title of Reiki Grand Master to Mrs Takata. At this time, she was the only Reiki Master in the West and this would continue as such until the 1970's when she started to create more Reiki Masters.

By the time Mrs Takata passed in 1980, she had attuned 22 Reiki Masters who would then be responsible for helping Reiki to spread throughout the west.



### 2.4 REIKI NOW BLOSSOMS IN THE 21ST CENTURY:

Since the 1980's, there has been an unprecedented blossoming of Reiki all over the world with many millions of practitioners & Masters now being welcomed into the Usui Reiki family. As a result of this, there are now many different Reiki lineages, Reiki teachings and Reiki techniques that have 'emerged' as a result.

With the rise of the internet in the early 21st century, there has been a beautiful opening up and sharing from within the various Reiki communities and most specifically, we have now seen a wonderful bridge being built between the eastern Reiki teachings and western teachings starting to become more prevalent.

For those who are new to Reiki, we can understand how this blossoming of many Reiki teachings can also mean that there is some confusion about Reiki. We understand that it can be confusing when searching for 'authentic' Reiki techniques, healing practices and Reiki lineages.

So in order to help clear up some of this confusion, let us now talk a little more about the idea of the

**Reiki Lineage**. And as we do this, we will also try to explain how some of these various lineages have emerged in the modern day world of Usui Reiki.

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To start with then, having now seen that Reiki is a healing modality taught from Master to disciple, you can perhaps start to see how this would create a chain of people who are authorised or qualified to pass on the Reiki teachings i.e. Master to student (who then becomes Master), Master to student, Master to student etc.

In all cases, all of these chains will lead back to the original founder - Dr Mikao Usui. And this is what we mean when we say an authentic or genuine *Usui Reiki lineage*.

It is the idea that your Reiki Master Teacher should be able to trace their lineage back to Dr Mikao Usui. Otherwise, if you do not receive an authentic Reiki lineage, you will not be connecting with the same energies that Dr Mikao Usui 'brought through' as part of his Mt Kurama realisation.

This is a very important point.

When we talk about Reiki, we will often refer to this healing system as 'Usui Reiki'. This is because of the great number of additional Reiki's which have emerged during the 21st century that are not originating from Dr Mikao Usui.

These other forms of Reiki are now being brought through by a great variety of different people, spiritual teachers and other channels & mediums and whilst many of these energy based healing systems are indeed valid & genuine - they are not the same energies that were 'brought through' by Dr Mikao Usui.

So for our purposes here, we will be focusing solely on the Usui Reiki lineages (given that this is an Usui Reiki course) and we will not be talking any more about at any of the newer forms of Reiki such as Karuna Reiki, Kundalini Reiki, Celestine Reiki etc. (For more information about a broader definition of 'Reiki' and to help introduce you to some of the newer forms of Reiki and energy based healing, we kindly ask that you refer to our [FAQ's page](#) where you can find more information about Reiki in a broader context).



Ok, so getting back to the Usui Reiki lineages now and to the idea that the lineages are created through a continual teaching pattern from Master to student, we can understand that the global Reiki lineage these days is actually extremely complicated!



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For example, we have just read now that Dr Mikao Usui initiated 16 Reiki masters including Dr Hayashi who then went on to teach Hawayo Takata, and presumably many others. Hawayo Takata then then went onto teach 22 different disciples by the 1980's.

So just this small example (without accounting for the explosion of Reiki throughout the world), we can start to see just how many different lineages of Reiki can be spread and how there can be slight differences between these different lineages.

For example, Dr Mikao Usui's students will be practising Reiki in the way that it was taught to them. Mrs Takata's students will be practising Reiki in the way that it was taught to them and Mr Hayashi's students will be practising Reiki as it was taught to them.

As each Reiki Master becomes acquainted with the Reiki teachings in their own way, each time, we will see a slight deviation or variation from the original Reiki teachings - and this is a very natural part of the learning and awakening process.

We are all very different and we all process things in different ways.



As an example of this, Hawayo Takata is said to have passed on these Reiki teachings slightly differently to each of her 22 students depending on their capacity to learn, so even just within this one lineage, there will be some differences between the different Reiki techniques and healing practices.

And if you do further research into the different schools of Reiki on the internet, you will see that this is one of the main reasons why there has been some disputes or disagreements in the past within the global Reiki community.

For Love Inspiration, we honour and respect all Reiki teachings, all Reiki practices and all lineages and we believe that they all have an equal share of Reiki authenticity. We believe that everyone is very different and will quite naturally connect with the Reiki energies in a variety of different ways.

Furthermore, with many Reiki healing techniques now being available, this means that we are very blessed to have a wide range of choice in how to work with the Reiki energies. How wonderful!

For now though, we would like to point out here that it is important that your Reiki Master Teacher is someone who has received the Reiki energies from an authentic lineage and that this lineage can be traced back to Dr Mikao Usui.

Love Inspiration's own Reiki lineage is the Hawayo Takata Lineage, one of the most common Reiki lineages throughout the world. And as we've said in our introduction to this course, we have also opened up to receiving a wide variety of other teachings, healing techniques & attunements from other Reiki lineages also. (See the FAQ ["Can you explain about the Love Inspiration Usui Reiki lineages?"](#) for further information on the Love Inspiration Usui Reiki lineages).



# USUI REIKI

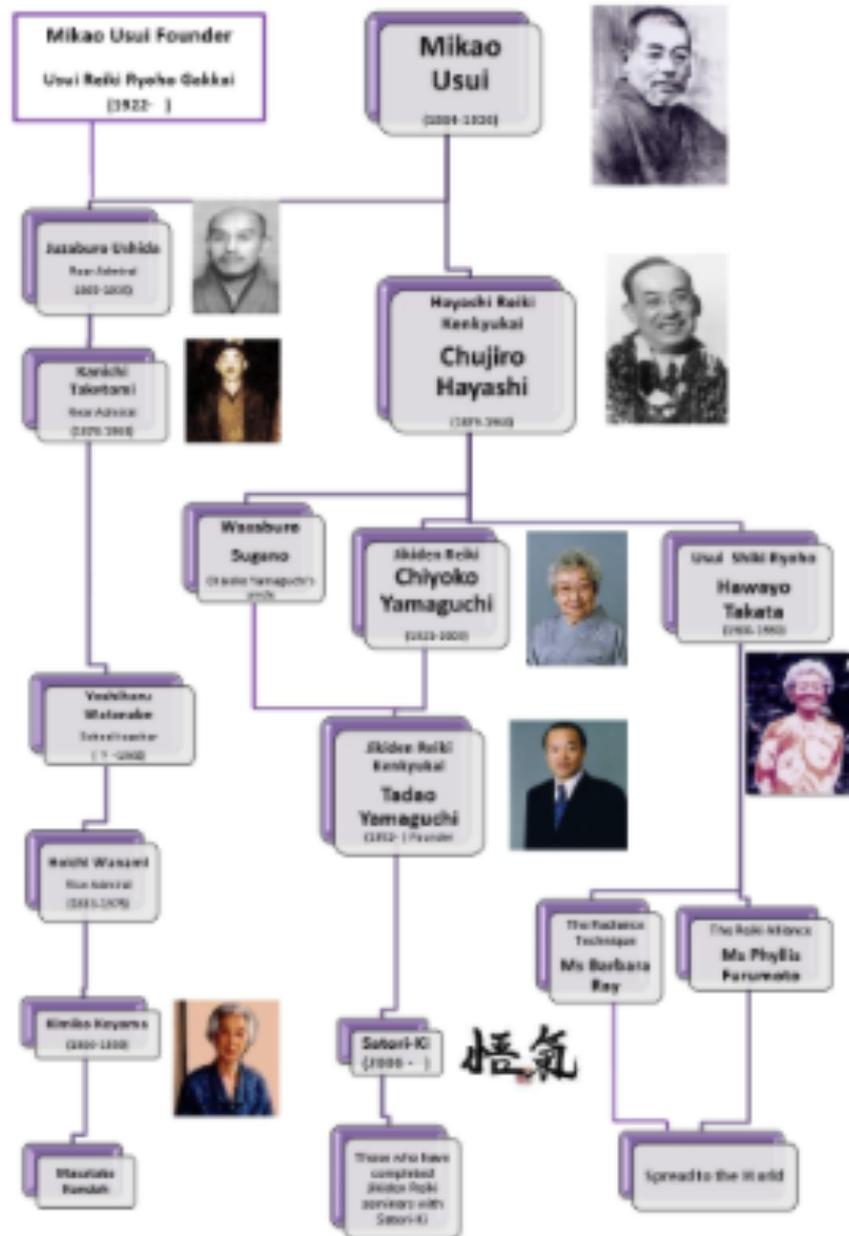
## LEVEL 1 - HANDS ON HEALING PRACTICES

We have done our best here in this Reiki course to incorporate many of these different techniques and teachings so that you can receive a well rounded and authentic set of Reiki healing & meditation techniques that you can then choose from as you wish.

We have done a lot of research (both internally and externally) over the years and we have also done a lot of healing work with a wide variety of Reiki Masters from around the world. So here, we wish to now share these techniques and healing practices with you with much love & light.

We hope that above all, your Reiki practice will help bring more healing, love & light into your life and that you gain understanding about how to bring these beautiful energies into the lives of others.

*An example of a Reiki Lineage diagram*



### 2.5 THE REIKI HISTORY IS NOW BEING RE-EXAMINED:

With many millions of people from all over the world now learning Reiki, and with so much information being available via the internet, it is understandable that we are now starting to have more information come to light about the history and origins of Usui Reiki.

And as part of this, the Reiki history is now being re-examined and indeed re-written with many new & exciting details being discovered. Here is a quick summary about some of these new developments and findings which can help you to keep updated about Usui Reiki in the modern age:

#### a) Japanese Reiki Is Alive And Well

As part of the Hawayo Takata Reiki lineage, it was often taught that the Reiki practices in Japan had in fact died out after the war. However, in more recent times, it has been brought to light that the Japanese organisation - Usui Reiki Ryoho Gakkai (translated to mean '*Usui Reiki Method Learning Society*') is indeed very much alive and well.

Although some people believe that Dr Usui created this organisation in 1922, the incorporation documents of this organisation show that it was created by a number of Dr Usui's Reiki students after he passed away as a way of preserving the original Reiki teachings.

In more recent years, we have also seen a beautiful opening and sharing of techniques between East and West in the interests of enlightening the Western Reiki community with some of the original techniques taught by Dr Usui to his students.

For this Reiki course, we refer to these original teachings as 'traditional Japanese Reiki techniques' and we will be sharing these techniques with you here in Level 1, Level 2 and Level 3a to again give you some more depth and perspective with your Reiki practices.



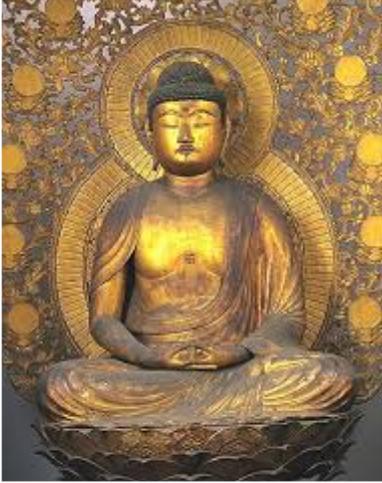
#### b) The Truth About Dr Mikao Usui

The account given of Dr Mikao Usui through the Western lineage of Hawayo Takata is said to have been 'tailored' to meet the needs of the people that Mrs Takata was teaching. As part of this then, it is likely that the idea that Dr Usui was a 'Christian', teaching Bible studies in a university of Kyoto is perhaps not entirely coming from truth.

There is no record of Dr Usui ever being the Dean of Doshisha University in Kyoto and there is no record of him attending The University of Chicago either (as a student or a lecturer). Thus, it seems that this was simple a 're-telling' of the Reiki story in an attempt to help the Reiki healing system gain more acceptance from a more 'Christian' audience.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES



This re-telling was likely done with very virtuous intentions and therefore, we remain grateful and honoured to be a part of this Reiki lineage. This is also the most widely taught Reiki lineage throughout the world today!

It is far more likely then that Dr Mikao Usui was a Japanese Buddhist monk (either with the Shingon or Tendai tradition) who also possessed a good knowledge of different religions and ancient scriptures. His main practices though were very likely to have been from Japanese Buddhist origins.

It is therefore also quite realistic to assume that many of the additional Reiki meditation practices & healing techniques that were introduced into 'Reiki' and the various healing practices may have been drawn from Dr Mikao Usui's own personal experiences within the Japanese Buddhist traditions.

And lastly, it is also said that Dr Usui was not actually a 'doctor' in the conventional Western sense of the word but rather, his Reiki students referred to him as Usui-Sensei. 'Sensei' in Japanese simply means 'teacher' so for our purposes here and for the purposes of almost all Reiki teachings, we will still very happily & lovingly refer to him as Dr Mikao Usui.

#### c) The 5 Reiki Principles Were Likely Adapted From The Meiji Emperor

Given that Dr Mikao Usui lived in Japan at the time of the Meiji Emperor, it is likely that the cultural circumstances surrounding him have also been incorporated into the Reiki teachings. Thus the Reiki principles are also said to be 'adapted' from The Meiji Emperor.

This concept is now strongly supported by the fact that the Usui Memorial stone in the Saihoji Temple in Tokyo says the following:

**"So, when it comes to teaching, first let the student understand the Emperor Meiji's Admonitions; and let them chant the gokai (precepts / principles) mornings and evenings, and keep them in mind."**

The five principles of the Meiji Emperor (the Emperor Meiji Admonitions) are said to be:

Don't get angry today.  
Don't worry today.  
Be grateful today.  
Work hard today.  
Be kind to others today.



The Usui Memorial Stone

There are also additional Reiki Masters (like us) who believe that in actual fact, there were many more Reiki principles or precepts included as part of the Dr Usui Reiki teachings. These additional Reiki principles however did not make it into the mainstream Hawayo Takata lineage (for unknown reasons).

For Love Inspiration, we feel that it is very important to maintain a high moral foundation when doing any type of spiritual or healing practice; whether this be the following of The 5 Reiki Principles or the Pancha Sila (5 principles of Buddhism) or [The Eleven Maitri Precepts](#) (Principles of Loving Kindness - Maitri Dharma).

It is always nice to understand the cultural basis or background of these principles and as always, find something that resonates with you for your own pathway. These Reiki principles are however a wonderful place to start and will help to provide a wonderful moral foundation for your practice!

## 2.6 OFFERING REIKI FOR FREE:

It is commonly taught throughout all Usui Reiki lineages that Reiki is not to be given away 'for free'. During the history of Reiki, this is a point which is highlighted very clearly in the healing work that Dr Usui did with the beggars of Japan.

Throughout these experiences, Dr Usui concluded that it is not wise to simply give Reiki healing for free as there were no additional understandings being provided through this. Another realisation that was brought about by these free healing experiences was that people do not seem to value things that are given to them 'for free'.

The most important teaching to be understood here and something that is commonly accepted by all Reiki practitioners around the world, is that it is important for there to be a fair value of energy exchange for both people (the giver and receiver).

This principle holds true for those giving Reiki healing sessions and also for those sharing the Reiki teachings and attunements with others.

*There should always be a fair value  
of energy exchange*



This energy exchange can take place in many different ways and does not necessarily have to be an exchange of money for healing services. For example, you may choose to exchange one hour of gardening services for one hour of Reiki healing.

Perhaps a qualified Reiki Master chooses to share the Level 1, 2 & 3 teachings & attunements with another in exchange for renovation work on their house.

There are indeed many different ways that an energy exchange can take place in Reiki healing (other than just money for healing) so with this, we encourage you to think a little 'outside the box' when thinking or digesting this energy exchange principle.

This then raises the question:

### Why do Love Inspiration share Reiki teachings 'for free'?

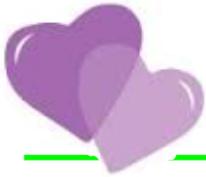


Love Inspiration firmly believes in the principle of energy exchange. We believe that people will always be compensated in one way or another for their time spent in doing healing sessions and teaching work etc.

As we understand it, when anyone performs a good action i.e. giving a healing session, sharing an attunement, helping someone move house, giving someone a compliment etc, the universe will always bring something of equal value into your life in one way or another. For us, this concept is governed by the the infallible law of cause and effect or as most people refer to it - Karma.

By way of example then, in the case of Love Inspiration giving away these Usui Reiki teachings 'for free'. We fully understand and accept that we may not receive anything monetary from each of our students in exchange for giving these Reiki teachings, but we believe that we will always receive some form of benefit by sharing these energies with you with love. And this was an understanding that came to us as part of collating these Reiki manuals and teachings.

During this time, we received the following information from Higher Consciousness as part of the Advanced Usui Reiki healing system which helps to explain more about this issue of energy exchange. Our question and their response is below:



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The original Usui Reiki teachings suggest that there must always be some form of energy exchange when a teaching is received yet Love Inspiration offers all their energy teachings for free. Can you please explain?

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*"In the original teachings, this philosophy was firmly grounded in the belief that a person would simply not 'value' anything received for free. As our consciousness develops however, higher towards love, we understand that the energies of exchange are highly intelligent, similar to that of Karma (the Law of Cause and Effect).*

*When we offer anything, the collective consciousness always returns an energy exchange at some level. And vice versa, when we receive anything, an energy exchange is in some way offered or taken in recompense for what was received.*

*In this way, we can choose to make an offering at the time of receiving a teaching (which also adds to our karmic merits) or we can leave it up to the consciousness intelligence to align an appropriate energy exchange.*

*By offering their teachings for free, Love Inspiration receives in exchange many energetic frequencies that enable them to continue 'downloading' more teachings in order to benefit the collective consciousness. In this way, the cycle continues onwards and upwards for the benefit of all.*

*Whether you choose to offer or not for your teachings, or anything at all in your life, you can be assured that the collective consciousness umbrella will align what is required in the form of energy exchange. As we surrender to higher consciousness, these understandings flow freely and with love in order to create a better existence for all beings."*



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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At this current stage of our evolution, Love Inspiration feels very strongly that it is very important for these beautiful healing energies to reach as many people as possible. We are therefore very happy and deeply honoured to be able to share these with you here freely and with love (and with an intention to benefit all beings!)



By offering these teachings 'for free', we believe that we not only create the vibrational circumstances for our own happiness but at the same time, we also help to create a more loving, peaceful and harmonious world for us all to benefit from. A win - win situation!

And as part of this, we continue to open ourselves up to receiving anything that the universe deems necessary for us to continue living our life in line with our intentions as we humbly open up and surrender to the divine plan.

Although this is a concept which has taken us many years to finally grasp and accept, we are very grateful to the universe for helping us reach this new understanding about the concept of energy exchange so that we can now pass this onto others through these teachings.

Having passed on these teachings as we ourselves understand them, it is now up to you to decide what resonates with you and how you would like to proceed on your own Reiki journey.

Throughout this learning process, you will soon need to make your own decisions about energy exchange and decide for yourself what you are willing to receive in return for giving a healing session.



For example, are you willing to give members of your family a Reiki session for free? And what about your friends? Are you happy to give a trial session for free so that this person can feel the Reiki healing energies? Or do you feel happy to charge for your services?

If you are charging, how much do you feel that a Reiki session is worth? Do you feel justified charging \$40, \$60, \$80 or even \$100 for a Reiki session?

For us, it all comes down to finding the right balance within ourselves and as always, doing what feels right for you. In order to help you find this right balance, you are always able to ask the Reiki divinely guided energies for help in finding what works best for you as you continue on your Reiki journey.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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### 3. USES & BENEFITS OF REIKI:

Having now understood much of the theoretical foundations of this first level of Reiki, let us finish off here by discussing the different ways that you can use Reiki in your life and highlight some of the benefits that can be gained from an ongoing & regular practice.

#### 3.1 HEALING OURSELVES AND OTHERS:

Most notably, Reiki provides us with a beautiful array of healing opportunities for both healing ourselves and others. The Reiki healing energies which are being accessed here work with 'higher energetic frequencies' and will always help to bring about the best possible healing result for the person who is receiving the Reiki energies.

When giving Reiki to others, you will also be receiving the Reiki energies yourself as the energies flow through you and into the person you are treating. And as we've also mentioned previously, the act of giving a healing session for someone else will also help you to heal in the notion that you are accruing many beautiful karmic merits for more health and happiness in your life.



Having said this, we would like to re-affirm here that as a Reiki practitioner, the self-healing & meditation practices are a very important part of the Reiki journey! Quite often, we see that many Reiki courses just focus on giving Reiki to others and often neglect the self-healing practices of Reiki.

Both perspectives are very important as you can see from this brief summary:

- i) healing others - to help share energy, love & light and to help you create the vibrational circumstances for a furthering of your own happiness; AND
- ii) healing yourself - to help you find health, balance & love in your life as well as helping you become a stronger and more effective healing channel for others.



#### 3.2 SEND REIKI TO ANYTHING YOU WISH!

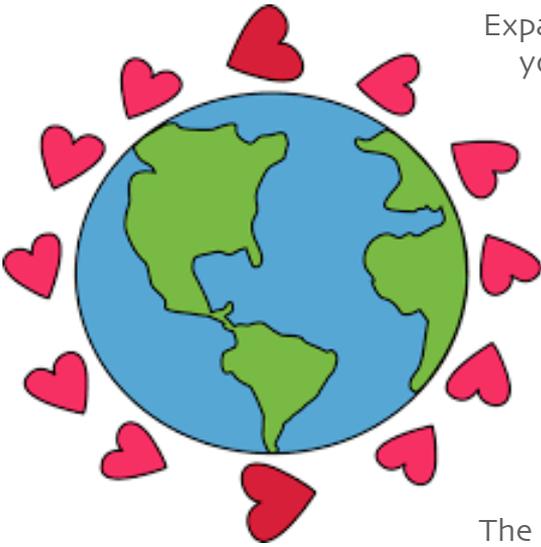
Another important aspect of any Reiki teaching is to reinforce the idea that you can send Reiki to anything you wish. As part of this course, we have already mentioned that everything in the universe vibrates with the same source of universal energy so with this idea, let us share with you here that everything (at some level) will be receptive to the flow of Reiki healing energy.

Most commonly, it is taught that you can send Reiki to people, animals & nature. So for example, you can send Reiki to your pets, to other people's pets and any and all animals that you come across. You can also share these beautiful Reiki energies with plants, trees, flowers, vegetables and anything else 'natural' that you can think of.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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Expanding on this concept then and we would suggest here that you can also send Reiki to other things such as the Earth, global events, situations, food, problems that you are having in your life or anything else you feel is needing Reiki. You can also try sending Reiki to car batteries, appliances or other 'inanimate' objects as well if you feel that it would help!

Finally, please know that Reiki can never and will never cause harm.

You can always send Reiki to anyone or anything, regardless of their circumstances i.e. young children, people taking medication, people with disabilities etc.

The Reiki energies are always being divinely guided and will always be administered in direct proportion to what the recipient is needing. These energies will always, always work for the highest possible good of the recipient.

### 3.3 SOME OF THE BENEFITS OF PRACTISING REIKI:

One of the main benefits of Reiki is that it helps to accelerate the body's own innate natural healing process by providing us with a beautiful array of nourishing life force energy. In other words, we are giving the body exactly what it needs so that it can then do its job more quickly and effectively. Wonderful!

Please know here that it is always the body's job to heal itself. And in this way, you can never really say that 'you' have healed someone or something but rather that you have helped them to become healed of their particular ailments.

There is indeed a very subtle but significant difference here.

Another major advantage of healing with Reiki is that the energies always seem to go to healing the *root cause* of any particular issue or ailment and therefore, Reiki can be described as a truly natural and totally holistic approach that helps our overall health & wellbeing.

Reiki is also a complementary method of healing which will always work for the recipient's highest possible healing result (in line with their karmic circumstances).

For those who are taking medication or working with other healing modalities, Reiki will also help to work alongside these practices and will work in conjunction with your own body to help it recover more quickly and effectively through a raising of life force energy. (If you or your recipient are taking medication then you may also be interested in receiving [The Syon Cleanse](#) which includes symbols that help to clear side-effects from medication).



From a more spiritual perspective, another major benefit of Reiki is that it can really help us to move towards a very beautiful flowering of our own thoughts and consciousness as we move towards the understanding that we are indeed truly divine & infinite beings of love & light.

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# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

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The higher vibrational healing energies of Reiki will always help to bring new understanding into your life; new perspectives, new feelings of peace, love & joy in what is often a beautiful manifestation of Reiki healing & purity from within.

There are so many additional benefits to practising Reiki, so many ways that Reiki can help us move forwards more easily & happily in life. We truly hope that you will feel many of these benefits and much more as you open up to your Reiki practices.

### Some of the Benefits of Reiki

- ♥ Reiki helps to accelerate the body's innate natural healing ability.
- ♥ Reiki complements all other forms of healing & personal growth.
- ♥ Reiki helps to calm the mind and can be a relief for anxiety and stress.
- ♥ Reiki can help to relieve pain.
- ♥ Reiki helps to strengthen our immune system.
- ♥ Reiki can free up blockages, emotions and fears rooted in the past.
- ♥ Reiki always directs itself to where it is needed most in the body.
- ♥ Reiki is effective with children, animals, plants and food.
- ♥ Reiki can also be used to heal places and situations.
- ♥ Reiki can be learned in a short space of time.
- ♥ Reiki can help us to achieve balance in our life.
- ♥ Reiki can help us to further understand our own truly divine potential.
- ♥ Reiki not only helps to cure illness, but it also the root cause(s).
- ♥ Reiki boosts the life force energy within our body.
- ♥ Reiki also helps to develop our physical and mental capacity.
- ♥ Reiki can be used in the final stages life to help the 'transition' process.
- ♥ Reiki can cure disease without medicine or medical instruments.
- ♥ Reiki can be learned without any level of formal education.
- ♥ Everyone can learn Reiki, regardless of age, religion or cultural background.

## Additional Signs that you are progressing on your Reiki journey:

- ♥ A tendency to think and act spontaneously based on love, instead of through fear.
- ♥ Enjoying every moment.
- ♥ Decreasing interest in conflict.
- ♥ Having less worry.
- ♥ Frequent, overwhelming episodes of affection.
- ♥ Decreasing vanity.
- ♥ Frequent smiling.
- ♥ Increasing tendency to let things happen, instead of trying to make them happen.
- ♥ An increasing susceptibility to being loved by others.
- ♥ An uncontrollable need to love them in return!



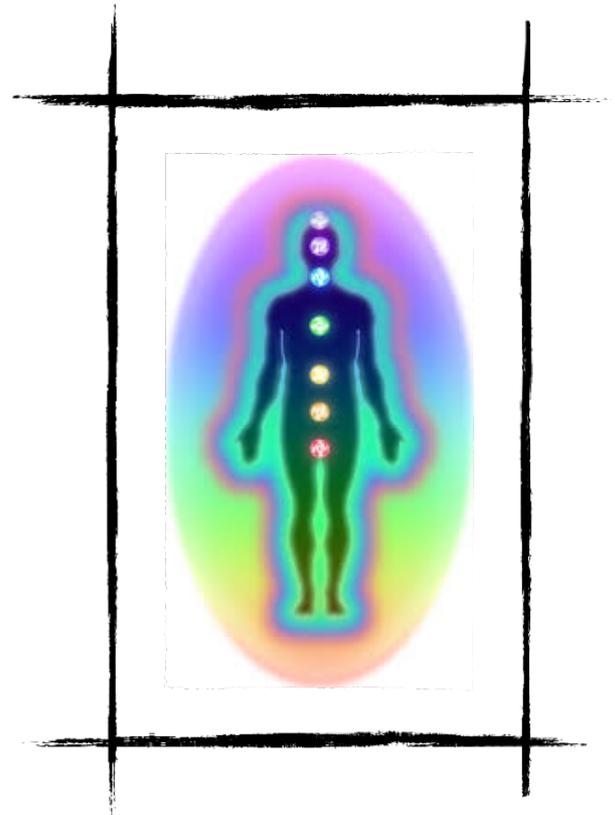
#### 4. UNDERSTANDING THE ENERGETIC BODY:

So far, we introduced you to the idea that the universe, and all of the physical things we see within it, are all made up of one interconnected web of

### 'Universal Energy'

As part of our 'energetic reality' then, we feel that it is important here to expand on some 'energetic anatomy' here as this will be important for us to know as we start to treat people with Reiki. And to help us introduce this concept, we will be covering two main points here:

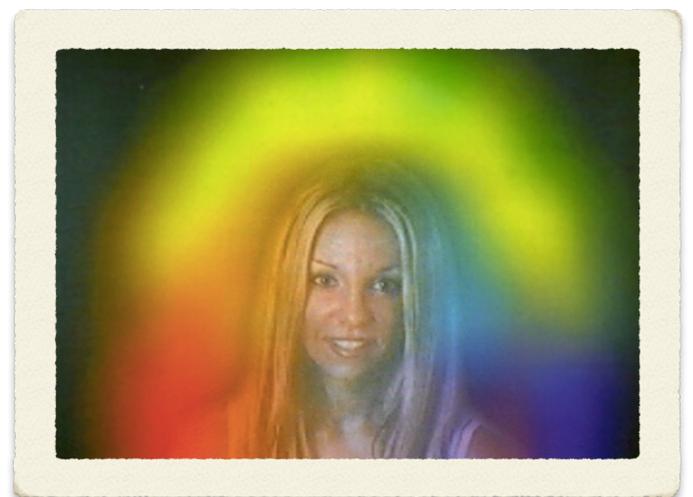
- 1) **Understanding The Aura** - what it is, where it is and why is it important for you to know about.
- 2) **Understanding The Chakras** - what are they, why are they important & where are they located.



#### 4.1 UNDERSTANDING THE 'AURA':

"Aura" is a Latin word that means 'energy that flows constantly'. The aura is often seen as brilliant energy that forms a vibrational magnificence around the human body. With the help of modern technology, we are now able to see the aura through the use of a 'Kirlian camera'.

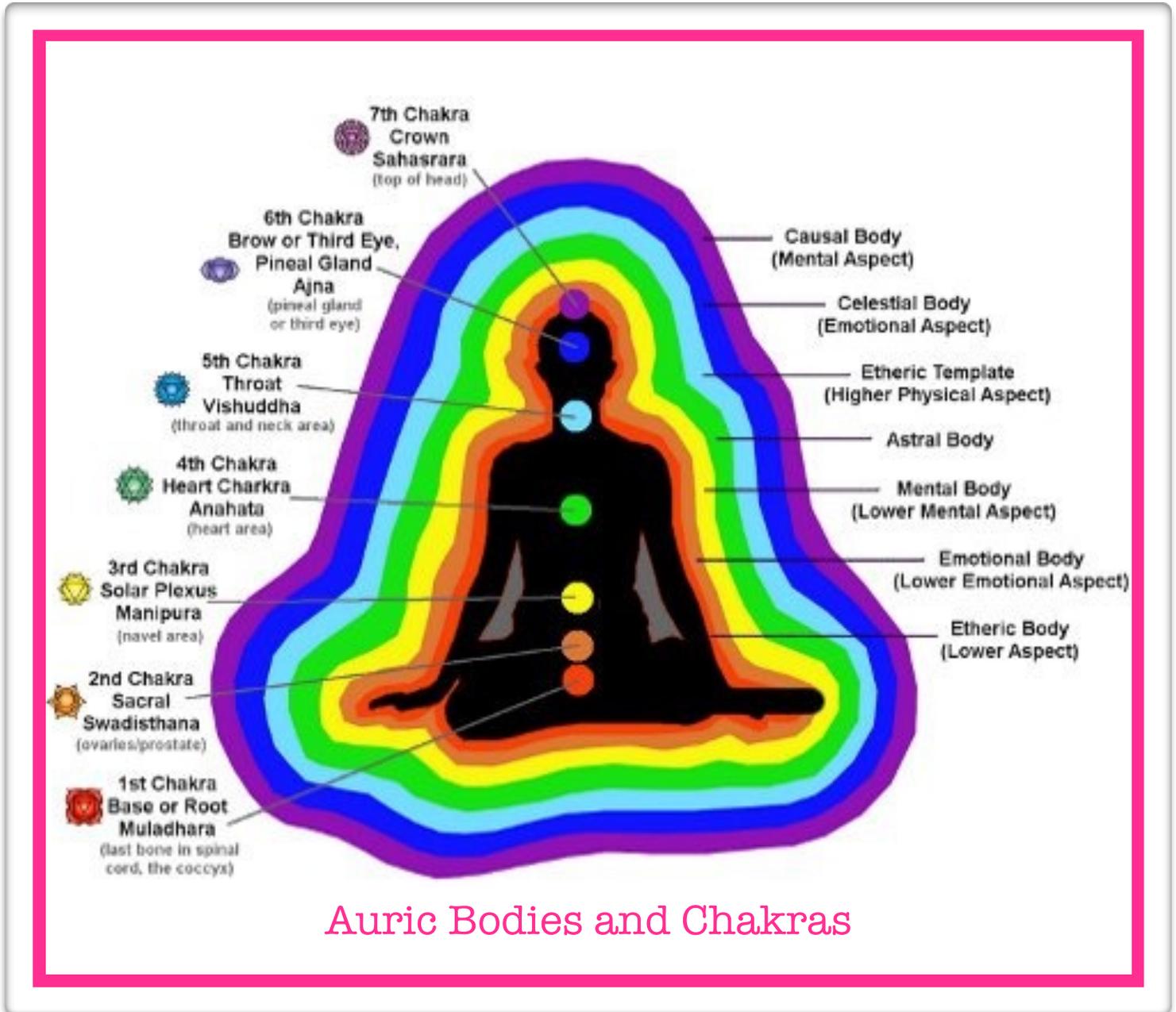
This camera is built with a technology that permits the recording of energy flows in all 'living beings' including plants, animals and humans and is the easiest way for us to see the auric field of energy which surrounds our body. Here are some examples of the pictures of auras:



# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

As humans, our aura is often described as having a seven-layered energy field, featuring all the colours of the rainbow. It is often said that these seven layers of our aura also correspond to each of our energy centres, which you can see from the diagram here below:



It is said that the different levels of the aura interact and flow with one another in a truly divine way. The colour, size, structure and speed of the aura are all dependant upon the mental, physical and spiritual constitution of the person.

As we now know, illness can manifest into our physical body as a result of energetic imbalance brought about by negative thoughts and feelings about oneself and others. And it is the aura that is often a great way for us to get a very accurate representation of a person's past thought patterns and emotional states.

For the average person, the auric energy field normally extends between 1.5 and 2.5 metres from the physical body and up to around 5 - 6 metres for a more spiritually developed practitioner. It is also said that there are some highly enlightened beings whose auras can span for up to 40 kilometres or more from their physical body!

At this first level of Reiki, it is really only important to have a very basic understanding of the aura and to know that it exists. As part of the Reiki practices, we will be introducing you to two different techniques that work with the aura which can be helpful in your healing practices.

The first of these is the **Byosen Scanning** technique - a diagnosis and scanning technique which feels for any blockages or disruptions in the energy field of the recipient. The second technique is an **Aura Cleansing** technique and this will be helpful for clearing away any energetic debris from within an individual's auric field.

Both of these techniques will be outlined in more detail in [Appendix Two](#) - 'Additional Tools For Healing Others' and we will also be providing you with a short video tutorial as part of this appendix so that you can see each of these healing practices being demonstrated and explained in more detail.

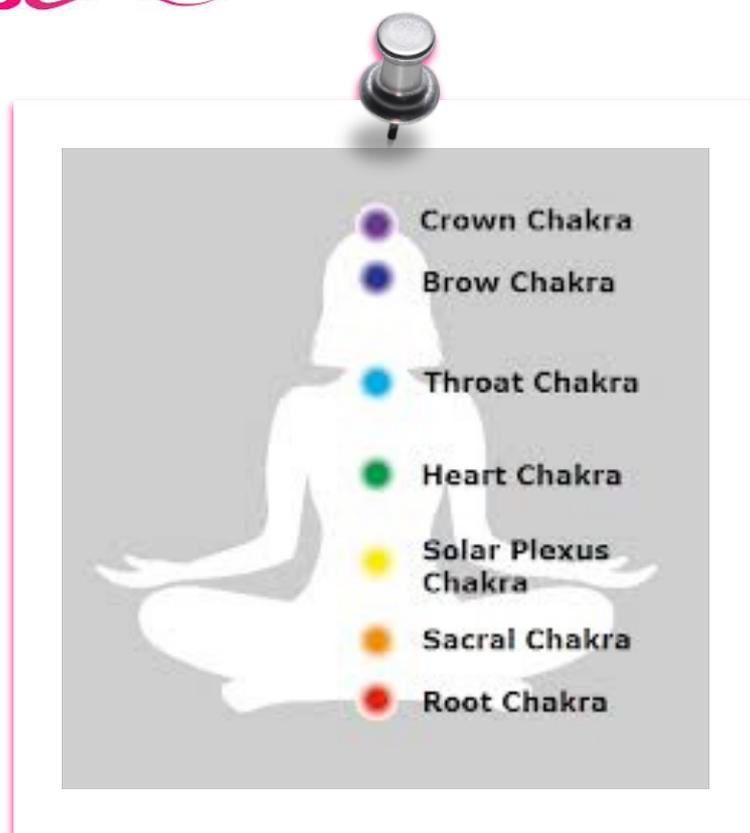
## 4.2 UNDERSTANDING THE 'CHAKRAS':

Chakras are said to be our body's 'energy centres' and can best be described as being like a vortex of energy spinning within our body.

The word 'chakra' is derived from the Sanskrit word meaning 'wheel' or 'turning'. There are said to be seven major chakras in the body as you can see here from the picture to the right.

The seven major chakras play a very important role in the regulation of our physical, emotional, mental and spiritual health and are very strategically located and aligned with our endocrine glands (responsible for governing many of our bodies important systems i.e. respiratory system, digestive system etc).

When our chakras are aligned and balanced, the energies flowing through our body are optimal and we are functioning at our fullest potential. When one of our chakras is blocked though, the energies are not able to flow as well and with time, a physical, mental or emotional illness or series of ailments may manifest.



Each of the seven major chakras play an important role individually (as well as together) and to gain a better understanding of this, let us now look at each of the chakras and describe some important details about each one:

### ● **The Crown Chakra (Sahasrara):**

This chakra is our connection to the universe, to our higher selves and to divine wisdom. Emotional imbalances can present as depression, being unsocial, spiritually unaware, or over-analysing things (spending too much time in your head). Physical imbalances may present in the related parts of the body: brain, central nervous system, top of the head.

Colour = violet

Crystals = clear quartz

Location: Top of head or just above.



### ● **The Third Eye (Brow) Chakra (Anja):**

This chakra is our intuitive centre, allowing insight and visualisation. Emotional imbalances can present as being distant or 'not there', flighty or fantasising. Physical imbalances may present in the related parts of the body: forehead, temples, upper sinus.

Colour = indigo (deep blue)

Crystals = amethyst, sodalite, labradorite

Location: Between the eyes / forehead



### ● **The Throat Chakra (Vishuddha):**

This chakra is our creative and expressive centre, our ability to communicate and to speak our truth. Emotional imbalances may present as being uncommunicative, shy, domineering or not a good listener. Physical imbalances may present in the related parts of the body: throat, teeth, mouth, gums, shoulders, upper respiratory system, neck, arms and hands.

Colour = light blue

Crystals = blue lace agate, angelite, lapis lazuli

Location: Throat area



### ● **The Heart Chakra (Anahata):**

This wondrous chakra is our connection to love, compassion, humility and forgiveness. Emotional imbalances may present as hatred, coldness, being mean or nasty, seeking revenge. Physical imbalances may present in the related parts of the body: heart, lungs, chest, breasts, upper back, and blood circulation system.

Colour = pink or green

Crystals = rose quartz, malachite, green aventurine

Location: Heart area



● **The Solar Plexus Chakra (Manipura):**

This chakra is associated with our power centre, our strength and confidence, self-control and self-discipline. Emotional imbalances can present as a lack of self-confidence and self-esteem, fear, hate, indecisiveness, timidness or aggressiveness. Physical imbalances may present in the related parts of the body: stomach, liver, skin, diaphragm, middle back area.



Colour = yellow  
Crystals = citrine, amber, tigers eye  
Location: Stomach area, half way between heart and belly button.

● **The Sacral Chakra (Svadisthana):**

This chakra is our emotional and sexual centre. Emotional imbalances can present as stiff or unemotional ('poker-face'), frigidity, addictions, possessiveness or being over-emotional. Physical imbalances may present in the related parts of the body: reproductive system, pelvis, intestines.



Colour = orange  
Crystals = carnelian, orange calcite, red jasper  
Location: Below belly button, lower intestinal area.

● **The Base/Root Chakra (Muladhara):**

This chakra relates to our connection with mother earth, our grounding ability and our security. Emotional imbalances can present as fear, nervousness, greed or resisting change. Physical imbalances may present in the related parts of the body: bladder and elimination system, lymph system, spine and bones, teeth, the 'base' of the body (lower back, legs, knees, feet etc.)



Colour = red  
Crystals = black obsidian, black tourmaline, hematite  
Location: Base of tailbone



In addition to the seven major chakras, we also have a range of minor chakras within our body. To start with, you may already know that you have two palm chakras (located in the centre of each palm) and two feet chakras (located on the balls on each foot).

It is also quite commonly taught through other spiritual traditions that there are other minor chakras in each of your major organs and within the major joint areas of your body.

For more information on the 'other' chakras, please visit the FAQ page [Are There More Than Seven Chakras?](#)

Welcome to  
Usui Reiki Level 1



Chapter 2:  
Receiving Your  
Attunement



*Love Inspiration*

*Learn • Heal • Awaken*

USUI REIKI  
LEVEL ONE - HANDS ON HEALING

Chapter 2: Receiving Your Attunement

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## 1. UNDERSTANDING 'THE ATTUNEMENT' PROCESS:

Receiving the Reiki attunement is probably one of the most important parts of any Reiki course and it is for this reason that we have decided to dedicate an entire section about the Reiki attunement process.

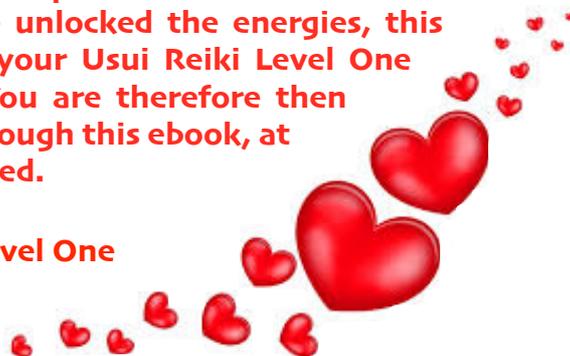
So here, we will now be providing you with all the information you need to know about the Reiki attunement; what it is, what to expect, how to receive your attunement etc. And to start with, we ask that you kindly read through the following:

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**NOTE: Before starting this section, please ensure that you have activated (unlocked) the Usui Reiki Level One energies and attunement prior to commencing this attunement.**

**The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that all the Usui Reiki Level One energies and your Usui Reiki Level One attunement have been activated specifically for you. You are therefore then ready to continue your Usui Reiki journey by working through this ebook, at your own pace and receiving the energies as you feel guided.**

**If you have not yet activated / unlocked the Usui Reiki Level One energies for yourself, you may do this by following the instructions on Page IV of this ebook.**



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### 1.1 WHAT IS AN ATTUNEMENT?

As we've just mentioned here, the Reiki attunement is a very important part of any Reiki course. The attunement will help you to gain access to the Reiki energies as your energy field is 'attuned' or opened up to the higher energetic frequencies of Reiki.



The Reiki attunement can also be described as a very sacred ceremony which helps to ensure that the energy field of the recipient becomes attuned or initiated to the Reiki energies for a particular level of learning.

For each level of learning, a separate Reiki attunement is required and with each attunement, you will notice that your connection to the Reiki energies has been strengthened or intensified. These feelings are often felt as you progress into the various self healing practices for each level and as you start to assimilate the new energies into your energy field over the following weeks & months.

The attunement process is very simple and straightforward and very easy to receive. *The main focus then for any recipient should be to simply open themselves up to receiving with love & gratitude.*

# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

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Traditionally, the Usui Reiki attunement process is offered through an 'in person' format and as such, people learning Reiki would typically receive their Reiki attunement 'in person'.

With this style of attuning, you would typically be guided to sit upright with your eyes closed and the Reiki Master would then move around you and complete a very specific set of procedures to attune your energy field to Reiki.

The techniques being used to attune you to Reiki are technically quite unimportant to the recipient (until you become a teacher) and again, the very important role that the recipient plays during the attunement is simply to be open and willing to receive with love & gratitude.

Love Inspiration will be offering you your Reiki attunements through a '*by distance*' format. This means that the attuner will not physically be present with you when you receive your attunement, however the energies themselves will be received with the same love, quality and compassion.



### 1.2 WHY DOES LOVE INSPIRATION OFFER DISTANCE ATTUNEMENTS?

During the traditional Usui Reiki courses and teachings, it is commonly taught that the Reiki attunement is to be given 'in person'. Many lineages and Reiki Teachers will agree with this basic concept in the belief that an 'in person' attunement will provide better attunement results.

Love Inspiration however has been guided to offer distance attunements in a very special and unique way - and to help explain why this is the case, we firstly need to introduce ourselves as well as the Love Inspiration organisation.

As a not for profit organisation, we have two main founders; Marty and Gerry Donnelly, both of whom received the Usui Reiki teachings through the Hawayo Takata lineage of Usui Shiki Ryoho.

Both of them have had many experiences teaching Usui Reiki 'in person' and have shared the Usui Reiki attunements with people through this 'in person' style of teaching on many different occasions and in many different countries.

However since receiving their Usui Reiki training, they have now also received a great variety of additional energy based healing systems directly from 'Higher Consciousness'. These energy based healing systems have all been 'brought through' to Gerry through her gift of clairvoyance.

Gerry has been shown a great variety of energies, healing symbols & healing practices and is also able to receive a series of 'information downloads' for each set of healing energies that are received. This information is brought through to her in order to understand the purpose of the healing energies, the self healing practices, the assimilation times and other pertinent information.

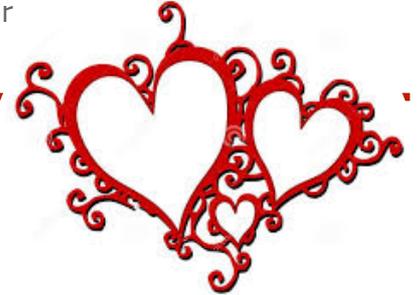


## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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One example of this is seen through the Advanced Usui Reiki teachings where Love Inspiration was guided by 'Higher Consciousness' to offer the Usui Reiki teachings & attunements through a highly unique 'distance' format. As we understand it, this can now open up the Reiki energies so that they can more easily be shared with as many people as possible without any limitation or restraint. Here is the information received from 'Higher Consciousness' about offering attunements 'by distance':



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*“With permission, love and guidance from Dr Mikao Usui and Hawayo Takata, Love Inspiration is being granted the blessings to begin offering Usui Reiki attunements by distance. Although this is not something originally blessed, the energies have now expanded as such to allow for these blossoming changes. It is also important to remember why we are using these energies and not to limit them by any means.*

*At this time, the energies of Usui Reiki are needed so deeply and profoundly in order to help heal your world, that we simply cannot ‘hold back’ through any limitations. We ask for your patience and understanding as we understand this is a new concept to deliver, however we are sure that with widened intentions for the benefit of all, you will soon assimilate this understanding.”*

---

It is important for us to point out here that prior to receiving the *Advanced* Usui Reiki healing system and prior to Marty and Gerry both becoming Advanced Usui Reiki Master Teachers, they had never offered the Usui Reiki attunements 'by distance'. They had always honoured the traditional Usui Reiki lineages and teachings that they had received from their Reiki Teachers and had only ever offered their Reiki attunements 'in person'.

However, having now become Advanced Usui Reiki Master Teachers, Marty and Gerry understand that the attunement processes within the Usui Reiki system have evolved. Dr Mikao Usui himself has helped to develop this new style of attunement and we therefore feel very comfortable to be offering our Reiki attunements in this 'distance' format moving forwards. (For more information on the Love Inspiration Usui Reiki lineages and Love Inspiration's different approach of 'By-Distance' Usui Reiki attunements, please see the FAQ [“Can you explain about the Love Inspiration Usui Reiki lineages?”](#)).

We do understand that this concept of offering 'distance' attunements for Usui Reiki could be slightly mis-interpreted from within the global Usui Reiki community. It is therefore with much love & light that we wish to promote this new understanding of the Usui Reiki attunement process in order to help the energies go to where they are most needed in this world.

We do hope that this new attunement process will radiate and empower you as it has us!



Having now given distance attunements for the past few years to people all over the world and having received a very positive range of feedback about the attunement experience of many individuals - we would simply say here that the highly unique 'distance' attunement format we use is very effective.

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Furthermore, it is also worthwhile noting that you are receiving an attunement from an Advanced Usui Reiki Master Teacher through this distance method and as such, there will also be some vibrational advantages of this being felt within your consciousness.

To receive the attunement here in this by distance format is also incredibly simple! In order to help you with this, we will now be providing you with some additional information about what you can expect during and after your attunement.

A little further down, we will also be providing you with a very simple set of instructions for receiving your attunement and for those who wish to be guided through their attunement - we will also be providing you with an additional video / audio accompaniment to make this receiving process even easier for you.



### 1.3 WHAT CAN YOU EXPECT AS PART OF YOUR ATTUNEMENT?

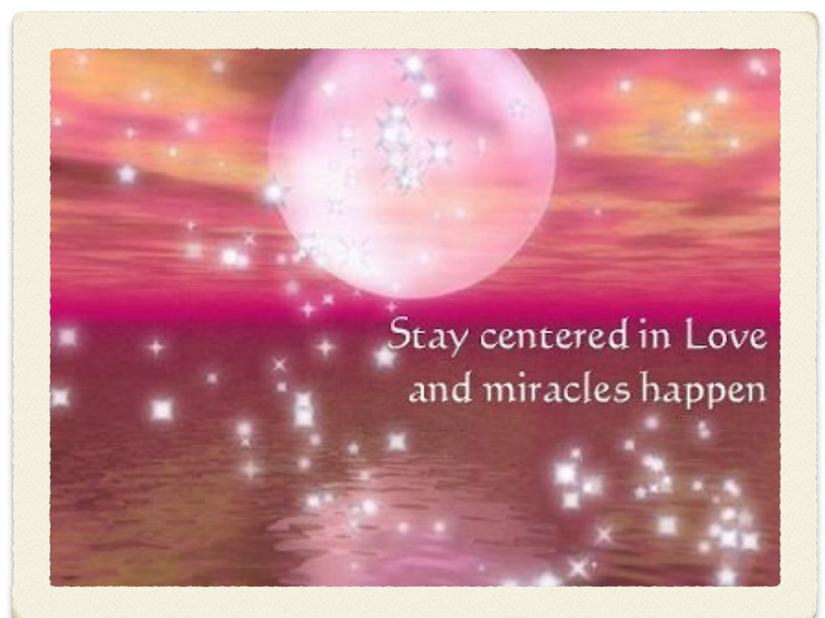
There are many advantages to receiving your Reiki attunement 'by distance' with the main one being that you can receive these beautifully peaceful energies in your own time & space. This will mean that you can choose where and when you wish to receive your Reiki attunement as you are guided towards opening up to these beautiful energies.

Perhaps you wish to receive your attunement in a quiet place; perhaps somewhere where you can feel totally relaxed, comfortable and at ease. Perhaps you wish to accompany your attunement with [healing or relaxing music](#), candles, incense etc to help complement these soft, peaceful and relaxing energies, knowing that there is much healing and energetic benefits being received as you receive your attunement.

Whatever the case may be for you, may your attunement experience be as beautiful and uplifting as it possibly can be and may you enjoy these beautiful Reiki energies as you become a Reiki Level 1 practitioner!

Before you actually receive your attunement though, in the interests of helping you to understand a little more about how you can prepare for your attunement, lets now take a look at:

- a) What happens **during** an attunement  
AND
- b) What happens **after** an attunement



### a) What Happens During An Attunement

It is always best to receive your Reiki attunement with an attitude of being open & willing to receive the attuning energies with love & gratitude. But please don't worry - the written instructions & audio accompaniment that we will be providing you with here as part of your Reiki attunement will help you to achieve these feelings very easily.

For some of you, perhaps those with very fast or active minds, you might like to repeat some soothing or gentle affirmations as you receive the attuning energies. Affirmations such as;



*I open up to receiving light*  
*I open up to the Reiki energies*  
*I open up with love*



These affirmations can often help the mind to stay focused on the idea of receiving and opening to these attuning energies with love and can be helpful if you are suffering from an overactive or busy mind during your attunement.

For others, you may wish to open up to some basic visualisations during your attunement. For example, you might like to imagine that a beautiful sun is shining down onto the top of your head as you bask in this warmth, light & love.

Both of these techniques can be helpful in being open and receiving with love however please know that you may be someone who would just like to sit in the peace and stillness of Reiki as you receive your attunement.

All of these ways of receiving your attunement are equally wonderful and will often appeal differently to different people. Normally, we like to suggest that you receive your own attunement in a way which feels right for you.

For almost all people, receiving a Reiki attunement is a very relaxing, peaceful & calming experience. It allows you to maybe feel something very subtle & uplifting being received. With time, these energies can bring something very special and magical into your life!

For some of you, you may feel something happening during your attunement i.e. as the energies are moving and shifting during this time; whilst for others, you might just feel a slight sense of relaxation or peace during your attunement. Some of you may feel absolutely nothing happening at all - and this is also totally fine!

Even when receiving attunements in person, it is very common for the recipient to feel nothing at all during their Level 1 attunement. So please, if you feel nothing during your attunement, this is totally fine - your attunement has still been successful!

It is also important to know that whatever you do or don't feel during your Reiki attunement, by simply following along with the instructions being provided here in this Reiki course, you will indeed be attuned to Usui Reiki Level 1. And you will now be able to start working with the Reiki energies through the healing practices described in Chapter Three of this course.

### b) What Happens After An Attunement?

Immediately after an attunement has been received, it is quite normal to feel relaxed, calm or peaceful. Or you might even feel sleepy.

Whatever you are feeling, please be sure to take the time you need to sit, digest and assimilate the new energies into your consciousness. Perhaps you feel like having a lie down and relaxing for a half hour or an hour immediately after receiving your attunement.

In the days following, there will likely be many old or unwanted energies being cleared away, shifted or moved from within you as your energetic frequency adjusts to its new vibration.

The first level Reiki attunement will open you up to a variety of higher 'light' energies and as such, you may feel some different physical sensations happening during the days following your attunement (depending on your own karmic circumstances).

For example, if you are someone who is in need of clearing away many old energies i.e. there is deep healing work required, then your body will need to release these from your energy field. As such, you may feel very sluggish or tired in the days following your attunement.

You might even feel some slight cold or flu symptoms as these energies clear or perhaps you will be gifted with a few extra trips to the toilet (if the energies are clearing in your lower chakras).

There may also be some emotional clearing arising from the Level 1 attunement so just be mindful of this if you are experiencing any anger, sadness or other types of emotional unrest in the days following your attunement.

It is often said that the Level 1 Usui Reiki energies can be very *physically* detoxifying however this also means that many old emotions or mental thought patterns are also shifted or released during this 'physical' healing process.

By releasing or clearing away much of these old or unwanted energies from within us, whether these manifest as difficult emotions, physical symptoms or mental disturbances, please know that these are all really good signs of healing and growth! By releasing these darker energies from within, you are now better able to move towards love and light and therefore towards health, happiness and wellbeing. Wonderful!

This process of feeling physical, emotional or mental symptoms as the old & unwanted energies clear from your energy field is commonly referred to as a [healing crisis](#). And this is a very important part of the learning being done here at this first level.

It is one thing to read about the healing crisis but quite often, the real learning comes from a variety of personal experiences from moving through different kinds of healing crises yourself.

Please know though that as you move through these sometimes unpleasant & temporary symptoms, your body is releasing many kinds of old and stagnant energies from within you and this is helping you to move towards more health & wellbeing overall.



## 2. INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

We are delighted to offer you these Usui Reiki attunements by distance and we hope that this new format will help many, many beings to connect with these beautifully uplifting and truly divine healing energies!

*Again, before starting this attunement, please ensure that you have activated (unlocked) the Usui Reiki Level One energies and attunement prior to commencing.*

*The activation / unlocking process is a simple 5 minute process which unlocks the energies and gives you access to them. Once you have unlocked the energies, this means that all the Usui Reiki Level One energies and your Usui Reiki Level One attunement have been activated specifically for you. You are therefore then ready to start receiving your Level 1 attunement!*

*If you have not yet activated / unlocked the Usui Reiki Level One energies for yourself, you may do this by following the instructions on Page IV of this ebook.*

Now that you have activated/unlocked the energies, we kindly ask that you have a good read through the following sections (2.1 & 2.2) so that you can open up to receiving your attunement correctly and how you feel most comfortably. In section 2.1 we offer the video format attunement and in section 2.2 we offer written instructions for how to take your attunement. You can choose which method suits you best. Enjoy!

Above all, please be sure to relax, open up and receive these beautiful attuning energies with love.

We hope you enjoy your attunement!



### 2.1 RECEIVING YOUR ATTUNEMENT BY VIDEO FORMAT:

In section 2.2, we will be providing you with a full set of written instructions for receiving your attunement however for some people, we also understand that it may be easier to be guided through the attunement process, just as you would from an 'in person' type attunement.

We are therefore delighted to offer you the below video so that you can just relax, open up and follow along with this guided attunement for Usui Reiki - Level 1. We hope you have a wonderful attunement!

[Guided Usui Reiki Attunement - Level 1](#)



# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

### 2.2 WRITTEN INSTRUCTIONS FOR RECEIVING YOUR ATTUNEMENT:

The guided attunement video above will essentially run you through the same processes as we will be describing here in the below section. The only difference here is that the guided attunement video will be walking you through the process step by step in a way that means you can just 'switch off' and follow along as you receive your Reiki attunement.

Whichever way you choose to receive your attunement, we hope that you will enjoy opening up to receiving these Level 1 Reiki energies and that it will help to bring more healing, love & joy into your life!

#### ■ 1. Preparation

Sit or lie down, whichever is more comfortable for you, ensuring that you will not be disturbed for at least 25 minutes. Perhaps you wish to play some [healing or relaxing music](#), light some candles or burn some incense to create a nice ambience.

#### ■ 2. Setting the intention

Stating the intention here will activate the attunement to begin. Please say the following:



**"With love and gratitude I open up to receiving the attunement for Usui Reiki Level 1. May these energies help me on my pathway forwards so that I can help others. Thankyou, thankyou, thankyou."**



#### ■ 3. Receiving Your Attunement

Now your attunement will commence and will take around 10 - 15 minutes to receive. Normally, we suggest to sit for 15 - 20 minutes to ensure that all energies are completely received into your energy field.

During this time, you may wish to say an affirmation to keep your mind focused or perhaps a visualisation with the main focus being on opening up to receive **love & gratitude**. Above all, please receive these attuning energies as you feel guided.

**USUI REIKI**  
**LEVEL 1 - HANDS ON HEALING PRACTICES**

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If you wish to use affirmations to help you during this 15 - 20 minutes, here are some more examples that you may wish to choose from:

<b>"I open myself up to love and light"</b>
<b>"I open up to receive"</b>
<b>"I open up to universal love"</b>
<b>"I open up to receive the Usui Reiki Level One attunement"</b>
<b>"I open up to receive the Usui Reiki Level One attunement"</b>
<b>"I open up to divine love &amp; light"</b>
<b>"I open up to divine love &amp; light"</b>
<b>Or you may simply simply repeat your intention over and over.</b>
<b>Or you may simply simply repeat your intention over and over.</b>

However you decide to receive your attunement, please enjoy this 15 - 20 minutes as you are showered in divinely guided healing light. May these attuning energies help you to bring more love, light & happiness into your world!

If it is easier for you, you can time yourself for the 15 - 20 minutes or alternatively simply wait until you feel the energy drop off a little bit. And again, throughout this time, you may feel some energy moving, perhaps feel relaxing vibrations or some may feel almost nothing happen.

In any case, after this 15 - 20 minute period, you will now have received your first level attunement for Usui Reiki and with this, you will be able to practice the level 1 techniques which we will describe in the next section.

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**Congratulations!**

**You have now been attuned to  
Usui Reiki Level One!**

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Welcome to  
Usui Reiki Level 1



Chapter 3:  
The Reiki Practices  
(Level 1)



*Love Inspiration*

*Learn • Heal • Awaken*

USUI REIKI  
LEVEL ONE - HANDS ON HEALING

Chapter 3: The Reiki Practices (Level 1)

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# USUI REIKI

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### 1. INTRODUCING THE PRACTICAL ASPECTS OF REIKI:

Having now understood the theoretical foundations of Reiki and having received your level 1 Reiki attunement, you are now ready to start working with the Reiki energies. And as you will now know, this first level is all about learning the art of 'hands on healing'.

So with this in mind, let us now introduce you to the important concepts which will underly your Reiki hands on healing practices so that you can become a wonderfully effective Reiki healer!

At the end of all of these introductory concepts, we will provide you with a full set of easy to follow instructions to help bring all of this information together so that you can do Reiki self healing and Reiki healing for others.



#### 1.1 AN INTRODUCTION TO TOUCH HEALING:

As you will now know, Reiki can be done from a 'self healing' perspective or a 'healing others' perspective. And as such, Reiki can provide you with a very wonderful opportunity to recharge yourself and others with the beauty of spiritually guided, universal life-force energy.

As you bring more love, light & universal life-force into your energy field, this will then help you to rid yourself of many kinds of impurities & toxins from within as these are safely released from your energy system. Thus, you are better able to move closer towards love & light and towards more health and general wellbeing in your life.

As part of this training, you will be required to choose how you wish to give Reiki. For example, are you someone who will be focusing on the self healing aspects of Reiki or would you prefer to focus on the healing others perspective? Or perhaps both?

As part of this course, we again wish to make it very clear here that both of these perspectives will be very important for your journey forwards. As we've already touched on in the introductory sections, it is often through the beautiful inter-relationship of self-healing and healing others that can help us move towards a fuller understanding of how real and genuine happiness can be brought into our life.

For example, by doing your own Reiki self-healing practices, you will automatically be helping others by clearing away many kinds of energetic debris & disruption as you become a clearer and purer healing channel (which then benefits others).

Alternatively, by helping others to heal and purify by giving many Reiki sessions, you are also creating the vibrational circumstances for our own healing and growth i.e. through receiving the Reiki energies yourself in the healing session and through the accumulation of karmic merits.

So approaching your Reiki practices with this dual outlook i.e. helping yourself AND others, will always help to to create a very enriching and deeply satisfying Reiki journey.

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### a) Doing 21 Days Of Self-Healing Practice

It is generally agreed upon by most Reiki teachers (including ourselves) that an initial period of Reiki self-healing practices is an important part of the learning done here at this first level. Most commonly, a 21 day self healing practice will be prescribed here starting from the date of your attunement.

This self-healing practice can indeed bring many healing opportunities into your life and will also help you to start feeling the Reiki energies more and more as as you learn how to 'channel' these beautiful healing energies.

It is also during this time that you are able to better assimilate these new energies into your consciousness as you open up to receiving the Reiki energies into all of the major energy centres of your body.

The level 1 Reiki energies are said to be particularly helpful for 'physical detoxification' so please don't be surprised if you are guided towards releasing many kinds of old or unwanted energies during this 21 day period!

And in addition to all of this, as a person starting out on your Reiki journey, this 21 day self-healing practice is a wonderful way to help you gain some inner experiences with hands on healing and this helps to give you a real and genuine understanding of the healing process.

Lastly, we wish to point out here that for many people, you will most likely not 'feel' much energy during your first few Reiki sessions. So please, don't expect an avalanche of energy flowing through you in your first session!

The 'feelings' aspects of Reiki tend to build and open up during this first period of 21 days (and beyond) so please just be sure to approach your Reiki practices with patience & love wherever possible. Quite often, some people report feeling nothing at all during their first few sessions and others say that they can only feel a very 'gentle' or subtle vibratory sensation in their hands.

As you near the completion of the 21 day period however, you will most likely start to feel a little more of the Reiki energies as you become more 'acquainted' with their vibrational frequencies. And

please remember that this is only the first level of connection to the Reiki healing energies!

We would always encourage you to move forwards into the higher levels if you are wanting to feel more and more from your practices.

***And of course, the more practice you do (with love), the stronger your connection will be to the energies!***



### b) Giving Healing Sessions For Others

As we've mentioned throughout this course so far, Reiki is a very simple form of energy based healing. And to highlight this here, let us now provide an example of how to give a very basic Reiki session to someone.

To start with, a Reiki healing session is almost always administered through a variety of different hand positions. As you lay your hands onto the recipient, you will therefore be allowing the Reiki energy to flow into that area of the body so that the Reiki energy can then go about its truly magical healing work.

Typically, you will start your Reiki session by treating the head area and then work downwards through the body whilst being sure to treat all of the chakras, the major organs and any specific problem areas within the recipient's body.

Each hand position will normally be held for around 3 - 5 minutes, depending on how you feel, with each hand position allowing the Reiki energies to flow to where they are needed.

And that's it!

As you finish all of your hand positions and as the Reiki energies have been distributed safely throughout the recipient's body, your Reiki healing session is now complete. Of course, there are a great many wondrously divine healing things that are happening within your Reiki healing session format!

So with this very general layout - let us now explain a little more about some of the more detailed aspects of giving Reiki, both in self healing and in your healing work for others.

### 1.2 YOU ARE A DIVINE 'HEALING CHANNEL':

One of the most important concepts to grasp when you are giving hands on healing sessions (either for yourself or for others) is that you are always acting as a **'divine healing channel'**.

And this will start to make more sense as you go about your healing practices and start to actually feel the energies flowing through your own body.

To try and explain this in words really does fail to truly encapsulate the experience of giving hands on healing however in simple terms, we can try to explain it here as being

a receiving of divine energy from somewhere above your head. The divine healing energies flow downwards in through your Crown Chakra, down into your Heart Chakra and then the Reiki energies flow outwards (with love) through each of your palm chakras.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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All of this happens very naturally as soon as you set your intention to give Reiki.

When you are giving any kind of Reiki healing, whether it be for yourself or for others, it is very important to recognise that you are only ever a healing 'channel' for the energies to flow through.

*You are never sending energy from yourself but rather, you are always receiving the energies from a higher place of consciousness. Therefore, you are always 'channeling' these healing energies into the recipient;* whether this be yourself, another person, another living being or an inanimate object.



As an analogy then, you can think of your body being like a hose (or a pipe) and the spiritually guided universal life force being like the water. As you give your hands on healing sessions, you are simply allowing the water to flow through you and into the person you are treating.

Of course, as the water flows through the hose, it also helps to very naturally clear away some of the mud and dirt from the inside the hose. And in the same way, you will also receive healing energies and purification by sharing the Reiki energies with others.

Another key point to be observed here (and something that you will likely come to realise after a few healing sessions) is that *the Reiki energies are always being 'drawn through you' by the person who is receiving the healing.*

For example, when giving Reiki sessions for others, you might find that for some people, you put your hands on and the healing energies seem to flow through beautifully, easily and effortlessly. For other people though, you do the exact same thing and you feel that the healing energies are not really flowing much at all!

We are all very different. We all have different levels of understanding, different levels of faith in the Reiki energies and different karmic circumstances which will all be very important factors in determining how much Reiki energy is being drawn through the healing channel. And with this, it is very important for you to understand that if you are giving a healing session to someone, and the energy doesn't feel like its flowing through you very easily please do not worry.

### **You are only ever able to share Reiki by opening up as a divine healing channel**

In cases where you don't feel so much energy flowing through your healing channel during a session, it will likely be that the recipient is only 'drawing' the exact amount of energy that they need at that time. (It can also be indicative that there is an energetic blockage in this area as we will be discussing in more detail later on).

It is also possible that the recipient has some of their own karmic obstacles that are preventing them from drawing through higher amounts of Reiki through your channel i.e. due to a lack of faith, surrender, belief etc.

### 1.3 UNDERSTANDING DIVINE GUIDANCE:

Another very important concept to understand at this first level, and something which we have touched on briefly throughout this course already, is the idea that all Reiki healing energies are

**‘divinely guided’**

And to understand the true nature of divine guidance, we first need to understand and accept that the Reiki energies have been received from a place of ‘Higher Consciousness’. In other words, these Reiki energies are highly intelligent and come from a pure and ‘higher’ place of divinity or consciousness. Therefore, the energies will always know exactly how to heal the root causes of any particular issue.

***This is truly one of the most amazing and helpful aspects of Reiki!***

You never ever need to ‘heal’ anyone but rather, you will simply be opening yourself up as a divine healing channel as you allow the Reiki healing energies to be drawn into the recipient’s body so that the divine Reiki energies can go about their magical healing work **through you.**

The divinely guided Reiki energies will always allow for all healing to take place in perfect accordance with what the recipient is needing at that time (and in line with their karmic circumstances).

And to help us understand this concept a little more, let us take an example where we are sending Reiki to a person’s heart. We place our hands over this area and send Reiki. We open ourselves up as a healing channel and allow the recipient to draw what Reiki energy they need to help with healing their particular issue.

The divinely guided Reiki energies will now go to where they are most needed to help bring about the best possible healing result for that person. In cases where the recipient might have an energetic issue or blockage in the heart area, the Reiki healing energies will always help to heal the root causes behind this blockage. Always!

And again, this is one of the most miraculous and helpful aspects of Reiki and something which will help to take all the pressure off you as the ‘healing channel’. All that is required from you is to set your healing intention and allow the divinely guided energies to go about their magical healing work **through you.**



### 1.4 THE IMPORTANCE OF INTENTION:

It is a simple fact that our intentions help to create the reality that surrounds us. And without getting into the deeper philosophical meanings about how this works, there is a rather general agreement about this in the scientific community (through quantum physics), the Reiki community (via the power of healing intention) and the spiritual community (via karma, law of attraction etc).

The nature of our mind is such that it can bring many kinds of uplifting, loving & deeply healing experiences into our life however equally so, without the proper use of our intention, we can also create the opposite effect. Therefore:



The way that you *choose* to think is very important!

As we've discussed previously, many of our own energetic disruptions, blockages and issues actually stem from a range of different *negative thought patterns* or intentions. Actions that stem from negative intentions are also said to generate a series of non-beneficial karma as we are led towards these less favourable states of being.

By being mindful of our thinking, our intentions and our actions and by cultivating loving states of mind, we are therefore said to be able to steer ourselves towards a more joyful, loving & happy life. And this is the first way that we can think about using our intention - *using our mind wisely to create a better reality for ourselves over the longer term.*

The second perspective that we wish to cover here, something which is very important for these Reiki teachings, is the idea that our intention will actually be the necessary trigger for the Reiki energies to flow through you. Therefore:



Your intention is super important in your Reiki practices!

*It is commonly taught that the Reiki healing energies will always flow in accordance with your intention and in addition to this, the divinely guided aspects of Reiki will also respond to the types of intentions that are set by you in your healing.*

For example, just by intending the Reiki energies to flow from your hands and palms - so it will be. By setting your intention for Reiki to help the person's heart condition or their liver issue - so it will be. By intending to receive the Reiki energies into your Crown Chakra - so it will be. And so on.

The Reiki energy will **ALWAYS** respond to your intention and to activate the Reiki energies for any healing session, you will just need to 'intend' to give Reiki and it will be so. It is truly that simple!

It is therefore fair to say then that setting your intention is probably one of the most important parts of any Reiki practice. It will help you to set the scene for all healing to take place, whether this be during your own personal self healing practices or for your healing others practices.

As another example of this, let's assume that you wish to receive an 'all purpose' type healing session with Reiki. By simply stating this intention, you let the divinely guided aspects of Reiki know that this is the type of healing that you wish for. The Reiki energies will now flow to where they are divinely deemed necessary.

Alternatively, if you wanted to send the Reiki energies to a specific problem, for example a kidney problem or an anxiety issue etc, you would simply set your intention accordingly and open up to receiving Reiki. You can rest assured in the knowledge that Reiki will always respond to your intention and will now be helping to heal the root causes of these specific issues.

By combining your understanding of *divine guidance* with this new information about the setting of your intention, you can now start to see just how wonderful, simple & beautiful Reiki can be!

It is the idea that you can set, re-set & then re-set again any healing intention that you wish as you move through each of your healing sessions or personal meditation practices. And you can use your mind in so many different ways during a healing session so that the energies can flow through you most beautifully.

Intention  
is  
everything

And with this in mind, let us now extend this Reiki principle a little more with some wisdom from the Qi Gong tradition (originating from Korea & China). Within this tradition, it is commonly understood that:

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*"Where consciousness lies, energy follows"*

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In other words, 'energy' will always flow to wherever you set your intention to. And within this very simple yet profound principle lies the secrets to understanding just how powerful your mind can truly be in your healing sessions or meditation practices.

From a practical point of view, some of you may like to harness this power of intention by working with a series of simple affirmations in your Reiki practices (as we have suggested in the attunement section).

For others, you may wish to mould your intentions through the use of some simple visualisations, as these too can also be a wonderful way of expanding your healing intentions closer towards light, expansion & love.



By way of example then, let us now quickly look at how you might like to give a healing session for someone by using your intention(s).

### **An Example Of Using Visualisations & Affirmations To Harness Your Intention:**

Imagine for a moment that your hands are placed over the crown of the recipient's head and your intention is to send love, light & healing into this area of the body. After a minute or so, you might feel that you would like to expand this perspective somewhat and change your intention now so that the Reiki energies are being projected or 'sent' throughout the entire body.

As you set this healing intention, you may feel a slight boost in the flow of energy in accordance with your intention and you may also wish to now call on the assistance of a very simple visualisation technique to help reinforce this expanded healing intention of sending Reiki through the body.

You can imagine now that there is a mass of white and golden light being received through your healing channel and that this profound healing light is being sent from your hands (with jet engine- type power) throughout the entire body of the recipient.

You can visualise or imagine that this brightly shining healing light now flows throughout the entire body of the recipient i.e. down through the brain, head, neck, torso etc. You continue to visualise, imagine or feel that this brilliantly shining light continues to fill up the body as it starts to glow beautifully, like a brilliant shining sun.

This kind of thinking or visualising can be very helpful for giving a successful Reiki healing session and will very likely help to strengthen your connection to the Reiki energies. And this is just one example of how you can use your intention creatively to benefit the recipient you are treating!

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### *Where consciousness lies, energy follows*

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To continue on then from this example, you may also like to use a series of *affirmations* in conjunction with your healing intentions in order to help solidify the intention being created. For example, you may say mentally repeat something like:



*"I open up with love"*  
*"You are filling up with light"*  
*"May Reiki shower you in light and radiate for all"*  
*"May the Reiki light shine brightly"*



You are of course free to use whichever affirmations you wish to, but most importantly, please choose something that you feel helps you to crystallise the healing intention you wish to set - so that the energies can flow more strongly for the best possible healing result of the recipient.

As Reiki teachers, we will always tell you that your healing abilities are only ever limited by your own mind. So please, be as creative and as uplifting as you possibly can and believe (whole heartedly) that you are a truly infinite and divine being, capable of creating amazing & profound healing results!

As you have seen here in the examples above, using affirmations and visualisation can often help to reinforce and expand your healing intention. These additional tools can therefore be helpful to you in a wide range of healing circumstances.



As part of our free online [Beginners Meditation Course](#), we included a video tutorial about the inter-relationship between intention, visualisation & affirmations and whilst this is not being spoken about in specific Reiki terms, it may help you to broaden your understanding more about this important area. We therefore invite you to watch this additional video teaching should you wish to explore this area more thoroughly:

### [Video Tutorial - Intentions, Visualisations & Affirmations](#)

And finally, please allow us here to re-iterate that your intention is exactly that; YOUR intention. Within this short commentary, we have tried to impress upon you that your intention is a wonderfully powerful healing tool in its own right; it helps to set the scene for any & all healing which takes place during a healing session!

For many Reiki practitioners, they will choose to set their healing intention very simply at the start of a Reiki session and will just allow the divinely guided aspects of the system to do their magical healing work. And this is wonderful!

Given that your intention has been set firmly at the start of a healing session, there is actually no real need to continue setting the intention so therefore, just by focusing on opening up to receiving the array of divine healing energies flowing through you during your session is enough.

Others will choose not recite any affirmations or do any visualisations at all during their Reiki practices - they might instead focus on just surrendering and being open to receive these energies through their healing channel. And again - this is a wonderful practice!

We are all very different. Some of us will have fast & highly active minds whilst others will naturally be more peaceful. If you are someone who has a good imagination or someone who has a fast paced or active type mind, we would normally suggest that you try working with the affirmations and visualisation techniques (as these may be of some assistance to you on your Reiki journey).

If you are someone who is naturally quite peaceful in your mind, then you may wish to simply open up as a healing channel and enjoy the stillness, relaxation and peace from these Reiki healing energies.

Whatever the case may be for you, we hope that you have seen here just how important the setting of your intention can be and the role that it plays in allowing the Reiki energies to flow through you.



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**Be creative with your intention!**

**1.5 SURRENDERING & BEING OPEN TO RECEIVE:**

As a flow-on to setting our intention, let us now discuss the importance of *surrendering* and being open to receiving the Reiki energies as this will often help to facilitate a very smooth and free flowing Reiki experience.

Reiki is a practice that can help you to bring more peace, relaxation and thoughtless-ness into your life as you are immersed in receiving a wonderful range of spiritually guided universal life force energy. This is how we nourish ourselves, rejuvenate and relax so that we can restore health, wellbeing & happiness in our life!



The reason that we encourage you to 'surrender' to these Reiki healing energies is so that you can allow yourself to go deeper into this feeling of relaxation, bliss & peace! It is the idea that you allow the energies to flow to where they are needed with complete trust, belief and surrender (to the divine wisdom of Reiki). As you open up, surrender and let go more and more, you will also be allowing the Reiki energies to bring more healing, love & light into your energy field.

And as you do this, you can also enjoy the benefits of reducing the ego or 'ego-clinging' which will in turn help you to receive a greater flow of 'Higher Consciousness' into your own energy field.

For those of you with highly active minds, again, you may wish to work with a series of affirmations during your Reiki practices to help promote this kind of thinking as you are receiving these healing energies. For example, you may wish to use some of the following during your Reiki meditations or healing sessions:

*"I open up to receive love, I open up to receive love ....."*

*"I surrender to divine light, I surrender to divine light ....."*

*"I Let go, let go, let go ...."*

*"I offer everything I am, I offer everything I am ...."*

*"I surrender with love"*



As you continue to open up and establish a deeper connection to these beautiful divine healing energies, you will no doubt feel what works for you. And as you continue to open up, surrender and receive more and more depth to your Reiki practice, there is another beautiful thing that happens: ***You are starting to very naturally have more belief, faith and trust in the Reiki energies!***

This often happens without you even knowing it, and is a direct result of your own wonderful feelings from each healing session. The more you feel, the more you start believing and the more you then receive - this is very much like an upward spiral of love, light, trust, faith & belief.

And this is another important reason why we like to suggest the 21 days self-healing practices during this first Reiki level. We feel that this practice is a very important first step on your Reiki pathway to help with these feelings of being open, having faith and belief in the healing abilities of Reiki.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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#### 1.6 USING YOUR HANDS IN HEALING:

Given that this first level of Reiki focuses on hands on healing, it is important for us here to introduce some general guidelines about how to use your hands when using Reiki.

To start with, whenever you are giving a Reiki session, it is always important to remember that you are a divine healing channel for the Reiki energies to flow through you and that it is your intention that is so important. However, how you use your hands is also quite important here as it will help you to distribute the Reiki energies effectively.

Due to the nature of this kind of healing, it is commonly taught as good practice to slightly cup your hands whilst making sure that your fingers are held together gently. This helps to focus the Reiki energies into the area of the body you are treating and will ensure that the Reiki energies will be received most effectively. This same hand technique is to be used equally so for both self-healing and when giving Reiki healing sessions for others.

*Slightly cupped hands  
with fingers together*



#### 1.7 DOING TOUCH HEALING VS NON-TOUCH HEALING:

Another important issue that we need to discuss here in these practical aspects of Reiki is the comparison between doing 'touch healing' and 'non-touch healing'. Currently, both of these methods are 'acceptable' in the Reiki community however more often, touch healing is the preferred format for doing hands on healing.



*Touch Healing*



*Non-Touch Healing*

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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By using the touch healing approach, the Reiki energies are sometimes better able to be received & distributed into the different areas of the recipient's body i.e. given that your palm chakras will actually be closer to treating the organs, tissues, & cells which lie within the body.

It is important to note that touch healing may also provide a more relaxing experience for the recipient due to the warmth that may be felt during their healing session and through the feelings of touch. These beautiful gifts, when combined with the beautiful healing energies of Reiki, can really help to bring a deeply sacred & very beautiful healing experience for the individual receiving Reiki.

However, non-touch healing is equally as acceptable in Reiki and can be used intuitively where needed, or of course during most healing sessions for others, there will usually be an element of non-touch healing that is necessary. For example when treating the 'sensitive' areas of the body such as the pubic area and the breast area (for women).

As a Reiki practitioner, you are of course able to choose how you wish to do your Reiki healing and this will always depend on your own personal preferences and the recipient. As Reiki Teachers, we would like to encourage you to try both of these methods (on yourself during your self-healing practices and during your healing sessions for others) in order to get an understanding of how each works and feels. With this understanding you may then wish to choose a method that you feel works best for you or alternatively, as in most cases, use both.

As always, use your intuition and trust what you feel is best for the recipient!



### 1.8 THE IMPORTANCE OF A FULL BODY TREATMENT:

When you learn Reiki for the first time, you are generally given a basic set of hand positions to follow for giving Reiki to yourself (through your self healing practices) and for others (through a Reiki healing session format).

And given that there are now many different Reiki lineages, many Reiki Masters and many different ideas about how to best treat the body, this has led to a great many variations being adopted for giving a basic Reiki healing session.

For example, if you do a simple google search for 'Reiki hand positions', you will see many different sets of hand positions being taught through the level 1 Reiki training. And quite often, we find that this can create some confusion about what are the best hand positions for giving Reiki.

So before we show you a basic set of hand positions, it is important for us to introduce what we would consider as being the important 'backbones' of any good Reiki healing session. Once you understand this basic information, you will then have the right understanding so that you will be able to freely explore and open up to whatever hand positions you wish to for your Reiki practices.



To start with then, let us now reinforce the concept that we are only ever 'channeling' a range of '**divinely guided**' healing energies into the recipient's body (so that their body can then heal itself). This is always how Reiki 'heals' us.

It will never be your job to actually 'heal' a person but rather, you will be channelling love & light into their energy field so that the divinely guided Reiki energies can help them to heal or purify their own energetic blockages, disruptions and other energy issues.

This can now help you to remove any pressure that you are feeling as a Reiki 'healer' as you are never **responsible** for 'healing' another living being. Rather, you are simply sharing a range of 'Higher Consciousness' frequencies into this recipient so that they can move forwards more easily into health & wellbeing. And to do this, it is always best for you to give a **full body healing session**.

# Why?

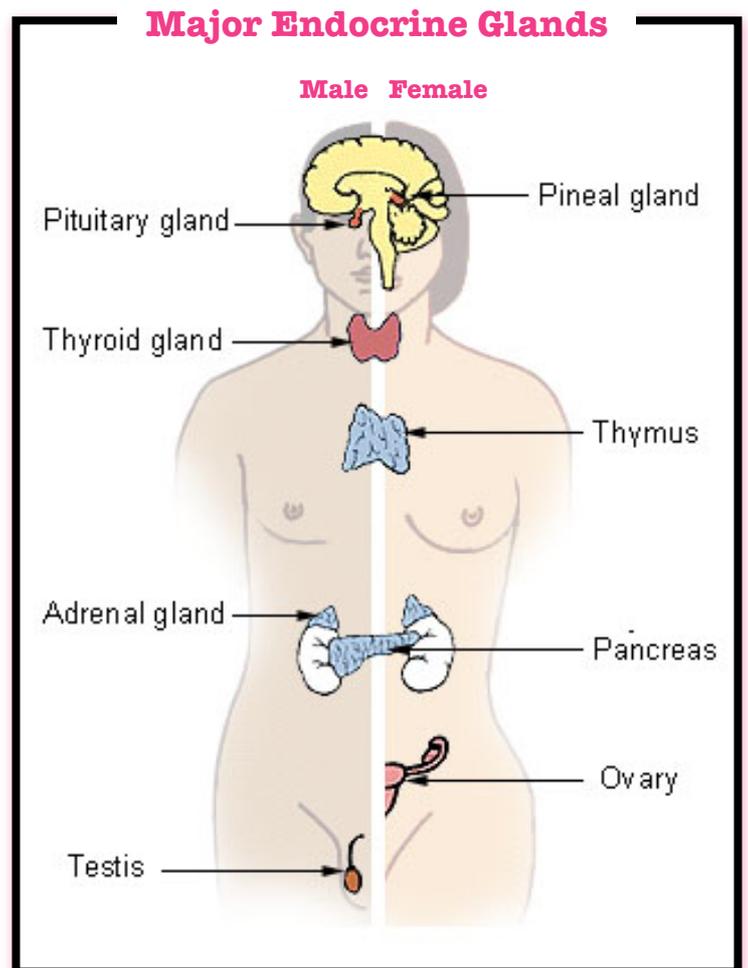
A full body treatment helps to send Reiki into all areas of the body so that the Reiki energies can most effectively be used by the recipient to heal themselves. For example, a full body healing session will always aim to treat the seven major chakras and where possible, all of the major organs within the body.

A full body treatment will also target an additional 'problem area' or problem areas in order to help clear away any energetic blockages or disruptions in specific areas of the body where there may be specific ailments present.

*At a absolute minimum,  
a full body Reiki session will  
treat all of the chakras*

And there are indeed a great many reasons why this is important. To start with, the chakras are our energy 'centres' and will therefore help us to bring balance into a great number of different areas of our life.

In addition to this, our major chakras also align with our **endocrine glands** (which help to govern almost every system within our physical body). Therefore, by sending Reiki into our endocrine glands & energy centres, the Reiki healing energies are able to be distributed most effectively around our body for a much better healing result.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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So again, whilst the hand positions do vary slightly from Master to Master - *any full body healing session should be aimed at treating the seven major chakras, the major organs and any particular problem areas that the recipient requires.* And that's it!

This is one of the easiest and best ways to think about giving any kind of Reiki session to someone so that you don't get lost or confused as you are starting out.

As part of this training, we will be providing you with our own version of a basic set of hand positions a little further down. In addition to this, we will also be providing you with a self healing guided video and a video tutorial that will help you to give your first Reiki healing session for others using these basic hand positions.

This will be more than enough to help you start out on your self healing and healing others journey and we offer this to you with love & light and with the intention that this helps you to become a wonderful Reiki healing channel!



Finally, we would like to encourage you here to always follow your intuition as you give Reiki and as you move through each of the hand positions. It is very important to open ourselves up to divine guidance as we allow our hands to go to where they are needed during a healing session.

### 1.9 UNDERSTANDING 'HAND SENSATIONS':

As you go about your hands on healing sessions (whether doing touch healing or non-touch healing), you will soon realise that your hands will be 'communicating' with you throughout each of the different hand positions. And this will likely become more pronounced as you become more sensitive to the Reiki energies. As part of this, you may start to feel some different physical sensations & hand sensations being experienced during your healing sessions.

For example, you may feel some heat, numbness, coldness, tingling, pain, itchiness, throbbing or 'pins and needles' in your hands as you move from hand position to hand position (in both self healing & when healing others).

These sensations are referred to in the traditional Reiki teachings as 'Hibiki' which literally translates to mean 'echo'. With time & practice you will understand how these sensations can help you to give a more effective healing session. To help you learn more about these 'communications', let us now look at a few of the more common types of Hibiki with some brief explanations.

To start with, we wish to point out that if you are not feeling any sensations in your hands, this is completely fine! At the beginning, there is only a very subtle feeling of the Reiki energies and with time and practice, these feelings will likely become more pronounced as you become more sensitive to the energy based healing process.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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Please know that there is absolutely nothing wrong with your Reiki healing channel when you are not feeling very much and that the Reiki energies are indeed still flowing through you magnificently!

Again, with time and practice, you will most likely gain more sensitivity to the Reiki energies and most certainly, within the 21 day self healing practice period, it is likely that you will feel at least 'something' from your own self healing sessions. But again

*Feeling nothing (or very little) when you are starting out with Reiki is perfectly normal!*

One of the most common complaints or phrases that Marty and Gerry have heard from Level One practitioners is that they cannot feel anything! Interestingly however, whenever Gerry asks the practitioner to put their hands on her for healing, *every* time she has felt extensive energies flowing from the practitioner - even from those who have only taken the Reiki attunement that same day. Remember to have faith - it is working!

For those beginners who do feel something, most speak of feeling a very small amount of subtle vibration, like a small buzzing or vibrational sensation just above the middle of their palms. Others can sometimes feel a little warmth or heat in their hands which is also quite common.

The feeling of heat is often a good sign that the energies are flowing nicely through your healing channel and that your body (or the person you are treating) is 'drawing' the Reiki energies into themselves very well.

Again, it is not better or worse to feel something or anything, so please, if you are not feeling much in your healing sessions - this is totally fine. Reiki will always be flowing through you regardless of whether you are experiencing 'hot hands' or not!

There are also times when you can feel a rather sudden change in the temperature in your hands during a session i.e. as they move from hot to cold. You can also feel that the energy seems to 'stop' flowing through you during certain parts of a healing session .

Feeling cold hands or feeling that the energies have stopped flowing is another very common hand sensation and can often indicate a blockage within the recipient's body. In these cases (especially where you feel that the Reiki energy is perhaps not flowing through you as it should be) please continue to keep your hands on this area of the body until you can feel the Reiki energy start to again flow through you. As the energies start to again feel like they are flowing, you will know that Reiki has now helped to clear away this energetic disruption. Wonderful!

Furthermore, we would additionally suggest that you allow Reiki to continue flowing into this area for some additional time before moving on to the next position.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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In other cases, you may also feel pins and needles, tingling or numbness in your hands when giving Reiki. For example, as you treat a particular area that has an energetic imbalance, these feelings are again another way of the energies communicating with you that there are some energetic issues here.

For those who are more intuitively sensitive, you may also 'pick up' on any additional feelings or information that is being provided to you about what the particular healing issue may relate to - and you are then welcome to share this with the recipient either during our after your healing session as you wish.

Many Reiki Masters teach that these sensations of tingling, pins and needles, numbness etc. also represent

the fluctuation of the Reiki healing frequencies being received by the recipient. This is therefore a sign that the required Reiki energies are causing this feeling to be generated within your hands as the Reiki energies flow through you.

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In all cases of interpreting 'hibiki' we suggest that you always be guided by your own inner knowing and your divine intuition. When you feel something in your hands, simply quieten your mind and feel for yourself:

*what is this hand sensation telling you?*

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At other times during your Reiki healing session, you may even start to feel some pain in your hands or indeed in other parts of your body (in cases where you are giving Reiki to someone else). Again, this is often a communicative piece of information that will be guiding you towards more understanding about what the recipient is in need of for their healing session.

Often a pain being experienced can be an 'echo' of what the recipient has going on within them. Marty and Gerry often experience Reiki sessions where they feel a pain in their [body part] during the session only to find out that the recipient is also experiencing this pain in the same area. In other cases, they have felt this same sort of pain within themselves just as these energies were being released from within the recipient's energy field.

It is surprisingly quite common to feel some slight pain or discomfort in a part of our body at certain stages of a Reiki healing session so again, if you are feeling any of this, please do not be alarmed or frightened by this system of intuitive communication but rather think "how wonderful - I am receiving intuitively guided information!". And of course, if you are unsure about the pain you can always ask the Reiki energies "please help me to understand if this is my pain, or the recipients". Or "please help me to understand more about this pain". And always trust your intuition!

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## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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There are many different things that can be experienced through Reiki, many amazingly divine 'goodies' that can emerge during a Reiki session. And therefore, there are many different feelings that can be felt during the process. For some practitioners, you may see a range of colours, experience visions or feel other types of vibrational sensations from within you.

Above all, please know that Reiki will always be helping you and the recipient to heal in the best possible way. The Reiki energies can never cause damage or harm to you as they are coming from a place of purity, love & light.

The uplifting and love filled Reiki energies can however cause a [healing crisis](#) to occur and it is important to know that this is manifesting as a result of more love being introduced into your energy field. This increase in energetic frequency helps you to release a series of old, unwanted or darker energies from within you.

These are all very important elements of true 'root cause' healing and will therefore always help you to move towards more love, light, healing, purification, happiness, peace & joy in your life!



#### 1.10 USING YOUR 'INTUITION':



So far, we have already touched on the idea that you should be using your intuition as part of your Reiki healing session so let us now explore this area a little more. To start with, let us now clarify here what we mean by the term 'intuition'.

The concept of having *intuition* stems from the idea that you are already a divine and all knowing being. It comes from the idea that you already have a part of you, often referred to as your 'higher self' that is enlightened and that already knows the truth about all aspects of reality.

And whilst this can be very difficult to accept or even fathom, it is also said to be a 'truth' under a great many number of different spiritual traditions and religious teachings.

So in actual fact, you really do know where to place your hands for the best possible healing result! You do know where the person needs the healing energies and not because someone has told you, but because of this truly divine and all knowing part of yourself.

This is your intuition. Your beautiful inner voice. The part of you that tells you when something feels off, the gut feeling that guides you when facing a difficult decision. It is the feeling of right-ness when you just seem to 'click' with a person, the feeling of just knowing when something is right for you or alternatively if something doesn't feel right for you. It is the small inner voice that guides you forwards in all aspects of your life.

Following your intuition is most certainly a 'feelings based' art-form. It is something that can often take time to practice as you become more 'in tune' with yourself. It is definitely not something that you can access logically through your intellectual mind!

### Accessing your intuition must be done through feeling!

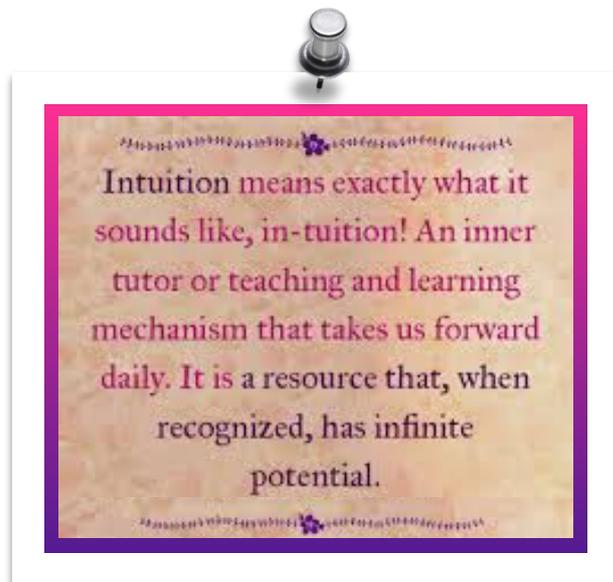
When you are starting out with your Reiki practice, working with your intuition may seem a little difficult as you open up to these new energies however with time and practice, we can assure you that it does become much easier!

We often find that the egoic mind can sometimes play tricks on us by telling us that it is just not possible to 'know' where to put our hands, or to 'know' how long to leave them there or to 'know' when to move them onto the next hand position etc.

And this is where many people get stuck in this idea of following their intuition, especially at the beginning of their Reiki practices. Others will try to use their minds to 'figure out' how to access their intuitive understanding but again, as we have already mentioned, your intuition is a feelings based practice.

It is something that opens up as you open up your heart. And as you open up to sharing these Reiki energies with love & light, you will also become more apt at listening to your own divine inner feelings.

You will sometimes feel this as a gut instinct during a session, an inner voice, a vision or other kind of visionary experience / feeling. And please, whenever you feel, hear, see or know something intuitively, no matter how silly it may feel at the time, please always honour this feeling. And:



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*Please always give Reiki in accordance  
with your divine intuition!*

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It is the Third Eye Chakra that governs your divine intuition & your intuitive development. As part of these level 1 teachings, in order to help you develop this intuitive knowing, we will be introducing you to one very beautiful practice from the traditional Japanese Reiki teachings, called Reiji Ho.

Reiji-Ho will help you to develop your intuition more and more and can also help you with intuitively feeling where to place your hands during a Reiki session. We will be outlining this very simple Reiji Ho practice in [Appendix Two](#) - 'Additional Tools For Healing Others', so please kindly refer to this appendix for more information (or click on the link to be taken to a [video tutorial including the Reiji Ho practice](#)).

During the Level 2 & 3 training, we will be introducing you to more ways of expanding your intuition & your Third Eye Chakra so that you can become a more efficient and effective Reiki healing channel.

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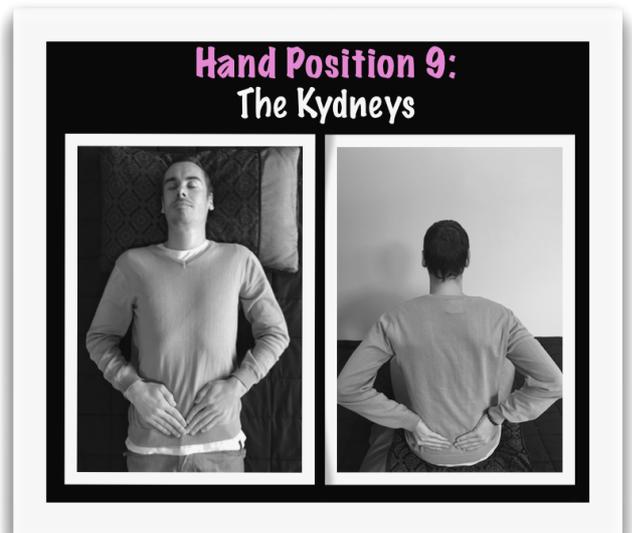
## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

#### 1.11 BEAMING REIKI:

Beaming Reiki is another very simple Reiki technique which works with our intention to project or 'beam' the Reiki energy to where we would like it to go. There are many different ways that you can beam Reiki and a great many intentions that can be set whilst beaming Reiki.

For example, during your self healing practices (for those of you who choose to lie down for your practice) we will be guiding you towards beaming Reiki into your kidneys. As you can see from the images, by placing your hands over your lower abdomen, you will be able to intend or beam the Reiki energies into each of your kidneys. This is one very simple example of beaming Reiki.



Another example of beaming (this time from a healing others perspective) is to stand back from your recipient during a healing session i.e. anywhere from 1 - 5 metres (as you wish), and beam Reiki into their energy field.

Again, there are a number of different intentions that you can set as you do this. Perhaps you wish to send Reiki healing to their aura, their overall energy field or perhaps you wish to beam Reiki into a very specific part of their body.

Beaming can be done at any time of the session i.e. either before, during or after and should always be done in accordance with your own intuition. Generally speaking, if you are feeling that the recipient is in need of some overall Reiki beaming - then please beam these energies with love.

One last example of beaming is to beam Reiki into an object such as a camera or video recording. By beaming Reiki in this way, you can set your intention (with love) that anyone who sees this photo or video recording will receive Reiki. As you take the photo or record the video, you are beaming Reiki into this with your intention being firmly set to benefit the viewer.

The photo to the right is of Gerry in Lumbini, Nepal (the birthplace of Shakyamuni Buddha) beaming Reiki.



### 1.12 ADDITIONAL CONSIDERATIONS FOR GIVING REIKI:

As we reach the end of introducing the practical aspects of Reiki, there are a couple of last points we wish to cover:

#### Ego

By far the greatest danger of any Reiki practice is our own ego. As a Reiki practitioner, it is important to be mindful of our own egoic tendencies and to understand that it is always the beautiful divine healing power of Reiki (i.e. the universal life force energy), that brings about the healing results rather than us 'ourselves'. For example, it is never "my healing power" or that "I healed this person" etc. We are simply a channel for this beautiful energy and the less ego we have, the purer the channel we are to bring through the energies.



#### Safe For Everyone

Reiki can be used in a great variety of situations and for a wide variety of ailments to help raise the vibration of these issues. Reiki is safe for children, pregnant women, people with artificial implants, disabilities or people using medication and will always help to bring about a wonderfully uplifting and love filled result.

It is important to recognise that Reiki is always being drawn into a recipient with the healing energies being divinely guided. This means that Reiki will always be drawn into the person (or living being) in accordance with what they are needing at any given time.



*There is never any need to worry about causing harm or damage with Reiki!*

This isn't to say that the healing being experienced will always be pleasant. Sadly, there may be times when you or your recipient will need to cry, re-experience pain or perhaps re-experience an emotional trauma as part of the healing process. This is all part of the holistic healing experience and is helping you to heal the root cause behind the ailment which has manifested.

#### Healing 'Displays' During A Session

It is an important point to share with you here that sometimes during a healing session, the recipient may experience or exhibit some 'displays' of the healing they are undergoing. This could be things such as shaking, vibrating, they may feel angry from inside themselves, become tired, feel sick, emotional, they may even feel pain or other unpleasantities during their healing session. (To re-experience previous ailments is a common experience as these old energies are now being safely released from within the body).

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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It is important to note that for any real or genuine healing to occur, the person **MUST** release the old energies from within them. As these old energies are being released, the energies will need to be re-experienced as such which is sometimes felt as unpleasant pains or emotions.



Not all of this will always happen during a Reiki session though. Some of these sensations will occur in the days and weeks following a healing session, or a number of healing sessions. In other cases, the recipient won't feel any of this but rather, they will feel the peace, relaxation and love which surrounds them during their session.

However, should your recipient begin to weep, shake or cry, get angry or upset, then simply follow your intuition at the time. Does the person need support, comfort or a few kind words? Be very present with them in their healing moment and offer your support in whatever way feels right.

Again, this may happen during your healing session or in the days following but normally, we like to suggest that you help your recipient understand a little bit about the healing process prior to them receiving their Reiki session. This just helps them to understand that if they feel tired, emotional or other sensations during their healing session - this is a really good sign!

Just make sure that you reassure the recipient that these are all wonderful signs of progress, healing & effectiveness of the Reiki healing energies. In our experiences, this communication and education aspect of healing can be quite a key factor in the recipient's perspective of receiving Reiki.



### 2. THE SELF-HEALING PRACTICES FOR LEVEL 1:

Having now gained a foundational understanding about the fundamentals of a good Reiki practice, you are wonderfully ready to open up to doing your self healing practices so that you can put some of these understandings into actual practice!

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**We recommend that these self-healing practices be completed once every day (consecutively) for the first 21 days of your Reiki journey (from the date of receiving your attunement) to ensure that these new energies can be better assimilated into your energy field more effectively.**

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(After the initial 21 days of self practice, you are then able to complete the self healing practices as often as you wish).

For further information on the 21 days of self healing, please see the following FAQ's:

- ["Do I need to complete the full 21 consecutive days of self healing practices \(for Usui Reiki Level 1, 2 or 3\)?"](#)
- ["Can I give healing sessions to others during my 21 days of self healing practices \(for Usui Reiki Level 1,2 or 3\)?"](#)

Below, in sections 2.1 - 2.7 we take you through the step by step process for completing your self healing practice. However for those of you who would like to be visually guided through your first few self healing sessions, we invite you now to click on the below link where you will be guided through the complete set of self healing practices (that are also described below).

We understand that in the beginning, this way of opening up to Reiki can be much easier i.e. rather than reading through and trying to memorise the material. It is with much love that we offer you this guided video for the Reiki level 1 self healing practices and we hope that these practices will help you to bring more healing, love & happiness into your life!



[Guided Reiki Self Healing Practice \(Level 1\)](#)

Having now experienced Reiki self healing for the first time, you are able to continue reading through the rest of section two so that you can gain some additional insights into these self healing practices.

#### 2.1 PREPARING FOR YOUR PRACTICE:

The preparation for any kind of energy based healing and meditation practice is one of the most important things that you can do as it will help to determine how deeply you can go into stillness or relaxation during your session.

For example, you will want to make sure that you will be undisturbed for at least the duration of your practice and where possible, your space is peaceful, serene, natural but most of all, comfortable. You may wish to put on some [healing or relaxing music](#), perhaps light some incense or organise yourself some soft lighting as you prepare for your time of relaxation.



# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

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Once you have everything organised, you are now able to make yourself comfortable, either sitting or lying down. Just allowing yourself to be as comfortable as possible. Marty and Gerry prefer lying down for these Level 1 practices however please choose whatever position you wish.

Once you are comfortable, please allow a few moments here to mentally prepare yourself for an inner journey as you open up to your first meditation, designed to help you centre yourself, relax your mind and prepare yourself for self healing.

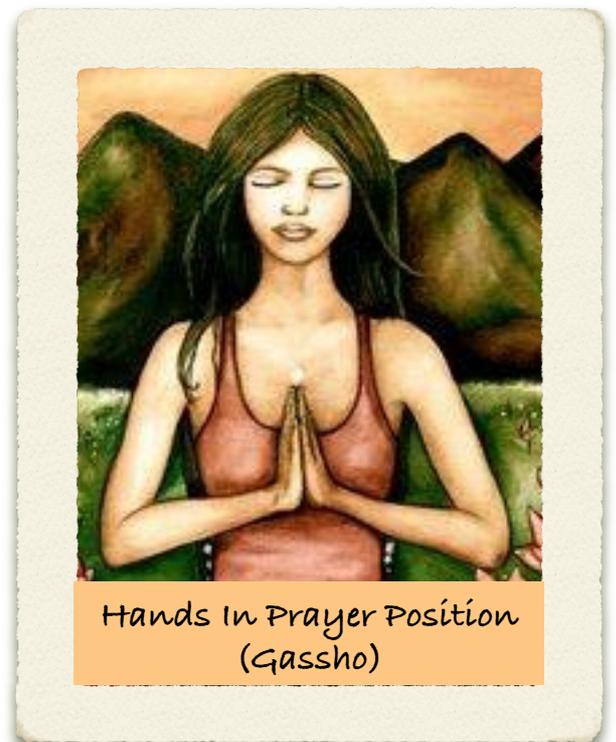


### 2.2 A SIMPLE GASSHO MEDITATION:

One very nice way to prepare for doing touch healing is with a very simple 'Gassho' meditation. This is a practice that Dr Mikao Usui was said to have taught his students as a way of bringing more peace and concentration into one's Reiki practice and is therefore something that we are very happy to now share with you here as part of our own Reiki teachings.

The word Gassho literally means "two hands coming together" and the Gassho position is also known as 'prayer position'. The hands are positioned in front of the chest (Heart Chakra) and are slightly cupped - see the image.

The original Gassho meditation technique taught by Dr Mikao Usui was to bring your hands together as you focus your mind or awareness on the tips of your middle fingers (a.k.a the fire fingers). When a thought arises (which it will), simply allow yourself to observe that thought and bring your attention or your awareness back to your fire fingers.



So if you would like to try this meditation technique, please do so for a few minutes until you can feel a gentle stilling of the mind in preparation for your Reiki practice.

And whilst this is a very nice preparation for any Reiki self-healing practice (and something that you can now follow if you wish to), we would like to introduce you to an adapted version of this Gassho meditation.



This adapted version will help to bring energy into your Heart Chakra and into your palms which can be very helpful for gaining a stronger connection to the Reiki energies before commencing the hands on healing practices.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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For the 'adapted' Gassho meditation then, we invite you to place your hands in the Gassho position and gently bring your attention to your Heart Chakra. Just taking a few moments here to centre yourself in your Heart Chakra by focusing on this area of your body.

Now we simply intend or imagine that the Reiki energies are being received into your Heart Chakra. If you wish to, you can imagine or visualise that the light is flowing down from above you, through your Crown Chakra and into your heart. These light energies fill your Heart Chakra with Reiki light.



If you wish to, each inhalation allows you to draw the Reiki energies into your Heart Chakra and with each exhale, you can imagine that the beautiful white light of Reiki moves from your Heart Chakra into the space between your palms.

Continuing this cycle now, Just allowing yourself to feel a connection here between your Heart Chakra and your hands & palms. You are now activating your hands and palms with love and this is a truly wonderful way to prepare for your hands on healing session.

You can practice this preparatory meditation for a few minutes or so to start off with - perhaps 3 to 5 minutes will be ok for you to feel a nice connection before moving on to the next step. Of course, as you progress, you may choose to do this for a longer time period however for our purposes here, this is simply our 'warm up' meditation.



### 2.3 INVITING ENERGY & SETTING YOUR INTENTION:

Keeping your hands in Gassho position, perhaps feeling a little more relaxed & centred after your Gassho meditation, we ask that you now take some time here to invite energy in and set your intention for your self healing session.

This is your opportunity to ask & invite the Reiki energies (and any other Higher Consciousness energies) into your self-healing practice so that you can feel happier, healthier, more at ease or more joyful. For example, you may wish to say something like:



**"May all Universal Energy, all Reiki energy, all Guru's, all my Spiritual Guides and any Awakened or Enlightened Beings who can hear this call for love & light; please come and help me in this self-healing practice. Please help me to be healthy and happy and please continue to guide me so that I can move closer towards love & light for the benefit of all beings. Thankyou, thankyou, thankyou."**

You will notice here that we like to invite many different kinds of energies into our Reiki healing sessions. If you would also like to follow along with this format, please know that these other Higher Consciousness energies will always work in conjunction with Reiki during your healing session.



This is just our own preference though as we like to open up to many different blessings from a wide range of different sources. We feel that the more light energies that are helping us in our healing & meditation sessions, the stronger the healing!

If you wish to, you are also able to set any number of different healing intentions here at this stage for your self-healing session. Perhaps you wish to add some additional comments about any more specific types of healing? Or perhaps you would rather work with a more simplified intention?

Please always do as you feel is best for you!

### 2.4 INVOKING THE REIKI ENERGIES:

Now that you have invited in the Reiki energies and have set your healing intention (so that the Reiki healing energies know what you are needing help with), you can now go ahead and invoke or activate the Reiki healing energies so that they can flow from your hands and palms.

To do this, we suggest that you now hold your hands out (about heart height) and with palms facing upwards towards the ceiling, as you say the following:

*“Divine Reiki energy, please flow from my hands and palms,  
Divine Reiki energy, please flow from my hands and palms,  
Divine Reiki energy, please flow from my hands and palms.”*

#### Palm & Finger Chakras



By saying this three times, you are helping to ‘manifest’ your intention more clearly (it is often said that the number three is the number of ‘manifested abundance’).

As you complete your invocation, please now bring your awareness to the palms of your hands - your palm chakras. By focusing your awareness here at this moment, you are trying to feel something very subtle vibrating here. Perhaps you can now feel some very subtle vibrations here in your palms?

This is the Reiki energy starting to manifest for you in line with your intention!

## USUI REIKI

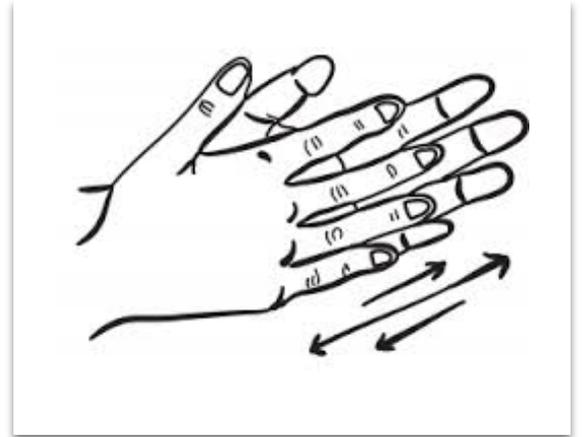
### LEVEL 1 - HANDS ON HEALING PRACTICES

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To help aid the flow of energy in your palms, after you have felt these subtle vibrations in your palms, please now rub your hands & palms together for around 10 - 20 seconds so that the energy flow can be further stimulated. The warmth and friction here will definitely help when you are starting out with your practice!

Some Reiki Masters will teach this slightly differently however as we understand it, rubbing your hands together can be a very good technique as you start out with doing your self healing sessions as it will help to promote energy flow.

You can also rub your hands together throughout your healing sessions (in between each of the hand positions), as a way of further promoting the flow of energy. You may wish to do this for the first few healing sessions to help you with the feelings aspects of your practice.



Again, there are many different ways that you can invoke the Reiki energies however this technique is a very simple one that will help you to activate the energies very effectively during your first 21 days of self healing.

After this time, you may feel like you don't need to literally hold your hands up as you invoke the Reiki energies and you may not need to constantly rub your hands and palms together. These basic teachings have been provided here as a way for you to get a feeling for how to work with the energies. Once you feel more comfortable - you can then decide what works best for you.

As always, you will be guided by your own intuition!



### 2.5 THE BASIC SELF HEALING HAND POSITIONS:

As you rub your hands together, you are now ready to give yourself a hands on, self healing session with Reiki. On the next page, please find below a basic set of hand positions for self healing.

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## Reiki 'Self Healing' Basic Hand Positions

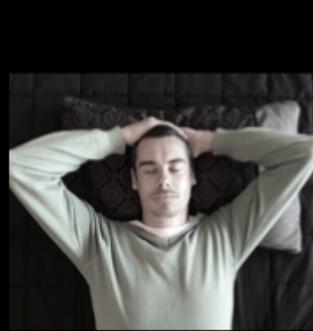
1. The Eyes



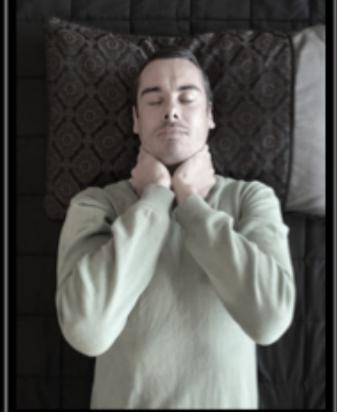
2. The Ears



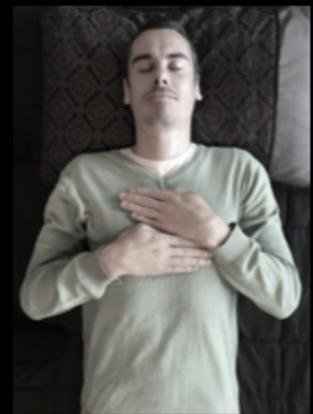
3. Crown Chakra



4. Throat Chakra



5. Heart Chakra



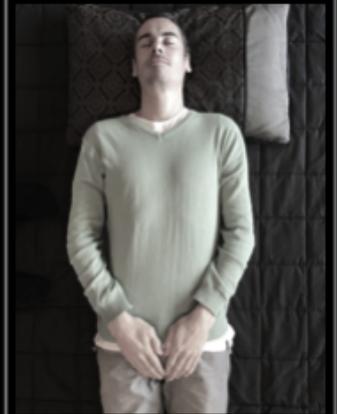
6. Solar Plexus Chakra



7. Sacral Chakra



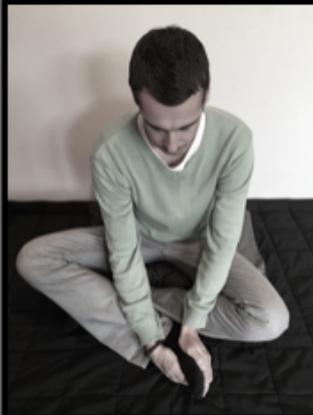
8. Root Chakra



9. Kidneys



10. Right Foot



11. Left Foot



12. Problem Area(s)



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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For each hand position, we would suggest that you spend around 3 minutes or so to allow the Reiki energies to be received in that particular area of the body. If you wish to, you can spend a little more or a little less time with each hand position as you feel guided. (Please note that in position 9 for the kidneys, two positions are given - one for if you are sitting up and an alternative for if you are lying down).



Please know also that for each hand position, the Reiki energies may take around 15-30 seconds or so until you can really start to feel them being drawn into your energy field. So please be a little patient with your practices here in the beginning.

During the first 21 days of self-healing practice, we often find that it is easier for people to simply spend 3 minutes per hand position whilst focusing their mind on being open and willing to receive.

This will help to ensure that you give yourself a good and well balanced Reiki session to all of the important parts of your body and will help to facilitate healing from within you in the easiest and most effective way possible.

The key point here is to simply open up and receive the Reiki energies with love & gratitude. Rather than thinking that you have to 'do something' during your session, you will find it more effective to just let go, open up and surrender to the Reiki healing energies. And of course:



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**Just by 'intending' for Reiki to flow through you - so it will be.**

---

As you are starting out, it can often be easier to keep your awareness focused on your hands & palms. Just knowing that the Reiki energies are flowing beautifully and with much love into your body. Perhaps you wish to also try to feel or 'intuitively listen' to what your hands are trying to tell you as you go about each of your hand positions. But above all:

---

**Open up and receive Reiki with love & gratitude!**

---



If you are someone who would like to use affirmations or visualisations during your self healing sessions then please do so. If you feel that this is something that will help your mind to stay focused on opening up, surrendering and receiving with love & gratitude, then by all means, please try it out and see how you go.

Perhaps you wish to visualise that white light is flowing from your hands & palms into the area that you are treating - "the Reiki light is flowing into this area and filling this area with lots of love and healing light". This can also be a wonderful way of thinking & visualising as you give yourself Reiki.

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## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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Although there are many experiences that we would love to share about our own Reiki healing adventures, we feel that now is a good time for your own practice to teach you!

By working with the Reiki energies and by practising on a daily basis, you will be guided directly by the energies themselves and this is where all the excitement and joy starts to happen! You may also find that you receive some additional insights about things that are happening in your life. Perhaps you gain some understanding about a challenging situation you are facing at the moment?

You may also gain some additional clarity about a future direction that you are thinking about taking or maybe a very nice affirmation just suddenly 'pops into your head' during your self-healing practice which helps the energies to flow more smoothly.

Whatever it is that seems to just 'come' to you whilst you are in this peaceful state, this is often the Reiki energies (and your own personal spirit guides) helping you to move forwards more easily in your life. And this is again where the beautiful aspects of divine guidance and faith will come into play.

So with all this being said, we really do hope that you have a wonderful series of Reiki healing sessions in this next 21 days and that you gain many new insights about yourself and your life as you heal, purify and grow closer towards love & light!



### 2.6 TREATING THE PROBLEM AREA(S):

After completing the first 11 basic hand positions, you are now ready to treat a specific area (or areas) of your body which we often refer to as 'the problem area'. This could be any number of different issues such as a sore knee, a broken heart, a series of negative thoughts, a liver problem, digestive issues, anger issues etc. - anything that you feel requires a little energy to help.

Please be guided by your intuition as to how best to treat your own particular issue. For example, for treating the physical ailments, you may wish to simply position your hands over the painful area. For those treating negative thought patterns, you may wish to send the Reiki healing energies into the brain area.

For more general issues, perhaps you can send Reiki to the Heart Chakra and ask that the Reiki energies go to where they are most needed to heal 'that particular issue'. Please always remember that the Reiki energies are highly intelligent and will flow to where they are most needed to help you heal your particular ailment. **Hand positioning, whilst important, is not as important as a clear and wisely set intention so please be sure to set your healing intentions clearly before treating your problem area.**

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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It is commonly taught that 10 - 20 minutes is typically a good timeframe to spend over a problem area in order to help distribute the Reiki energies to where they are most needed. However as always, please be guided by your own feelings as you open up to your practice.

And finally, if you have completed 11 basic hand positions at 3 minutes each, plus 15 minutes over a problem area or areas, this will come to 48 minutes of Reiki healing in total. After you have done your preparation and after doing your invocations & setting of intentions, this will roughly equate to **an hour of self healing in total per day.** (Remember this is repeated daily for each of the consecutive 21 days and then as you wish thereafter).

This is YOUR time! Your time to relax, unwind, rejuvenate, nourish and perhaps reflect on the deeper meanings of life or in your life. We truly hope you enjoy this time to yourself and that it helps you to raise your energetic vibration closer to love, light & amazing-ness!



### 2.7 FINISHING WITH GRATITUDE:

With your self healing now complete, you are ready to finish your self-healing meditation with gratitude. You may feel peaceful, relaxed or maybe you have even had a nice, well deserved doze during this time. Whatever the case may be, it is always good practice to bring our self-healing session to an end with an 'attitude of gratitude'. To do this, you may wish to say something like:



**"With love & gratitude, I thank all of the energies for their divinely guided help during this self-healing meditation. Please continue to shine down love and light for me as I continue to learn and grow on my healing & meditation pathway. Please help me to bring more love and light into my life so that I am better able to help others. May we all be happy and free from suffering. Thankyou, thankyou, thankyou."**

There can be no greater way to show our respect and love for that which has been received than through the energies of gratitude. By completing your self-healing practices with gratitude, it will not only help you to finish with a feeling of humility and love, but it will also help to strengthen your connection to the Reiki energies for future practices.

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### 3. GIVING REIKI HEALING SESSIONS FOR OTHERS:

Having now learnt how to do self healing with Reiki, the final part of this course will now be covering how to give Reiki healing sessions for others, as this will be another very important part of your Reiki practice.

And again, to make things as easy as possible for you, we have tried our best here to re-create the 'in person' teaching environment by providing you with a full video tutorial about how to give your first Reiki healing session.

So please, as you feel ready, invite a friend or family member to be your healing recipient and follow along with all of the necessary steps so that you can give your first healing session. The video will take you through all of the necessary processes such as helping you organise and prepare your space, doing your welcome & introduction, sessions introduction, invocation of Reiki energies and of course, the hands on healing session itself.

Having taught hands on healing many times through an in person environment, we feel that a 'hands on approach' is often a wonderful way to start out with learning how to do hands on healing. So again, when you feel ready for this video tutorial, please invite a friend or family member to be your very first Reiki recipient and complete your first real live Reiki healing session!



[How To Give Your First Reiki Healing Session \(Video\)](#)

We would also suggest here that you have a quick read through the below information *before* giving your first Reiki session as this can often help you to be more familiar with each of the steps that are involved and will help to make your first Reiki session run more smoothly.

The information in these next few sections then will be focusing on the process for giving a Reiki healing session. As part of this, we will also be including a range of additional information and insights where necessary to help you become a wonderful and confident Reiki healer.

Given that there are so many benefits of giving healing sessions for others, we would definitely encourage you here to start out on your Reiki journey by giving as many Reiki sessions as you possibly can. By doing so, you will be gaining very valuable experience which will help to improve your confidence as a healer.

Secondly, by giving a number of healing sessions for others, you will also be creating a wonderful opportunity for healing to be brought about within yourself.

Some Reiki Teachers will also tell you that it is sometimes much easier to give Reiki to others as opposed to giving Reiki to yourself. (We will leave this up to you to decide!) Either way however, we would encourage you to give as many Reiki healing sessions as you can during this first few months of your Reiki journey - for the infinite benefit of all!



### 3.1 PRE-ORGANISING & PREPARATIONS:

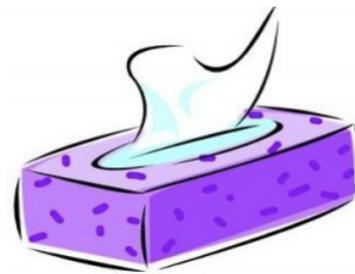
In the same way as you would prepare the space around you for self healing, it is always a good idea to make sure that the space that you are using for your healing sessions is conducive to relaxation & healing. It will also be important for you to organise a comfortable place where the recipient can easily relax & unwind during their healing session.

#### Preparing the space

Firstly you will need to decide if your recipient will receive their Reiki in a lying or sitting position and then ensure you have the required space/equipment to facilitate them (e.g. a healing table, floor mattress or chair etc). Usually it is more relaxing, comfortable and easier to give a Reiki healing session to someone whilst they are lying down, however this is up to you and the recipient.

Other things that you may wish to include / think about in your Reiki healing space are:

- Comfortable chairs (for a nice informal talk at the start and end of your session)
- Lighting to create ambience (consider blinds/curtains over windows for adjustable lighting and lamps to bring a soothing light)
- Heating or cooling in the room to ensure a comfortable temperature - for both you and the recipient (quiet options are better than noisy fans)
- [Healing or relaxing music](#) to help create ambience
- A nice aroma (e.g. incense or an aromatic diffuser - but nothing too overpowering)
- A clock (that you can see easily and clearly at all times)
- A blanket or throw for recipients who may get cold
- Tissues (for any emotional moments)
- Your own spiritual items (such as pictures or images of different Deities, Guru's or spiritual places / things, your mala or Rosary beads, crystals or other healing items)
- Your own decorative items (such as cushions, throws, candles - anything that makes it feel like your sacred space)
- Remember also to prevent disturbances during a session, for example ensure that your phone is switched off and that no-one will enter the room during the session (e.g. if you are working from home).



Above all, your healing space will be a place of peace, love & relaxation. A place where your recipient can come and feel safe to heal and to release their old or unwanted energies. So however you would like to achieve this overall feeling, according to your own tastes and preferences will be fine.

### Preparing yourself

Once your space is set up and prepared, next is to ensure that you, yourself are ready.

For example, it is a good idea to wear comfortable clothing that does not restrict any movement or hand positions, also making sure that it is not noisy in any way. You may wish to remove your eye glasses and jewellery (many believe that these can restrict the flow of energies however most paramount is that you are comfortable and that you will not scratch/harm the recipient with any sharp edges).

Many practitioners also like to remove their wrist watch as the energies can affect it - and sometimes even stop it from working.



In addition, Reiki practitioners do not usually wear shoes when giving a session, however again this is a personal preference (some say it helps to ground them whilst others would never wear shoes in their sacred healing space as a respect for the energies).



Immediately before your session, it is a good idea to wash your hands. Alternatively or in addition, you may like to use the the [Kenkyoku Ho \(Dry Bathing\)](#) purification technique as taught by Dr Usui. (We cover this technique in [Appendix Two](#) - 'Additional Tools For Healing Others' or alternatively you can use the link to check out a video tutorial.)

If you can, it is often nice to wash your hands with something natural and without too many toxic chemicals as your hands will be placed over the head area. And if your hands smell nice, then this is an additional pleasantry for the recipient when you have them over their face! For example a lavender hand cream or essential oils based lotion can aid in the relaxation of the recipient too.



In addition you may like to brush your teeth, use mouthwash or chew a mint before commencing your session.



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And for the final stage of preparing yourself it is nice to take 5 - 10 minutes before the recipient arrives to just centre yourself and prepare internally for the session. We often find that this helps us to be more gentle, loving & compassionate during the welcoming phase of the healing session.

#### PRE-ORGANISING & PREPARATIONS SUMMARY CHECKLIST:

- A pre-organised space for the recipient to lie down i.e. somewhere peaceful
- Organise any decor, scents, sounds & lighting to set the scene (as you wish)
- Prepare yourself physically including washing hands (and/or dry bathing)
- Prepare yourself mentally & spiritually (centering / connection time)

### 3.2 WELCOME AND INTRODUCTION:

As your client or recipient arrives, having now prepared your healing space and having centred yourself, you are now fully equipped for your introductory welcome chat. Obviously, whenever we first meet someone, there is normally a simple exchange of pleasantries and this is always a wonderful way to start your session.

As you feel ready to, this will also be a good time to ask about why this person has come to see you today i.e. what they are looking for out of their Reiki healing session?

This is always a very important part of any Reiki healing session format as it helps you to learn about any particular ailments or problem areas that may be bothering the recipient. This is therefore a very good time to listen and to perhaps ask some reflective questions to help explore the inner world of the recipient more deeply. This will quite naturally help you to better understand which areas of the body you will need to treat noting that you might also combine this understanding with a technique such as [Byosen Scanning](#) to ensure that the appropriate energetic issues are addressed from within their energy field.



If the person is new to receiving Reiki, it will also be appropriate at this stage to explain a little bit about how Reiki works and what they can expect from their healing session. As part of this, you may like to explain that Reiki will always help the body's own innate natural healing process and it can help to heal on a physical, mental, emotional and spiritual level.

You may also wish to introduce the idea that you will be using 'touch healing' and working downwards through the body so that you are able to send Reiki energy throughout the body i.e. so that the energies can be safely dispersed to where they are needed most effectively.

As a final note, you may also wish to very gently explain here that there can be a variety of different sensations felt during a Reiki session. You can explain that as the Reiki healing energies are received, this now helps to safely release any old or unwanted energies from within. As this process happens, we normally need to temporarily re-experience these old emotions, thought patterns or energies as they are being safely released from our energy system.

Just be sure here to remind them that if they do feel any of these sensations during their healing session, this is a really wonderful sign that the Reiki energies are helping them to heal! As they feel these sensations or emotions from within, it means that these old energies are being safely released from their energy system so that they can move towards more health, wellbeing, love & light.

And as you finish introducing these concepts, knowing now that they will be comfortable should anything arise during their session, you are ready to invite them to lie down and start the healing.

#### WELCOME & INTRODUCTION SUMMARY CHECKLIST:

- Why are they here?
- A brief introduction to the session format i.e. touch healing & how Reiki heals

### 3.3 SESSION INTRODUCTION:

With the recipient now lying down, facing upwards, it is normally a good idea to invite them to close their eyes and take a few moments to set their intention for the session. What do they want to get out of their healing session today? What would they like to release?

You can let them know that as they are doing this, you will also be taking some time to prepare yourself for the healing session and with this, you are now ready to invite & invoke the Reiki energies into your healing session in the same way as we have described for the self-healing practices. For example, you may wish to say something like either of the following:



**“With love and gratitude, I invite all Universal Energy, Reiki energy, spiritual guides, Enlightened Beings & divine assistants into this healing session today. Please help us to release all the necessary energies so that *[name of recipient]* can be healed of all impurities, imbalances and imperfections. Please help *[name of recipient]* to be healthy and happy so that he/she may be free from all suffering. Thankyou, thankyou, thankyou.”**



**“Mother Father Universe, Blessed Gods and Guides, thankyou for the gift of Reiki healing. Please surround *[name of recipient]* in white light and protection and allow all healing to be for her/his own highest good so that they may walk forwards to benefiting all. Thankyou, thankyou, thankyou.”**

Please note that the setting of your healing intention may also incorporate some of what the recipient has spoken of during your introductory welcome chat. Perhaps they have spoken of back pain, a heart condition of perhaps a mental illness of some description. Whatever the case may be, you are now able to include whatever you wish in this setting of your intention.

As you finish this invitation of energy and the setting of your healing intention, you are now ready to invoke the Reiki energies. Please raise your hands up and ask for the Reiki energy to flow from your hands and palms (3 times) in the same way as explained for the self-healing practices - and in the picture to the right.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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Just like we have covered in the self healing practices, once you can feel the Reiki energy starting to respond to your invocation, you can now rub your hands together to help the energies to flow from your palm chakras. And with this, you are ready to start your hands on healing session with your first hand position.

For those who would like to receive more assistance with the intuitive development aspects of touch healing, it is here that you would use the Reiji-Ho technique of asking for divine assistance with where to place your hands during the healing session. (If you haven't already read about this, we cover this technique in [Appendix Two](#): Additional Tools for healing others). After doing your Reiji-Ho practice, you may also wish to do either (or both):

- ◆ Byosen scanning (to scan the recipients energy field for more 'information' about energy issues)
- ◆ Aura Cleansing (to help clear away energetic debris in the aura).

Both of these are also included in [Appendix Two](#): Additional Tools for healing others. And after completing any or all of these optional steps, you will be ready to commence your session.



In addition to these very simple and wonderful ways to transition into your healing session, another good idea here may be for you to invite your recipient to receive the Reiki energies by imagining that they are bathing in a beautiful sunlight. This is not a 'required' step however for some recipients, perhaps those who are somewhat fidgety or anxious about their Reiki healing session, this type of very simple visualisation can help them to keep their mind focused on something relaxing. You may also very gently and lovingly suggest that they call on a simple affirmation as they open up to receiving their healing session. Perhaps a simple affirmation such as "I open up with love" might be appropriate for them.

In some cases, providing your recipient with an easy technique helping them to receive the energies with love can help with the energy flow that is drawn through in the session. It helps to promote healing & relaxation and as such, can sometimes be a wonderful complement to the Reiki energies.

It is often taught that the effectiveness of Reiki depends on both the sender (i.e. you) AND the receiver. If there is a clear and open healing channel PLUS a receiver who can really draw through an immense amount of Reiki healing, then this is where the most effective healing is always done!

Please feel free to use these techniques in accordance with your divine intuition. If you feel like your recipient would benefit from either a simple visualisation or an easy affirmation for their healing session, then please feel free to suggest this to them.



#### SESSION INTRODUCTION SUMMARY CHECKLIST:

- Invite the recipient to lie down and relax
- Ask the recipient to set their intention whilst you prepare
- Invite energy & set your healing intention for the session
- Do your Reiki Invocation
- Reiji Ho for added intuitive development (optional extra)
- Perform Byosen scanning to find areas in need (optional extra)
- Perform an aura cleanse (optional extra)

#### 3.4 GIVING HANDS ON HEALING:

With all your preparations now complete, you are now ready to give a Reiki hands on healing session! And you will notice here that the hand positions for giving healing sessions for others will be slightly different than those described for your self-healing practices.

This is mainly because you can now treat different areas of the body when you are treating someone else i.e. by placing hand positions over the back area. But also, as part of this course, we have very deliberately provided you with two different styles of hand positions (the self healing & healing others) so that you can see different options and then choose for yourself which exact positions you prefer more.

For example, during your self healing practices, we showed you how to work with your palms directly over the chakras themselves whereas here, we will now be introducing you to another very popular style of basic hand positions that places the hands in a slightly different way (as you can see from the images on the next page).

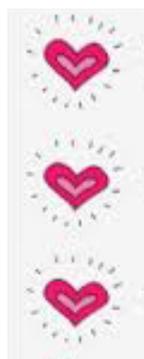
You will notice here that there are 16 basic hand positions being introduced here rather than just 11 hand positions for self healing. This has been increased with the additional hand positions down the back side of the body.

As you may already know, the hand positions on the back are quite important to treat with Reiki as there are many energy meridians running up and down our spine area. Also, by treating the back, we are able to treat the chakras from both sides (front and back) for added healing effectiveness.

And this really feeds into the idea of giving a full body treatment (as we talked about earlier). By following along with these 16 basic hand positions, you will now be able to ensure that the Reiki energies are dispersed very effectively throughout the recipient's body.

Please again ensure that your hands are slightly cupped with fingers closed, to allow for the maximum amount of energy to be projected into the recipient's energy field and you can allow your hands to just lightly touch the body.

For certain hand positions i.e. for the more sensitive parts of the body, please hover your hands above the physical body of the recipient to allow for Reiki to be sent to these areas. Anywhere from 10 - 20 centimetres should be fine to allow the Reiki energies to flow into these areas.



At all times when giving Reiki sessions, please try to be mindful of the recipient i.e. when you are moving your hands from position to position during your session. This is normally a very peaceful & relaxing experience for the recipient so try not to disturb or be too 'rough' when re-positioning your hands as you go about your healing session.

Most importantly, please remember that the Reiki energies will always be guided to where they are most needed for the highest possible healing result of the recipient (in line with your healing intentions). As you go about your healing session, you will just need to open up and surrender to becoming a beautiful divine healing channel, just as you have been doing for your self healing practices.



# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

### Reiki 'Healing Others' Basic Hand Positions

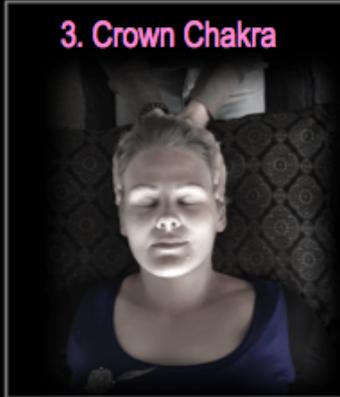
1. The Eyes



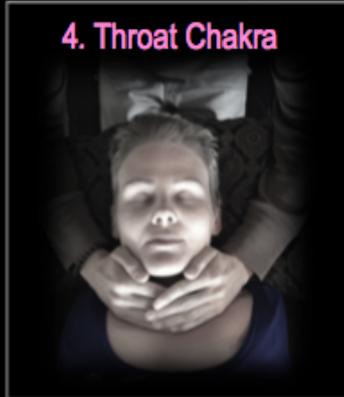
2. The Ears



3. Crown Chakra



4. Throat Chakra



5. Heart Chakra



6. Solar Plexus Chakra



7. Sacral Chakra



8. Root Chakra



9. The Knees



10. The Feet



11. Occipital & Neck



12. Shoulder Blades



13. Heart Chakra



14. Solar Plexus Chakra



15. Sacral Chakra



16. Sacral & Heart



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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Again, for those of you who are fast minded or perhaps over-active with your thoughts, you are welcome to use a range of visualisations or affirmations to help you strengthen your connection to the Reiki energies whilst you give your healing sessions. This will often help to aid in healing and can help you to keep your mind focused on your healing intentions as you move through the session.

As you reach the half way point of your healing session, you will need to ask your recipient to turn over in some way - and you have a few options available for doing this. The first of these is to simply touch the recipient on the shoulder and break the silence by speaking gently and asking them to turn over. The recipient will then simply turn over and you will be able to resume your healing session. (Note that if the recipient requires any assistance in turning over then please do help - sometimes people can become a little stiff after lying down for a while).

An alternative option for getting the recipient to turn over is to use a singing bowl or other gentle sound which helps to break the silence somewhat before asking the recipient to turn over. A singing bowl is also a wonderful vibrational feeling that can often help in the healing process so it can be nice to incorporate this into the healing session as an additional healing tool. This is just another idea that we share with you here to help you with your healing journey forwards however it is definitely not a 'requirement' for the level 1 training.



As you go about following the Healing Others basic hand positions, we wish to again encourage you to always use your intuition. Please listen to your hands and remain focused on being an open and clear channel as the Reiki energies are received with love & light.

Do you feel that you need to spend more time in a certain area? Have you picked up on any energetic issues in a certain part of their body? Do you feel that you need to introduce a new hand position specifically for this person during your session?

*Please always honour your own intuitive feelings when giving Reiki!*

During each of your healing sessions, please also remember that you may also pick up on a range of 'additional information' along the way (for example you may feel that certain areas of the body are holding energetic blockages).

You may even start to understand more about the root causes of these energetic blockages within the recipient's body. If you wish to, you can choose to share this information either during your session or afterward, as you feel guided.

So again, if you feel like moving your healing hands to another part of the recipient's body (even if it's for no 'logical' reason), then please do this - trust your intuition! Or if you feel like you need to spend additional time in a hand position, then again, please honour your intuition and follow your inner guidance.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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This is often the best way to approach any Reiki session. Sharing these beautiful energies with love, light and an open-ness to divine guidance and intuitive knowing.

Starting out, we would recommend following the 16 basic hand positions we have given in the diagram (on page 87). Then, after some time, if you intuitively feel like deviating away from these standard hand positions you are welcome to do what feels right for you for your healing session format. (You will also find many Reiki hand position diagrams on the internet if you want to check out other hand positions as well, as you progress).

Overall, it is always a good idea to give a full body session wherever possible, so please bear this in mind if you are adapting hand positions. Try to ensure your hand positions always cover the seven chakras and the major organs of the body.

As in the self healing, you may also choose to work on a problem area (or areas) at the end of the 16 hand positions in order to help ensure that any energetic blockages receive the added attention they require. Please keep in mind however that there may be times when the problem area described by the client and the 'actual' problem area are two entirely different areas of the body; as always - trust your intuition.

And finally, remember that Reiki should always be given with the utmost love and with an opening & surrendering to the divinely guided aspects of this beautiful healing system. We would therefore suggest with love that you always share Reiki from your heart and with much love and compassion.



### 3.5 CLOSING THE SESSION:

After you have finished your basic hand positions and have treated the problem area(s), it is always a humble gesture to give thanks for all of the healing energies & divine assistance that has been received. For example, you may wish to say something like:



**“With deep love I offer my humble thanks to all Universal Energy, all Spiritual & Reiki Guides and all Divine Assistants who have helped us in this healing session today. Thank you greatly and compassionately for helping us to heal what was required. May you continue to shine your love and light down on us so that we may grow and blossom on our pathway forwards. Thankyou, thankyou, thankyou.”**

And as you give thanks to Higher Consciousness for helping you in your healing session, you are now ready to very gently and lovingly bring your recipient back to a more normal state of consciousness. Please remember that as you do this, they may be 'a million miles' away from the room, so be gentle. Below we have given a couple of alternative suggestions for closing the healing session:

➤ In some cases, you may wish to give them a few minutes to remain in this peaceful space as they digest the new energies that have been received during their healing session. As you feel ready, you may wish to touch them on the shoulder and let them know that the healing session has now finished, either by simply saying those words or alternatively you may wish to guide them back gently by saying something like:

*"Your Reiki session has now finished so please, keeping your eyes closed ..... slowly and gently ... you may wish to slowly bring yourself back .... in your own time.... allowing yourself any necessary time you need now to process any emotions that you may be experiencing.... just taking your time ..... when you feel ready to .... slowly and gently .... you may open your eyes ... and slowly come back to the room ...."*

After the recipient has opened their eyes, it is often best to give them some time & personal space here so that they can process anything that may have arisen from their healing session. There may also be some energy moving within them so again, it is nice if we can not make any sudden or fast movements or start talking to them excitedly or asking them lots of questions.

Just give them some time & space now for a few minutes to process, adjust and assimilate the new energies. They will normally look directly at you when they feel ready to start sharing their experience.

➤ As an alternative approach, you may wish to leave the room while the person 'wakes up'. This allows some space for the person to come around in their own time and you may wish to therefore approach closing your session with something like this:

*"Your Reiki session has now finished so please, keeping your eyes closed .... slowly allowing yourself now to process anything that may have arisen from your session ... thoughts ... emotions .... other sensations .... just continue to feel and digest the energies that you have just received ..... I'm going to leave the room now for a few minutes and give you some time for yourself .... there is no rush .... this is often a really good time for you to just rest, digest and allow things to heal if they are needed to ..... in your own time .... I will return in a few minutes so please enjoy this time for you yourself ....."*

Alternatively, you can tell them that you will wait for them in the waiting area if this is more suitable for your healing session format. Just let them know that they can come out in their own time. Perhaps you wish to get them some water, herbal tea or other refreshment.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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There are of course many options for how you can close your healing session. We have described a couple of options here that will help to get you started, however as always, we suggest that you try out a few different ways and see what works best for you (and the recipient) for each healing session.

Finally, it is also taught in Reiki that it is good practice to wash your hands after a session as a way of clearing away any leftover energies from your healing session, and also to help 'break' the energy connection between you and the recipient.

Alternatively, you may prefer to use the the [Kenkyoku Ho \(Dry Bathing\)](#) purification technique as taught by Dr Usui. We cover this technique in [Appendix Two](#) - Additional Tools For Healing Others or alternatively you can use the link to check out a video tutorial.

#### CLOSING THE SESSION SUMMARY CHECKLIST:

- Give thanks for what has been received
- Bring the recipient back to a more normal state (slowly and gently)
- Wash your hands (and/or perform dry bathing)



### 3.6 SHARING THE EXPERIENCE:

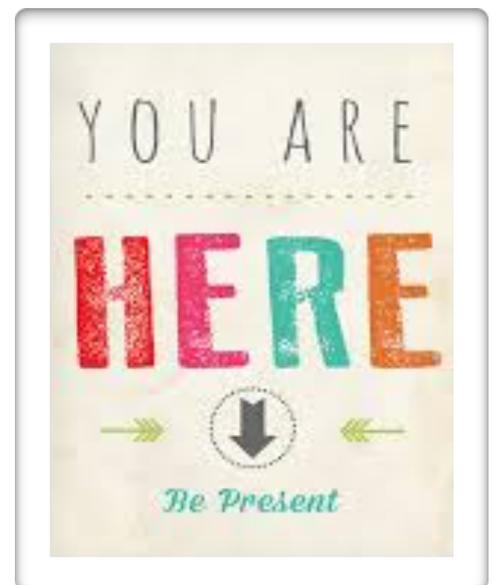
After a beautiful sharing of love, light & healing energies and having now given your recipient some time to adjust or process their healing experiences, you are now ready to share the experience with each other.

And this is where a lot of additional healing can be done and where you can both share a beautiful and wonderful connection with each other. There will often be a lot of compassionate energy floating around so again, this is often a nice time of sharing with one another.

We are always amazed at how much healing can be brought to the surface right after a healing session so it is here, during this part of the healing consultation, that your role as a healing channel and 'healer' may not yet have finished!

Please be '*present*' with your recipient and be open to listening with compassion to what they have to say. You may choose to reflect back some of things that they are saying so that they can gain some additional insights into their own healing issues.

The most important thing here is the idea that the recipient can now talk about some of their healing issues and for you to be there with them, in the present moment as they explain what they have felt during their session. (If they choose to).



You may also have picked up some valuable information or 'feelings' that can be of service here so where you feel guided, you are also able to share these additional insights with them to help move them forwards towards 'higher ground'.

Please also be mindful that in some situations, your recipient may tell you that they have felt uncomfortable during their healing session. They may tell you that they felt pain, discomfort and perhaps some other difficult emotions that have arisen during their healing session.

It is often very helpful here to again re-affirm the idea that this is a really good sign of healing! As the loving energies of Reiki have been received, it has helped the old and stagnant energies from within to be released during the healing session. As these older energies are being released, it has been necessary for the recipient to re-experience these emotions or physical sensations as they are dissipating.

You can reassure them that this is the true nature of all healing and it is again a very good sign that they are experiencing healing at a root cause level. To release our darker or lower vibrating energies is always very necessary in helping us to move closer towards love and light!

*And as you share this information with them, please know that Reiki will always be with you during this time. The energies themselves will always be helping to guide you forwards so if you do encounter any of these situations after a healing session, it is also because you yourself are often able to grow and learn from this healing experience as well!*



To help you deal with these kinds of situations (and in the interests of helping to raise awareness about the nature of holistic healing), we have been sure to include a 'Post Healing Information' sheet in [Appendix Four](#) that can be given to the recipient at the end of a session. This is something that you can chose to distribute after each healing session which will help to provide them with some additional understanding about the healing process. It also helps to provide additional information for the recipient in the coming days ahead. For example, it talks about the importance of drinking plenty of water in the next few days as a way of helping to flush out any toxins that are being released. And it also outlines healing issues that may 'come to the surface' in the days ahead also.

We hope that you will become a wonderfully strong and effective Reiki healing channel and we hope that you will have a wide range of beautiful healing experiences as you share this beautiful gift of divine healing with others. May your benevolent healing work bring much happiness, joy & love into the lives of many beings!



### SHARING THE EXPERIENCE SUMMARY CHECKLIST:

- Listen to your recipient about anything that has arisen during the session
- Share any information that you 'picked up' during the session, if you wish
- Explain more about the coming days i.e. drinking water, healing crisis etc.
- Give the recipient a 'Post Healing Information' sheet (optional)
- Say farewell and enjoy your karmic merits!

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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#### 4. FINAL COMMENTS:

We have now arrived at the final stage of this Usui Reiki Level 1 course and we do hope that you have thoroughly enjoyed learning the Reiki first level practices! We hope that they will stand you in excellent stead for sharing your beautiful and Divine Reiki light for the infinite benefit of all!

Throughout the teachings, we have aimed at providing you with a full set of Reiki level 1 teachings whilst giving you an additional range of healing practices that can help bring a more well rounded understanding to these Reiki healing practices. And as part of this, we are very happy to now offer you, in the last section of this manual, a series of additional appendices and healing techniques that can be used in addition to, or in conjunction with, any of the Reiki healing practices outlined here in this course. We trust they will be of help to you in your Reiki journey!

Moving forwards, as you will now be aware, there are many different types of Reiki techniques that can be used to bring more love, light and healing into your life. And if you choose to progress into the [Usui Reiki Level 2](#) training, we will be continuing to unfold many new techniques which will help you to bring Reiki into many different areas of your life.

After a minimum period of 21 days, we lovingly invite you to move forwards into Reiki Level 2 should you wish to. This is a very uplifting set of energies which help to magnify your healing abilities by a multiple of four! (The 21 day period starts from the day of your level 1 attunement and allows you time to complete your 21 days of self healing).

And don't forget also that as you move through the Usui Reiki healing system, we will also be lovingly guiding you into the necessary prerequisite energies for those wishing to move forwards into the Advanced Usui Reiki levels. These prerequisites will help to enhance and uplift the healing energies even more so that you can gain the most out of your Usui Reiki healing experiences!

For now though, we hope that you have enjoyed this introduction to Usui Reiki and that you enjoy connecting with these energies through your self-healing practices. It is our pleasure and honour to share these beautiful healing energies with you and we hope that they will help to bring more love, light & happiness into your life!

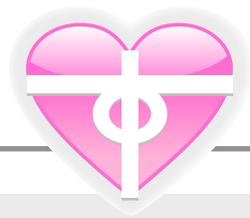
If you would like a certificate for completing Usui Reiki Level 1, please click on the link to be taken to our website where you can [download a certificate for this course](#) in PDF format. Simply print it out and fill it in as you wish. Congratulations!

*May your Usui Reiki light bring peace,  
harmony & healing to our world,  
for the infinite benefit of all beings!*

*With Love Inspired Blessings,*

**LOVE INSPIRATION &  
MAITRI FOUNDATION**





### WOULD YOU LIKE TO HELP?

You have received these energies and teachings freely and with love due to the humble and altruistic grace of our donors, sponsors, teachers & translators. If you have enjoyed these energies and would like to help make them continually and freely available for others to heal, grow and awaken from, we lovingly invite you to help in the following ways:

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Blessings & Thankyou,  
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Welcome to  
Usui Reiki Level 1



Chapter 4:  
Appendices



*Love Inspiration*

*Learn • Heal • Awaken*

USUI REIKI  
LEVEL ONE - HANDS ON HEALING

Chapter 4: Appendices

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**USUI REIKI**  
**LEVEL 1 - HANDS ON HEALING PRACTICES**

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*Love Inspiration*

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## APPENDIX ONE

### ADDITIONAL SELF HEALING TECHNIQUES

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#### a) Guided Reiki Visualisation

This meditation can be used either as a prequel to your Reiki self-healing session or can be practiced as a stand alone meditation, should you wish to.

For many of us, as we start out on our Reiki level 1 journey, the self healing practices outlined as part of this course will be sufficient. But in the interests of sharing an additional practice with you, especially for those who wish to open up to Reiki from a more meditative perspective, let us now share with you a very simple 'Reiki' meditation.



---

To start with, please make yourself comfortable, either sitting or lying down. Gently closing your eyes now, please prepare yourself for this meditation however you wish. For example, you might wish to prepare with a short Gassho meditation to help you become centred or perhaps you would prefer to do some deep breathing exercises to help bring more oxygen into your body and to relax your mind. Once you feel ready, you are now able to commence this very simple Reiki meditation technique.

Please visualise now that you are sitting in a place of significant natural beauty, a luscious garden, a beautiful beach, a tropical jungle - wherever you wish. Please be sure to choose somewhere that makes you feel at peace, relaxed and safe. Just sit here with this visualisation for a few moments to help make this experience more real for yourself. Your mind is actually not able to tell the difference between a real occurrence and a very vivid imagination so please, try to look around and really encapsulate yourself in this happy place.

For example, as you look around your garden you see the plants, hear the birds, feel the wind, smell the flowers, feel the warmth of the sun etc. Really allowing yourself to sit amongst all of your senses as you sink deeper into your visualisation.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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You notice that it is a beautiful sunny day with hardly any clouds in the sky. The sun is shining down on you brilliantly and with much love. You feel very happy to be receiving the warmth and the splendour of this magnificent sun.

And as you connect with this visualisation, you begin to understand that this sun is unlike any other sun that you have felt before. The sun rays are becoming warmer and warmer as you understand that this sun is a divine healing sun. It is here to shine down healing, love, and divinity and its light brings a magical array of healing abilities that can help you to feel healthy, happy and peaceful.

If you wish to, you can imagine that this sun is the 'source' itself. The source of all Reiki energy and the source of all creation. An infinite, brilliant and incredibly powerful healing sun that is now here to help you with your own individual healing circumstances.

Just allow yourself some time here to bathe in and receive this beautiful warmth either through your Crown Chakra or throughout your whole body (as you wish). If you are sitting, you may wish to be receiving this warmth through your Crown Chakra as this will feel more natural.

Again, knowing that you are receiving a series of divine healing energies from this beautiful & loving light. Just allowing yourself to totally surrender to this magnificent sun. Letting yourself go and open up to receiving even more of its delicious rays of beautiful healing light.

For those who are having difficulty with this process of opening up or surrender, you may wish to repeat something like "I am open to receiving light, I am open to receiving light ..." or something similar and continue visualising and receiving this most divine and wonderfully loving energy source as you sit in your happy place for the next few minutes.

You are simply basking, bathing and enjoying your time here under this beautifully loving and deeply healing sun; knowing that you can come back to this place anytime. You allow yourself to receive the gift of healing, the gift of receiving love & light in your life. Please sit or lie here in this space for as long as you wish to.

And as you feel ready to finish your practice, you may now just sit with the energies of gratitude for a minute or so for that which has been received through this short meditation. Perhaps you simply wish to repeat the words "Thankyou, Thankyou, Thankyou ..." as a way of showing your gratitude for this divine healing sun.

Alternatively, if you wish to say something more elaborate, you might wish to repeat the following:

*"Thankyou for all the love & light that I have received during this meditation. Please continue to shine down your love and light for me as I walk on this pathway. May I grow and blossom so that I can feel more from my practice and so I can become a great Reiki practitioner for the benefit of all.*

*Thankyou, Thankyou, Thankyou."*



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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So with this, we now invite you to go ahead and try out this simple meditation technique for yourself. For those of you who would like to be guided through this meditation, perhaps to get a feel for this technique, we have created a short guided visualisation for you as part of this course.

Please note here that we have created a slightly longer visualisation here (approximately 20 minutes) with the intention of helping you to become more relaxed & peaceful prior to receiving the Reiki energies. Our intention with this is to simply guide you through this process so that you can see just how vivid you can create your visualisations or healing experiences. We hope you enjoy your connection to your beautiful divine healing sun!



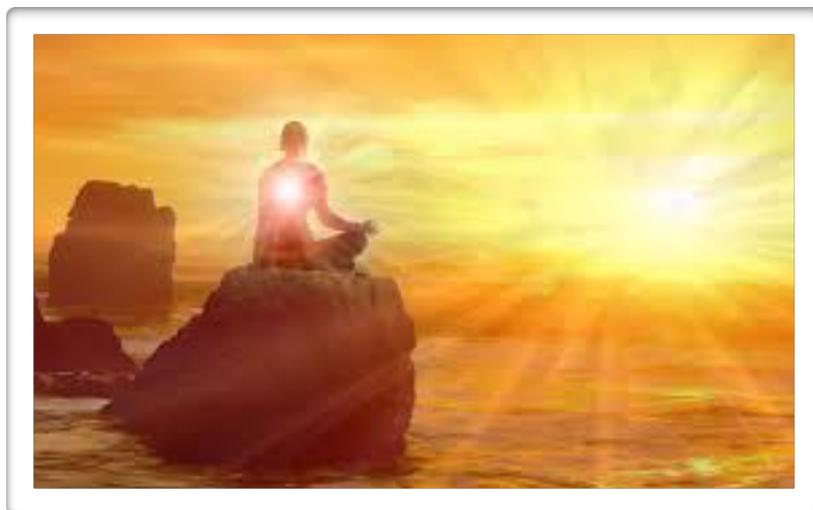
[Guided Reiki Visualisation Meditation \(Video / Audio\)](#)

As an additional note here, we also wish to mention that you are able to open up and receive Reiki from your divine healing sun in a great number of different situations. You don't have to be sitting down in some kind of formal meditation to receive the benefits of this wondrous healing sun!

You can receive healing as you walk down the beach, as you gaze out amongst a beautiful landscape, as you warm down after exercising or in any number of different circumstances. By simply *intending* to open up to your healing sun and very loosely holding this in your mind, you will be intending to open up to receiving Reiki.

It is often easier to connect with this notion of 'receiving' firstly through meditation however once you accomplish this and as you grow in your practices, you will soon realise that you can open up to receiving Reiki energy in any number of situations.

Your Reiki sun is always  
shining just for you!



### b) Joshin Kokyu Ho Meditation

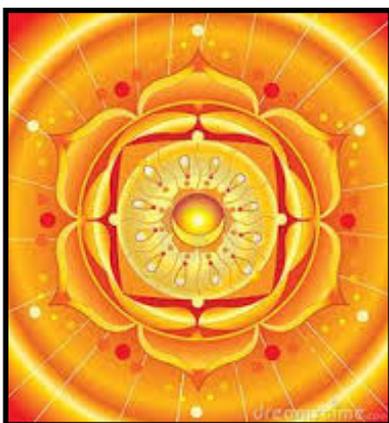
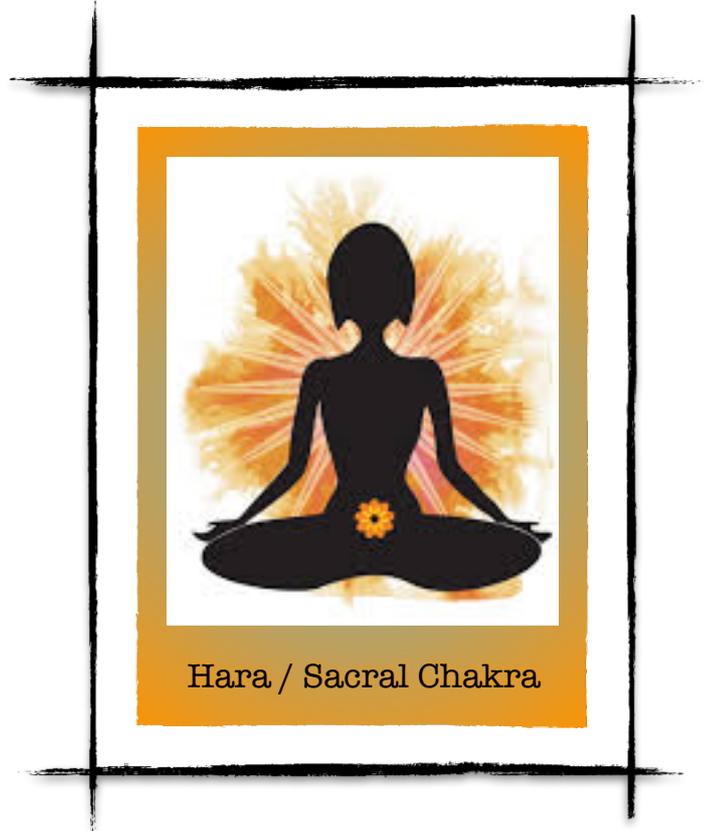
The 'Joshin Kokyu Ho' technique was taught by Dr Usui to his students as a way of strengthening their connection to the Reiki energies and to their 'Hara' (a.k.a Seika Tanden). The word 'Hara' is a very popular term used in many Asian traditions that refers to the Naval or Sacral Chakra, with the word 'Seika Tanden' simply meaning 'below the navel'.

So with this, we can see that all of these terms (Hara, Seika Tanden, Naval Chakra & Sacral Chakra) are all interchangeable terms which refer to our second chakra.

This second chakra is commonly taught throughout many different traditions as being the 'centre' for our entire energy system and this is especially true for most of the Asian cultures and religious traditions. It is therefore quite likely that these techniques and teachings have been included here in the Reiki healing system as a result of Dr Usui's own spiritual background as a Japanese Buddhist monk.

In any case, the 'Joshin Kokyu Ho' Reiki practice is truly a pleasure to work with and can be a wonderful complement to any self-healing or mediation practice. It can be completed either in conjunction with other self-healing techniques or as a stand alone meditation in itself.

There are also a great many variations that can be created from the basic Joshin Kokyu Ho practice, however to start with here, let us now describe how the practice is taught through the traditional Reiki teachings and then we will add some of our own additional insights into how you can tailor this practice to your own needs, should you wish to down the track.



Under the more traditional teachings, Dr Usui taught this technique to his students whilst encouraging them to sit upright with their spine straight. By having the spine straight, it is said to allow the Reiki energies to flow more freely throughout our central channel and beyond. You may choose to sit on a chair or on the ground, as you wish.

Resting your hands in your lap (or as you feel comfortable), please now take a few moments to bring your awareness to your Hara centre (Sacral Chakra). This chakra is located approximately 2 - 3 inches below your belly button, inside your body i.e. in between your navel and the top of your pubic bone.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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Just allowing yourself some time here to rest as you become aware of the natural rhythm of your own breathing. Inwards .... and outwards .... inwards ..... and outwards.....

As you feel this rhythm and connect with it, you can now imagine that for each inward breath, you are receiving a wonderfully brilliant light inward through your Crown Chakra. The light flows down on you effortlessly as you inhale, and flows all the way down through your body and into your Sacral Chakra with each inward breath.

As you exhale, the light now radiates beautifully outwards from your Sacral Chakra throughout every pore of your body. With each exhale, you can let go of all tension, worry & stress. Anything that no longer serves you on your pathway forwards, you can release through each exhalation.

If you wish to also, you may like to feel or imagine that your Hara centre is glowing more brightly, your body is glowing brighter and brighter with each and every exhale as the energies are radiating outward from your entire body.



The Joshin Kokyu Ho practice now simply repeats this basic formula. Breathing in the Reiki light whilst feeling it move down into the Hara region. And breathing out - the energy is flowing outward from your Hara centre through every part of your body.

You can repeat this for as long or as little as you wish noting that the feelings of this practice tend to build with time and practice. To start with, we suggest that around 5 minutes or so should be enough but as always - see how you feel.

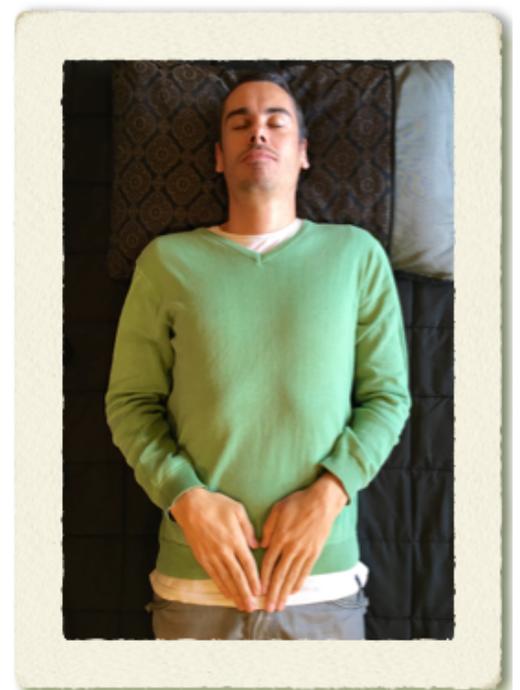
*This will also be a wonderful prelude to any other form of meditation or healing!*

The Joshin Kokyu Ho technique can help us to feel more balanced, peaceful & relaxed in a very short period of time. It can also help us to feel more in tune with our own energetic based nature as we work with our intention and visual creativity to create a wonderful 'light' perspective of ourselves.

This is a more traditional teaching for Joshin Kokyu Ho (with a few extra visualisation techniques to promote additional connection) however in addition to this basic formula, there are also a great many other variations that you can now open up to as part of your Reiki level 1 practices:

#### ★ Variation 1 - Lying down with palms over Sacral Chakra

For those starting out, it may be difficult for you to immediately connect with your Sacral Chakra or Hara region. Therefore, we like to encourage people to try a variation of the Joshin Kokyu Ho practice through lying down with palms facing downward over the Sacral Chakra region.



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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We feel that this position can help bring more added awareness and warmth to this area (through your palms) and also helps to create a reference point for your breathing and energy expansion i.e. from your Hara centre.

We would also like to add here that at the start of your Joshin Kokyu Ho practice, you can also allow yourself a few moments to open up to the flow of Reiki energy into your Hara prior to your breathing. And in this way, you can feel more warmth, relaxation and connection to Reiki before working with your breathing.

Now you can go ahead and complete the practices in the same way as outlined by Dr Usui, whilst being sure to really bring your focus and imagination to the crisp, white healing light which is the Reiki energy.

As you breathe in, you are breathing the Reiki energy deeply into this warm abdomen area. When you exhale, you can imagine that you are glowing magnificently and radiating Reiki for all to benefit from!

Repeating this process keeping your focus on the Sacral Chakra area. With each exhale, you can quite literally feel that you are exhaling from your Sacral Chakra outwards as these energies are dispersed beautifully through your body.

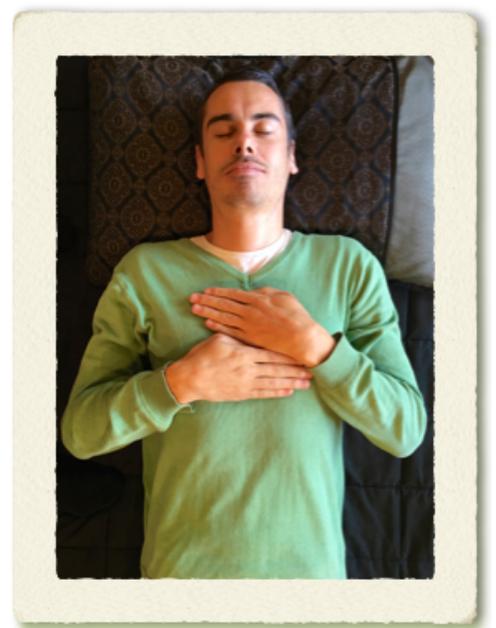


#### ★ Variation 2 - Lying down with palms over your Heart Chakra

We understand that the original purpose of the Joshin Kokyu Ho technique was to help centre oneself in the Hara centre and to help find energetic balance and harmony within the overall energy system.

Having said this, we also believe that working with this technique and connecting with these Reiki energies through your Heart Chakra can also be very beneficial. So with this, we feel it important to highlight another variation of the Joshin Kokyu Ho technique.

To start with then, please lie down and place your hands, palms downwards, over your Heart Chakra. (Please note here that you can also practice this meditation sitting up if you wish and with or without your hands being placed over your Heart Chakra). For our purposes here though, let's take the example of lying down with your hands being placed over the Heart Chakra (to help promote the energetic flow as described in variation 1).



## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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Please now take a few moments here to connect with your sacred heart space. And just like we did in the first variation, you may also wish to take a few minutes to just allow the Reiki energies to flow gently and lovingly in your Heart Chakra prior to working with your breathing.

As you feel ready, bringing your awareness now to the breathing aspects of your practice as you follow along with the original technique. As you breathe in the magnificent Reiki light, it flows downward through your Crown Chakra and into your Heart Chakra.

As you breathe out, you again breathe out light through your entire body however this time, the centre of your

energy system is your heart. You are shining

out love light in every direction for the benefit of all beings throughout all time & space.



Repeating this process now for 5 - 10 minutes and allowing yourself some time to feel the warmth and energetic healing benefits of this practice. Keep in mind also that this practice will also likely bring many kinds of healing issues and imperfections to the surface!

For some of you, it may even feel rather unpleasant at first because of the many different 'walls and fences' that are built up around your heart (to prevent you from being hurt). So again, if you are feeling like there is a lot of dirty, yucky stuff being stirred from this practice - this is a wonderful sign that your meditation is producing amazing results!

These feelings of 'dirt' may be particularly evident as you try to breathe out your light from your heart. You may also find that it is getting stuck and blocked by all your inner walls of protection.

As with all practices though, it is always by feeling your own inner darkness that you are now better able to release these energies from within. This is an awesome sign of your energetic growth! Your light is shining brightly and strongly so please continue to let it shine for all beings to infinitely benefit from!



### ★ Variation 3 - Use Your Imagination!

After reading the above examples, we now invite you to start working with the idea of breathing Reiki in and out of the areas in your body that you wish to. For example, for any of you who like to practice yoga or some form of basic stretching exercises, you can also use this Reiki breathing / energy breathing technique as part of your yoga practices.

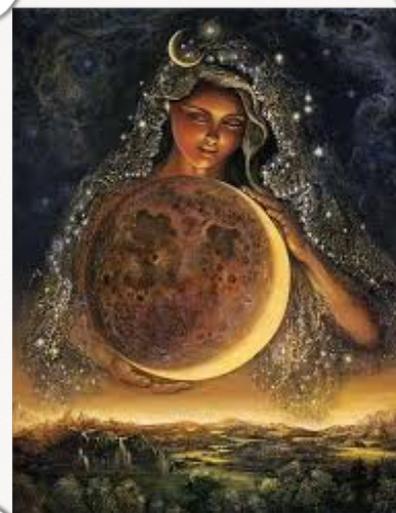
Alternatively, you may wish to start your Joshin Kokyu Ho practice by breathing into your Hara and then out through your hip & pelvic area. See how it feels for you! As another idea, why not try breathing in the Reiki energy up through your feet. For example, you might like to try breathing Reiki:

- ♥ up through your feet, up to your knees and back down and out through your feet (1 min)
- ♥ up through your feet, into your Root Chakra and out through your feet (1 min)
- ♥ up through your feet, into your Sacral Chakra and out through your feet (1 min)
- ♥ continuing upwards until you reach your heart (3 mins)

If you wish to, you may even wish to imagine that you are breathing in the wonderful cleansing energies of our Earth Mother. Whatever you decide to create, we hope that this will bring you much peace, relaxation and cleansing into your life!

Please remember also that by doing this kind of deep abdominal breathing, you are helping to bring in more oxygen into your body. This in itself is a wonderful form of healing!

As a prelude to meditation, deep breathing will also be helping to improve your mental focus and will also be helping you to activate your parasympathetic nervous system or your 'rest and digest' state. this is always good for healing or meditation work!



### A Guided Joshin Kokyu Ho Meditation

As part of this course, in order to help encourage a deep connection to this wonderful practice, we have included here a simple guided practice for Joshin Kokyu Ho using a combination of these variations:



[Joshin Kokyu Ho Guided Meditation \(Video / Audio\)](#)

We understand that for some of you, you will prefer to connect with these techniques in your own way and this is great! However we also understand that as you are starting out with your practice, it can sometimes be quite nice to have the option of opening up to a practice for the first few times with someone else guiding you - so with this in mind, we offer you this guided meditation with much love & light!





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## APPENDIX TWO

### ADDITIONAL TOOLS FOR HEALING OTHERS

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As part of this Reiki course, it is our intention to provide you with a good range of Reiki healing techniques and practices so that you can become a more effective Reiki healing channel. And as part of this, we wish to now include four additional healing techniques that will likely be very helpful for you as you start out in your healing practices for others.

The additional techniques that are included here in this appendix are:

- a) **Reiji Ho:** *Intuitive development*
- b) **Byosen Scanning:** *Scanning with Reiki*
- c) **Aura Cleansing:** *Clearing & cleaning the Aura*
- d) **Kenkyoku Ho:** *Dry Bathing*

When teaching these practices in person, we normally like to explain these to you as well as demonstrate the practices for you so as part of our online training, we have decided to teach these practices in the same way.

Although this appendix will be providing you with all the necessary explanations and written instructions about how to practice these techniques, we feel that it is also necessary to include a short video tutorial so that we can demonstrate these healing techniques for you as well.

All of these four additional healing techniques have been included in the one video so we now invite you to watch the following video tutorial here so that you can learn more about how to incorporate these into your healing practices.

[Additional Reiki Healing Techniques - Video Tutorial](#)



Please note that this appendix can also serve as an additional resource for you should you wish to come back to these techniques at a later stage on your Reiki pathway. Furthermore, please find below on the next few pages some additional insights about each of the four techniques, should you require more information. We offer this to you with love and healing light!

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### a) Reiji Ho

Reiji Ho is a wonderfully simple Reiki technique that was taught by Dr Mikao Usui to his students as a way of developing the intuitive aspects of their Reiki practice. The word 'Reiji' means 'indication of spirit' and the word 'Ho', means 'technique'.

Reiji Ho therefore is a technique which can help you to connect with your intuition as you open up to receiving additional divine assistance to help you 'know' where to place your hands during a healing session. The actual technique, as taught by Dr Usui, is as follows:

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- ♥ Step 1: Invite the Reiki energies into your healing session as you would normally.
  - ♥ Step 2: Set your healing intention widely for the highest possible good of your recipient & invoke the Reiki energies.
  - ♥ Step 3: Raise your folded hands (prayer position) up to your Third Eye Chakra and ask that the Reiki energies guide your hands to where they are needed for your healing session.
  - ♥ Step 4: Commence your hands on healing session.
- 

With your intention set, you will now receive a wide variety of divinely guided assistance to help you with where to place your hands during your healing session. Wonderful!

We would also like to include a fifth step here in this process which would be to continue opening up to your own inner voice or divine intuition as you go about your healing session. This is very important so that you can hear these very subtle feelings & messages being received during this time.

These messages can be received in a variety of different ways i.e. through your hands, through a pain in your body, through a small voice being heard, through visions or feeling other types of vibrational sensations during the session. You may also just have the feeling like 'ah i need to go there'.

However these messages manifest for you, please be sure to thank your divine intuition for providing you with this information and ask that you are guided to continually receive these types of information in the future so that you can better serve others.

Understanding that this is often a more gradual development process, please do give yourself the gift of love & patience as you grow and evolve on your Reiki journey. These skills will develop very naturally for you in line with your own karma so please just be patient, gentle and loving with yourself wherever possible.

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### b) Byosen Scanning

Byosen scanning is another technique that works with the 'feelings' aspects of Reiki and is commonly used at the start of a Reiki session. This technique will help you to briefly scan the energy field of the recipient to help you determine where you might need to spend additional time during your session.

The word Byosen is made up of two words, 'byo' meaning *sick* and 'sen' meaning *line* so in this way, we can understand that we are searching here for the energy meridians which are out of balance, dis-eased or blocked in some way.



And this is the entire point of doing this type of scanning work prior to starting our session - so that we can identify areas of the body which might need more healing work or attention. For Marty and Gerry, they would normally do Byosen scanning just after doing their Reiji-Ho, or immediately after inviting energy & setting the healing intention.

The actual method for [Byosen Scanning](#) is very simple. Simply bring your preferred hand above the persons Crown Chakra (as they are facing upwards), around 2 - 3 inches from their head. And now, slowly run your hand downwards, along the front of their body, hovering around 2 - 3 inches from their physical body.

### **You are 'scanning' the body for any energetic issues or blockages.**

As your hand moves slowly, please observe carefully any subtle sensations in your hands such as tingling, changes in temperature, pain or discomfort (including any other parts of your body), energetic pulsing or other vibrational sensations. These will all be signs that may be telling you where some additional time is needed during your healing session.

Scanning once is normally sufficient and it is normally ok to just scan the frontside of the recipient's body however should you feel it necessary, you can repeat the scanning more than once or even scan the backside of the recipient if you feel guided (you would need them to roll over first).

One other thing to be mindful of here with your Byosen Scanning is the concept that the energy blockages you feel may not entirely correlate to exactly where the recipient is feeling the pain or where the 'actual' problem is. For example, the recipient may complain of a sore knee, however the blockage or area where you have felt needs more attention is closer to their Sacral Chakra or in their Root Chakra. You may also pick up on other energy blockages that may have not yet manifested into a tangible ailment.



In these cases, you might find that it is necessary to spend additional time over a number of different areas i.e. where the pain is being felt and over any other blockages you find. In some cases though, you will find that by treating the energetic blockage will also help to relieve the pain within the particular area of the body where there is an ailment.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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You may also find that these energy blockages & ailments will require a number of sessions before they are fully healed and in cases of chronic illnesses, it may be many months or even years until the recipient is able to feel relief from their ailments.

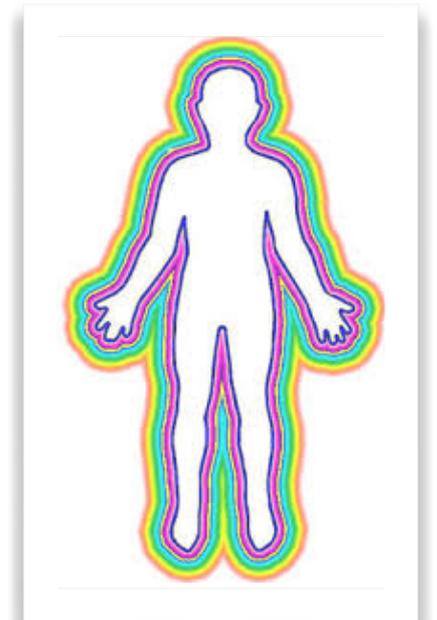
In these cases, we often suggest that the recipient actually learns Reiki for themselves so that they are not dependent on others for receiving healing. However as always, we invite you to use your own intuition and internal feelings to help you decide on the right course of action in any given situation.

#### c) Aura Cleansing

Another helpful technique when giving Reiki sessions for others is to do 'aura cleansing'. As you have now learnt, our energy field can become disrupted in a great variety of different ways and as such, there can be a great many kinds of energetic debris (and other impurities) floating around our auric field. Therefore, it can be quite nice to do some aura cleansing as part of your healing sessions.

To do this, you would start with your invitation of energy, setting your intention and invoke the Reiki energies. Should you wish to, you may then choose to do your Reiji Ho invitation (with hands up at your Third Eye), followed by your Byosen Scanning (to understand where to spend additional time during our healing session).

You are now ready to use this aura cleansing technique and once you have completed this healing technique, you are now ready to move into doing your hands on healing session. For a demonstration of this technique, we kindly refer you to our video tutorial below where we discuss aura cleaning as the third additional healing technique for Reiki level 1:



[Additional Reiki Healing Techniques - Video Tutorial](#)

To describe the process of Aura Cleansing in words - please place your hands, palms downward, around 50 - 100 cm's above the recipient's body, starting just above their Crown Chakra. Now move your hands downward slowly as you *sweep* or collect all of the energetic debris that may be within the person's aura.



Moving downward whilst sweeping and gathering all the impurities and energetic debris, you now 'flick' these imperfections and impurities away from the recipient as you ground these energies and safely release them into the Earth.

You can complete this process three times (with your intention being to clear the auric field) to help ensure that the aura has been cleansed effectively. And with this you are now ready to start your hands on healing session.

### d) Kenyoku Ho

Kenyoku Ho can be translated to literally mean 'dry bathing' and this a wonderful technique which can help you to wash away or cleanse yourself of any negative energies that may be present in your energy field (for whatever reason). It is therefore a great technique to use before a session, after a session or in any given situation as a way of purifying or clearing away any unwanted energies from your energy field.



The actual technique taught by Dr Usui was very simple and requires that you 'sweep' your body and arms with the intention of cleansing and purifying these areas. And like many Reiki practices, there are now a few different variations of the Kenyoku Ho practice that are available to you.

To start with, some Reiki Teachers like to emphasise the importance of the inhalation and exhalation whilst doing Kenyoku Ho. Others will give you the option of doing this practice through touch methods whilst others again will show you a 'non-touch' method.

Although there are a few different variations of this technique, we have chosen to provide you with one of the more common ways of doing Kenyoku Ho as we explain here in the following video tutorial:

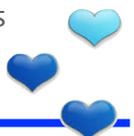


[Additional Reiki Healing Techniques - Video Tutorial](#)

For anyone who would like a written description of the technique, here is a step by step set of instructions for doing Kenyoku Ho:



1. Sit upright with your spine straight
2. Set your intention to do Kenyoku Ho as a way of purifying your body
3. Inhale: Bring your right hand up to your left shoulder,
4. Exhale: Sweep your right hand in a downward motion over your chest (ending at your right hip)
5. Inhale: Bring your left hand up to your right shoulder,
6. Exhale: Sweep your left hand in a downward motion over your chest (ending at your left hip)
7. Inhale: Bring your right hand up to your left shoulder,
8. Exhale: Sweep your right hand in a downward motion over your chest (ending at your right hip)
9. Inhale: Bringing your right hand on your left shoulder
10. Exhale: Sweep down your left arm with your right hand to remove any negative energies
11. Inhale: Bringing your left hand on your right shoulder
12. Exhale: Sweep down your right arm with your left hand to remove any negative energies
13. Inhale: Bringing your right hand on your left shoulder
14. Exhale: Sweep down your left arm with your right hand to remove any negative energies
15. Bring your hands to a Gassho position and give thanks





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## APPENDIX THREE

### UNDERSTANDING THE HEALING CRISIS

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#### What is a healing crisis?

The healing crisis occurs when the body's natural healing process is accelerated after some form of healing work. During this time, the body will be undergoing a process of purging unwanted toxins, impurities and old thought patterns and as such, there can be a variety of sensations felt as this occurs.

The healing crisis will often occur either during or after a hands-on healing session, a distance-healing session, an attunement or through your own meditative healing work. The symptoms or ailments being experienced are always temporary however for many people, they will conclude that the healing they have received has not worked. In fact, these signals are telling you the exact opposite!

As you re-experience these symptoms or emotional imbalances from within you, this is your body's way of telling you that there is a great deal of healing being done and that your body is releasing these impurities and old thought patterns so that you can then move closer to full and long lasting health. This is a process which often accompanies deep healing & cleansing and is also commonly referred to as 'purification'.

It is important to understand that such reactions are only every temporary and can occur immediately i.e. either within the healing session itself or for several days or even several weeks afterwards (depending on the energies which are moving / being released). Typically though, symptoms will usually pass within around 1-3 days.





## *Some Of The More Common Symptoms Of A Healing Crisis*

- \* Nothing at all (and that's perfectly fine and normal!)
- \* Tiredness or sometimes feeling like you've 'been hit by a bus'. This is a temporary phase, usually lasting at most one day, as your body purges out old energy. Give your body lots of rest and anything else it needs.
- \* An abundance of energy - although you may feel energetic, take things very easily as this is just a temporary phase as your energy adjusts and balances. If you feel like exercising, then do so in moderation and be gentle on yourself.
- \* Spontaneous and often strong feelings and emotions; crying, sadness, happiness etc. Often after healing, your body will continue to clear energy blockages by releasing emotions. This is very healthy and normal.
- \* Tingling sensations over your body; this is simply the energy moving and balancing out within your body after the healing work.
- \* A change in diet, changes in eating habits i.e. eating less or eating different foods.
- \* For women, menstrual cycles may be temporarily affected.
- \* Changes in thought patterns & perspectives; when healing takes place it can sometimes shift old 'filters' in our minds, changing our outlook on life, sometimes changing old habits & patterns, generating 'light bulb' moments and an increased quest for spiritual knowledge.
- \* Increased joint or muscle pain
- \* Extreme fatigue
- \* Restlessness
- \* Aches & pains
- \* Nausea
- \* Fever / Chills
- \* Drop in blood pressure
- \* Cold or flu-like symptoms
- \* Suppressed memories arise
- \* Mood swings
- \* Diarrhoea
- \* Anxiety
- \* Cramps
- \* Headaches
- \* Insomnia
- \* Sinus congestion
- \* A change in urination and /or bowel movements
- \* Skin eruptions (boils, rashes etc)



### What other things should I be aware of after doing healing work?

#### Sleep Disruption:

Waking up in the early hours of the morning at the same time (for example: between 2 and 5am) night after night. This is a sure sign that something deeply transformational is happening. Look out for the time on your clock - quite often it can be at exactly the same time every night!

Make a note of the numbers in the time if you wish to, as they may have numerological significance if you want to look further into it. It can last from just one night through to more than a week depending on what sort of transformation you're going through.



When you wake up, try not to think "grrrrr I'm awake again". Rather try saying "cool, awake at the same time - there must be some deep healing happening!".

#### Dreams:

Dreams are an incredibly amazing way for us to purge energy, particularly those weird and yucky dreams. Often if we are working on releasing something - either consciously or subconsciously, we can have dreams that follow similar characteristics.

For example, one of Gerry's intentions during her healing work was to try to reduce her attachment to chocolate! In her dream the next night, she over-ate way too much chocolate at Christmas - and subsequently woke up feeling sick!

The Universe works in wonderful ways and these 'dream releases' are a brilliant & wonderful way to purge without physically having to go through all the release. In fact, sometimes you may wish to ask for more purging in your sleep - as in many ways it can be easier.

If you wish to, keep a dream journal next to your bed where you can record what's happening if you remember a dream. You may find that there are repeating patterns or themes in your dreams or they may be simply be a one-off release.

There are many books on dream interpretation you can buy, or even just google what a dream means, but often, it is the overall FEELING in the dream that best interprets it. Was it fear or happiness you were feeling; did you lose something or find it?

And finally, one of the most common dreams is that of death. Death simply means 'a new beginning', so don't worry if you see this for yourself or others. This can often mean that you are undergoing a very significant & deep transformation within!



### Learning Lessons:

Revisiting the same 'lesson' over again. The Universe is very kind to us in that it provides us with ample opportunity to heal ourselves. If we don't 'get it' the first time, it just keeps delivering until we do!

You may feel that there is something specifically unjust in your life, something that keeps happening to you over and over again. This may be amplified in your healing crisis and is the Universe's gift to you!

To help with your healing, it can be beneficial to apply mindfulness to your outwardly life and especially those moments where you feel any kind of difficult emotions arising. Why are these emotions arising? Is this something that seems to regularly occur? And what lesson do you need to learn from this? Can you think of the healing issue that this may relate to?

Please remember also that healing occurs in layers. Although you may feel like you have addressed an issue previously, it may keep popping up for you to heal at a DEEPER level over and over again - until it is completely healed. Again - a most wonderful gift from this loving universe!

### Tests or Challenges:

Tests or challenges in relationships, finances, home life and work. The Universe can really 'squeeze' us in order to ring out impurities for healing; like it is 'pushing our buttons'.

Note that the higher you go on your spiritual path, the deeper the healing that occurs - so the squeezing can sometimes be heavily disguised and difficult to see at the time. Try not to see the person or situation pushing your buttons but rather the Universe that is offering you a beautiful gift to heal.

It is very easy for us to lay blame on the external circumstances that are surrounding us however really, there is always something on the inside that is in need of healing!

A decorative frame consisting of a thick black border with a slightly distressed or hand-painted appearance. Inside the frame is a light gray rectangular area containing the text 'YOU ARE Braver & Stronger THAN YOU THINK'. The words 'Braver & Stronger' are in a large, elegant, black cursive script, while 'YOU ARE' and 'THAN YOU THINK' are in a smaller, black, all-caps sans-serif font.

YOU ARE  
*Braver & Stronger*  
THAN YOU THINK

### Loss of the Old:

It is important to note that as you move forward on your spiritual journey, your vibration increases. And as your vibration increases, things that no longer vibrate at the same level as you may begin to start dropping out of your life. For example friends, colleagues, excessive behaviour or even your job / workplace. But please do not be alarmed by any of this, for as the Universe closes one door, it always opens another!

New people, situations or workplaces will begin to start manifesting in your life and these people and things will be vibrating at a level similar to the 'new' you. You may feel uncomfortable throughout the transitional phase between doors, but as you become aligned with the new set of energies brought forth, you will soon begin to feel comfortable again at this new level.

This process can be very challenging and difficult as we feel that we are losing so much; but try to remember that in order to gain more - sometimes we have to clear the old away first in what can sometimes feel like a 'loss'.

If you feel this starting to happen in your life - it is a clear indicator that you are making significant progress on your spiritual path. Please be kind to yourself and acknowledge what is happening. It can also be helpful to acknowledge just how far you've come in order to be presented with these new and exciting opportunities.



### How can I help myself to ease through the healing crisis?

- ♥ Drink plenty of fresh water (filtered is best), juices, and herbal teas to flush the body of toxins. This will help flush the toxins out of your system and speed along the detoxification.
- ♥ Acknowledge to yourself that what you are going through is a healing crisis. A temporary purging of old unwanted energies so that you can step into the new. This is important because without the acknowledgement, it may feel like a downward turn in your life. Keep your eyes focused on the horizon - new and better things are coming!
- ♥ If you are feeling fatigued, or sleepy, your body is talking to you, and telling you to rest. Be kind to yourself, and get the rest that you need.
- ♥ Symptoms can sometimes disappear after a good bowel movement.
- ♥ Further healing work might be helpful to speed up the healing process, and reduce the amount of discomfort.
- ♥ You may want to let your family or friends know what's going on so that they can support you. Often an outside party is much better at seeing the long-term goal than you are where things are tough.



### Other ways of helping old or unwanted energies to move:

- ♥ Exercise: this can help us in so many different ways, especially for those who suffer from any kind of mental or emotional imbalance.
- ♥ Breathing exercises: such as Pranayama and connected breathing. These kinds of breathing exercises help to increase the amount of oxygen coming into our body, our mind and our bloodstream - all of which are very beneficial!
- ♥ Sound Therapy: such as singing bowl sound healing
- ♥ Creative expressions: such as gardening, singing, dancing, art, writing, cooking - anything creative you enjoy doing is great for your soul!
- ♥ Laughter Yoga or other 'feel good' classes
- ♥ Meditation: either on your own or with a class/group
- ♥ Helping others: when we help others we create karmic credits which can help to move us through our own 'stuff' faster
- ♥ Laughing: this is a powerful expressive way to move energy quickly
- ♥ Other healing therapies such as life-coaching, reflexology, aromatherapy, massage, colour therapy etc
- ♥ Self Healing: either through hands-on healing or other forms of meditative healing
- ♥ Doing a cleanse: either your own form of detox or the energy cleanses offered by Love Inspiration



### Remaining grounded:

Sometimes after healing work (immediately, or in days to come) you may experience what is called being 'ungrounded'. This simply means that your energy is not earthed and you may experience sensations such as feeling 'floaty' or 'airy-fairy', being clumsy (dropping your toast, tripping over etc.) or just generally feeling like you are not quite 'with it'.

This is a very natural occurrence after healing work as your energies are processing the changes that have happened in your body. There are some simple remedies for this including:



- ♥ walking barefoot on the earth/grass
- ♥ gardening or digging in the garden with a spade
- ♥ hugging a tree (yes it really does work!)
- ♥ complete the following grounding exercise: Stand with both feet flat on the floor and imagine yourself as a tree. Visualise big, strong tree roots growing out of your feet and deep into the earth. Imagine them growing downwards and outwards as far as possible, to ensure you are firmly 'rooted' in the earth. Feel your energy change as you draw up the earth's energy through your roots and allow it to fill your body. You can do this exercise anywhere, at any time you feel you need it.

## USUI REIKI

### LEVEL 1 - HANDS ON HEALING PRACTICES

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Overall it is important to note that the ailments and symptoms of a healing crisis are always temporary. The healing crisis is also a very normal phenomena after receiving an energy based healing session, an attunement or after doing any kind of meditative healing work.

Your body is simply purging out what it needs to – in order to make space for new wonderful energy to take its place. So please be patient and let your body do what it needs to do. If you feel tired, then rest. If you feel hungry, then eat. If you feel like crying, then cry. However, if at any time you are concerned about any changes, it is always best to seek the appropriate medical attention.



#### Final Note:

You are the best judge of your own body – if you are experiencing any of these symptoms and they are a cause for concern for you, please be sure to seek the appropriate medical advice. This will also be important where symptoms are persisting or perhaps worsening over time. Again, you are the best person to make this judgement.

We would also suggest here that it is always a good idea to receive a regular health check up by an appropriate medical professional of your choosing.





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## APPENDIX FOUR

### GIVING HEALING SESSIONS (USEFUL MATERIAL)

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In Appendix Four we have prepared some useful resources for you for giving healing sessions:

- a). Healing Session Checklist**
- b) Anatomy For Reiki**
- c) Reiki Music**
- d) Post Healing Information Sheet**

Please feel free to print off / download any of these pages or information for use within your healing work. With love we wish you great blessings in your Usui Reiki healing!

#### **a). Healing Session Checklist**

To help you as you are still learning the processes, the checklist on the next two pages may offer assistance. Simply print it out and use it as a simple guide during your hands on healing sessions.

# A Checklist For Giving Reiki Sessions (Level 1)

## Pre-Organising & Preparation

- A pre-organised space for the recipient to lie down i.e. somewhere peaceful
- Organise any decor, scents, sounds & lighting to set the scene (as you wish)
- Prepare yourself physically including washing your hands (and/or dry bathing)
- Prepare yourself mentally & spiritually (centering / connection time)

## Welcome & Introduction

- Why are they here?
- A brief introduction to the session format i.e. touch healing & how Reiki heals

## Session Introduction

- Invite the recipient to lie down and relax
- Ask the recipient to set their intention whilst you prepare
- Invite energy & set your healing intention for the session
- Do your Reiki Invocation
- Reiji Ho for added intuitive development (optional extra)
- Perform Byosen scanning to find areas in need (optional extra)
- Perform an aura cleanse (optional extra)

## Giving Hands On Healing

- Position 1: Eyes
- Position 2: Ears
- Position 3: Crown Chakra (top of the head)
- Position 4: Throat Chakra
- Position 5: Heart Chakra
- Position 6: Solar Plexus Chakra
- Position 7: Sacral Chakra
- Position 8: Root Chakra
- Position 9: Knees
- Position 10: Feet
- Gently ask the recipient to roll over



# A Checklist For Giving Reiki Sessions (Level 1)

## Giving Hands On Healing (cont.)

- Position 11: Occipital region & back of the neck
- Position 12: Shoulder blades
- Position 13: Heart Chakra
- Position 14: Solar Plexus Chakra
- Position 15: Sacral Chakra
- Position 16: Heart & Sacral Chakras
- Position 17: Treating the 'problem area' or areas

## Closing The Session

- Give thanks for what has been received
- Bring the recipient 'back' (slowly and gently)
- Wash your hands (and/or perform dry bathing)

## Sharing The Experience

- Listen to your recipient about anything that has arisen during the session
- Share any information that you 'picked up' during the session
- Explain more about the coming days i.e. drinking water, healing crisis etc.
- Give the recipient a 'Post Healing Information' sheet if you wish
- Say farewell and enjoy your karmic merits!

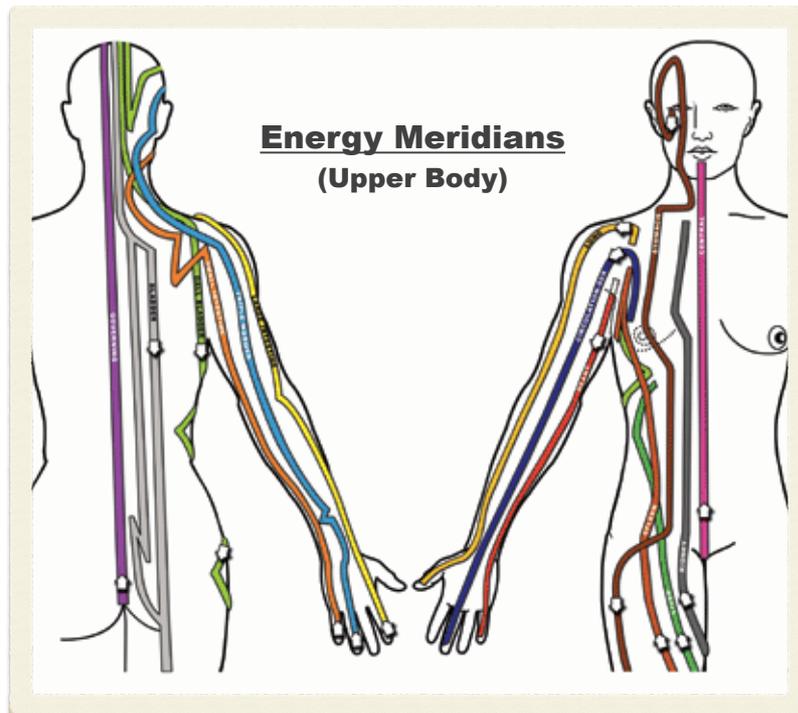
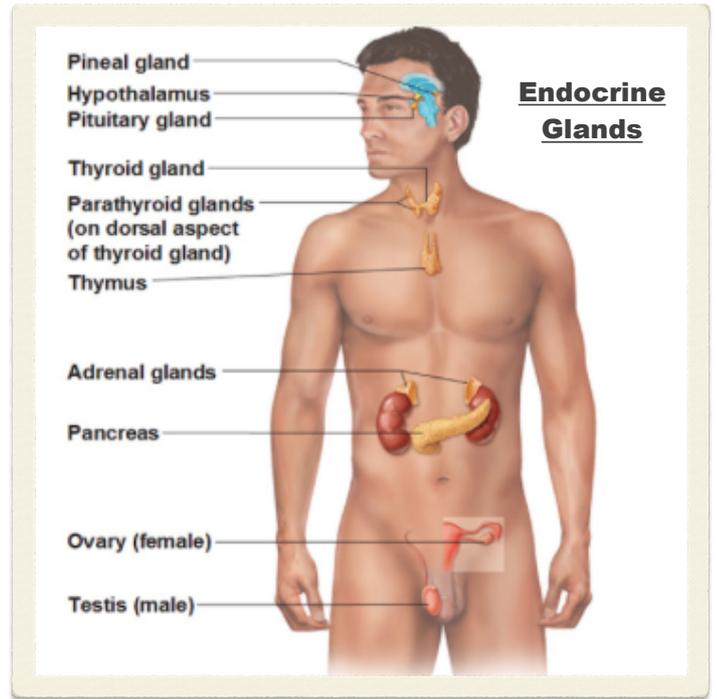
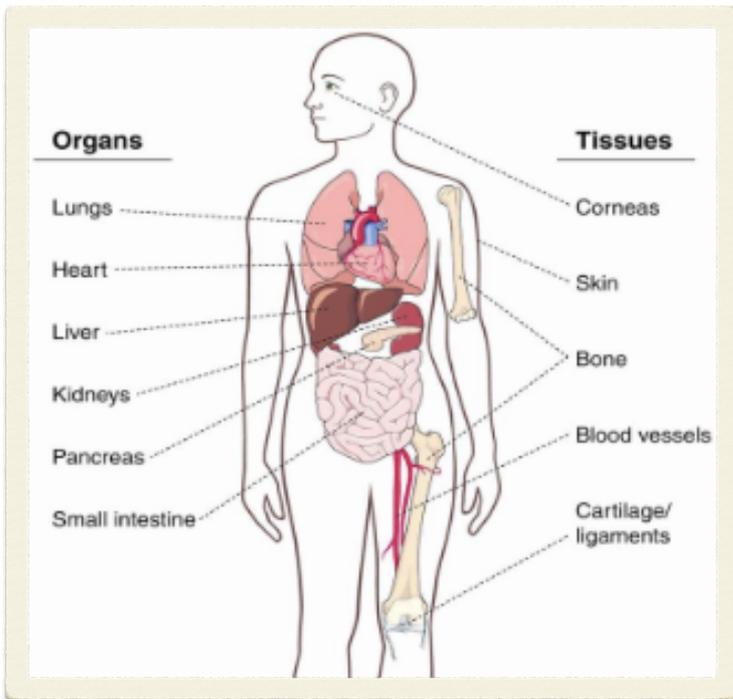


# USUI REIKI

## LEVEL 1 - HANDS ON HEALING PRACTICES

### b) Anatomy For Reiki

As a Reiki practitioner, it can be helpful to know some of the basics about human anatomy and energy anatomy so that you can understand more about where to place your hands during a healing session. For example, it will be useful for us to know where each of the major organs are located so that we can treat them effectively.



### c) Reiki Music

As part of this Level 1 training, we understand that there are many new concepts being introduced, many new hand positions and many things that you will need to be consciously aware of during your first few healing sessions. So to help make things a little easier for you, especially with the 'timing' aspects of your session, we are very happy to offer you our very own 2 hour Reiki healing music which is available by clicking on the link below:

#### [Free Reiki Healing Music \(2 hours\)](#)



This music is very soothing and gentle and has a subtle 'chime' at 3 minute intervals which will be an indicator for when you are to move from hand position to hand position. If you are choosing to do 16 hand positions @ 3 minutes per hand position + 10 minutes at the problem area(s), this adds up to 58 minutes. Allowing a few minutes either way, and allowing for some additional time at the beginning and end of your session, this should be a very nice formula for a good 75 minute healing consultation.

Alternatively, Love Inspiration also offers other fundraising-based Reiki Healing Music tracks (available on the same [Reiki Healing Music](#) webpage) which have chimes at differing intervals, should you wish to try out different timings. For example:

- ▶ **If you would like a slightly longer Reiki session, you could try the 5-minute chime tracks:**  
*16 hand positions @ 5 minutes per hand position + 10 minutes problem area = 90 minutes.*
- ▶ **Or if you would like to do fewer hand positions, but for a longer period of time at each, you may like to try the 10-minute chime tracks.**  
*8 hand positions @ 10 minutes per hand position + 10 minutes problem area = 90 minutes.*

Overall, it is a wonderful idea to have a play around with the hand positions and the timings of each and see which you prefer (or which you need at the specific time). As always, follow your heart and trust your intuition! We are delighted to offer you all of this Reiki healing music in the hope that it can help to soothe and relax yourself or your recipient so that you/they are more open to receiving healing with much love & light!

### d) Post Healing Information Sheet

This post healing information sheet is a very valuable resource for giving recipients after they have received a healing session. It is a nice touch when doing Reiki and helps to communicate all of the necessary information to the recipient after their healing session. It also gives them something to refer back to in the days ahead, should a healing crisis unfold.

We are very happy to share this with you here in the hope that it will help you with your healing sessions. Please kindly refer to the following page where the post healing information sheet is presented and feel free to use it in your own Reiki practice and with your own healing clients if you wish. (Or alternatively, you can [download a copy from our website](#)).



## POST-HEALING INFORMATION (IN-PERSON HEALING SESSIONS)

**Thankyou** for receiving a healing session. We hope your session was relaxing and beneficial for you and that you continue to receive lasting benefits from the energetic changes that have taken place within your energy field. As your body has now received a range of uplifting and healing energies, it is important to note the following post-healing information:

1. **Water:** It is very important that you drink plenty of water in the 24 hours immediately after your session. This is so that your body can flush out any toxins or wastes that have been purged out of your body during and after the session. For best results, try to keep the water intake up for another consecutive two days if possible.



2. **Changes:** As old or unwanted energies shift from within, you may experience any of the following over the next few days:

- Nothing at all (and that's perfectly fine and normal!)
- Tiredness, sometimes feeling like you've 'been hit by a bus'. (This is a temporary phase, usually lasting at most one day, as your body purges out old energy. Give your body lots of rest and anything else it needs.)
- An abundance of energy. (Although you may feel energetic, take things very easily as this is just a temporary phase as your energy adjusts and balances. If you feel like exercising, then do so in moderation and be gentle on yourself).

• Spontaneous feelings and emotions; crying, sadness, happiness etc. (Often after healing, your body will continue to clear energy blockages by releasing emotions. This is very healthy and normal).



• Tingling sensations over your body. (This is simply the energy moving and balancing out within your body after the healing work).

• A change in bowel / urine motions.

• For women, menstrual cycles may be slightly affected.

• A change in diet, either eating less or more – or wanting different foods.

• Changes in thought patterns & perspectives. (When healing takes place it can sometimes shift old 'filters' in our minds, changing our outlook on life, sometimes changing old habits & patterns, generating 'light bulb' moments and an increased quest for spiritual knowledge).





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**LEVEL 1 - HANDS ON HEALING PRACTICES**

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**FOR THE INFINITE BENEFIT OF ALL**  
May all beings be liberated from suffering.