

## Beginning Reiki

There are no set in rules for beginning Reiki. The most important thing is to practice and gain experience for your self.

*During the Reiki Attunement or after being attuned in Reiki you may notice "Sensations of energy, light, colors, or just feelings of general positivity and peace, or you may experience particularly vivid dreams. However it is perfectly ok to have noticed nothing unusual yet, as these sensations are not an indication that the attunements have been given. We each experience the Reiki Energy in our own unique way, and you may only start to experience it consciously after some practice."*

*Unlike other spiritual healing methods, Reiki sessions should always involve NO effort from the healer to send or direct energy. This ensures that the energy uses it's own intelligence to guide itself. After you have been attuned to Reiki, healing energy will naturally begin to flow as soon as you place your hands on anyone or anything AND have the INTENT to heal. It will flow completely automatically and always with positive and beneficial effects.*

*If you start concentration on sending or directing energy, it will reduce the optimal flow. Greatest success will occur just by allowing it to work by itself. Always remain relaxed and detached from the process, allowing your intent to maintain the flow. It is important to remember that with Reiki there is nothing you can do wrong. Reiki will take care of everything. Relax and enjoy! Trust in Reiki. ("Healing With Reiki" by Ariane McMinn and Colin Jones)*

## Intent to Heal

Intent to heal is as easy as placing your hands on yourself or someone else. Some people feel it necessary to ask the Reiki to Flow. Some people like to raise their hands up above their head palms up and visualize the Reiki flowing down into them to begin the flow. Some people place their hands in prayer position at their heart or on top of their head to start the Flow of Reiki. Some people even clap their hands together and say "Reiki On" to start it to flow. It is not necessary for you to perform an elaborate ceremony to get Reiki to flow.

If you wish to help someone and have their permission to place your hands on them to give them Reiki, that is all the "Intent to Heal" you need. Some people feel Reiki Energy right away and for others it takes practice to feel it. It is not necessary to feel it for it to be working. It is not necessary for the person receiving it to feel it for it to be working. The more you practice the more it will flow.

Surrender is The First Key of Reiki. Surrender means to allow Reiki to guide you and the healee into the greatest healing. We remain alert and aware as we Surrender to the Reiki Healing Energy. We enter the path of Reiki as we Trust and have the little bit of willingness to allow Reiki to guide us.

## The Self Treatment

*Giving yourself healing is a very important aspect of Reiki. We very strongly advise that you perform self healing regularly, preferably daily. As well as improving your health, it will balance and center your mind/ body/ spirit system, thereby allowing for a dramatically increased flow of Reiki energy during healing sessions. Most importantly, it will definitely increase your inner guidance, helping you to pilot everyday situations more successfully, and provide guidance for your growth when appropriate. ("Healing With Reiki" by Ariane McMinn and Colin Jones)*

The basic self treatment hand positions are as follows:

1. Hands overlapping on the top of the head
2. One hand on the forehead, the other hand on the back of the head midway between the crown of the head and the base of the skull
3. Hands resting on the eyes
4. Hands resting on the ears
5. One hand on the upper chest and the other on the solar plexus (where the ribs come together)
6. Hands on the hip area

Relax in each position 2-5 minutes. Practice these positions until they are familiar and you have some confidence. Gradually let your hands be guided by your intuition. As you practice and have a little patience you will gain experience and begin to trust your inner guidance. You cannot really make a mistake. Your healing sessions are always watched over by the Divine to ensure that your efforts will always be rewarded.

It is impossible to place your hands in exactly the same positions on yourself as when doing a full treatment on someone else. Be creative and remember as long as the hands cover the same areas as the full treatment, it will be a full treatment.

Begin a self-treatment with the same respect and reverence you would when giving Reiki to someone else. Bring your hands into "Namaste" Position at the heart and bow gently. Silently ask for the Reiki to Flow into and through you. You may also ask for your Reiki Guides, and Reiki Angels, Our One Creator to be present, and direct the Reiki treatment.

## *Healing Others*

*After you have practiced the self healing procedure until it becomes natural and comfortable, you may begin working with others. Be confident in your abilities, and have Faith that Reiki will be looking after the procedure and ensuring its success. You may like to start with willing family members and friends. Even if there's nothing physically wrong with them, they will receive relaxation from the process and will gain more harmony and other non-physical benefits.*

*It is not appropriate for you to promise any specific results from the sessions, as the healing process is always unique and unpredictable. You can however promise the Reiki definitely provides benefits for everyone who receives it.*

*Both the healer and the receiver simultaneously benefit from the healing session. The more Reiki sessions you give, the more natural harmony you will experience in you own life. You can even give Reiki sessions to plants and animals.*

*During the healing, both you and the receiver may feel sensations of heat, cold, vibration, tingling, etc. Sometimes the healer and the receiver experience opposites, e.g. the healer may experience feelings of heat while the receiver experiences cold. Also the sensations may not be felt immediately- they may only be noticed later in the day or may even surface during the following week.*

*Other times there will be no experiences at all. Whether or not any obvious sensations are experienced, you can rest assured that the energy has flowed correctly and effectively. Due to Reiki's intelligence you can always be sure that the session has been a very beneficial gift for the receiver. You will find this yourself through practice.*

*Don't be disappointed if your healing produces no noticeable effect at first. Ultimately the healing process relies on the receiver forgiving past hurts and letting go of repressed negativity, either at a conscious or unconscious level. The Reiki healing sessions will always be working automatically towards resolving these deeper problems. Meanwhile the external symptoms will usually be reduced, but sometimes this takes longer and is not an indication that Reiki's inner transformation work is ineffective. Everybody's healing process is unique. ("Healing With Reiki" by Ariane McMinn and Colin Jones)*

## *The Reiki Treatment*

The Reiki treatment is a most rewarding experience for both the practitioner and the healee. It's always different and no description can truly represent the awe that the experience can inspire. It's a joy to both give and receive a Reiki treatment. The more you work with Reiki the deeper it gets and the more it flows.

## *The Golden Rule*

Most people choose to give Reiki Treatments freely to your family and friends. In the beginning you may choose to give Reiki Treatments for a Love offering or perhaps trade Reiki Treatments for other services. You may decide to offer Reiki Treatments on a sliding scale or choose to work at a professional level and establish a fee for your services. The only rule in Reiki is the "golden rule"- to treat others the way you would like to be treated.

## *The Reiki Room*

The Room in which you do a Reiki treatment should be distraction free if possible. Light in the room should not be too bright or too dark but should feel warm and comfortable. If music is used it should be soothing and peaceful. The Reiki table should be set at a height that makes you comfortable when standing using the hand positions. Sitting in a chair is good for working with the hand positions used on the head.

Some people choose to remove any metal (rings, watches, etc.) before giving a Reiki treatment. This is a personal preference. Reiki treatments work with or without jewelry.

## *The Full Treatment Hand Positions*

Briefly explain the hand positions to the healee before a treatment so there are no surprises of where your hands are being placed. Assist the healee on to the Reiki table if necessary and make sure they are comfortable.

Have a small blanket for the healee if they would like to be covered. (a yoga blanket will do, cover the feet, legs and body up to the upper chest, until they are comfortable).

Stand facing the healee and bring your hands into "Namaste" Position at the heart and bow gently toward the healee and say "Namaste" Silently. Silently ask for the Reiki to Flow into the Healee. Ask for your Reiki Guides, and Reiki Angels and Our One Creator to be present, and direct the Reiki treatment. The Reiki Treatment is a cooperative effort of our, Reiki Guides, Reiki Angels, Our One Creator, the Reiki Practitioner and the Healee.

*Note: The gesture (or mudra) of Namaste is a simple act of bringing together both palms of the hands at the heart, and lightly bowing the head. Namaste means: The Spirit in me greets the Spirit in you and together we greet Our One Creator.*

*Bowing of the head brings the Third Eye Chakra (Humility) closer to the Throat Chakra (Compassion), to the Heart Chakra (Balance) and The Heart of Hearts (Where the Self meets Divine Love) to be of service.*

*Submitting oneself in Service and Love to another, with complete humility.*

*Namaste is composed of the two Sanskrit words, nama, and te. Nama means, "to bend, bow, sink, incline, stoop" and Te means "you" The word nama is two part, na and ma. Na signifies "negation" and ma represents "mine". To let go of the ego. Namaste is pronounced "nab-mab-STAY"*

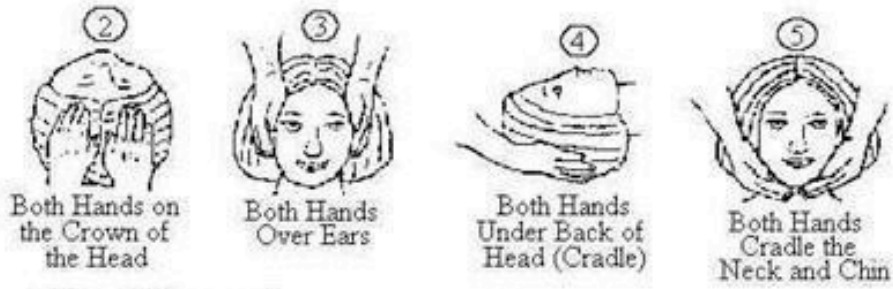
The hands should simply rest comfortably in each position, not pressing down or too light. A "Full Treatment" consists of the use of all the hand positions in the First Round, Second Round and Third Round (illustrations below). A full treatment takes about an hour to an hour and a half. The full treatment is very good for healing as well as balancing all the anatomical systems, meridians, subtle anatomy etc. It is also good as a preventative maintenance.

The hands should always be lifted, not dragged from one position to another. The fingers should be kept together, not spread out, although there can be exceptions. Move one hand at a time, always keeping one hand in contact with the healee so there is an uninterrupted flow of energy in each round. Each position should last two to three minutes unless you feel your hands change in the way they feel. If your hands become hot, cold, tingle, vibrate etc. at a certain hand position, let them remain there a little longer until they feel normal. Mainly in the beginning pay attention to how your hands feel in each position and trust your Reiki Intuition as to how long to stay in each position.

Always be there to assist a person when they turn over to be on their stomach for round three positions. The massage or Reiki table is narrow and the healee may be in a very relaxed state by this time.

When the round three hand positions are finished step back, place your hands together palm to palm in front of your solar plexus and bow toward the healee and say "Namaste". This gesture ends your part of the treatment. Your higher self bows in respect and recognition of the healee's higher self and the Reiki source and the connecting of the two. The rest of the treatment and how long it lasts is now between the healee and the Reiki source.

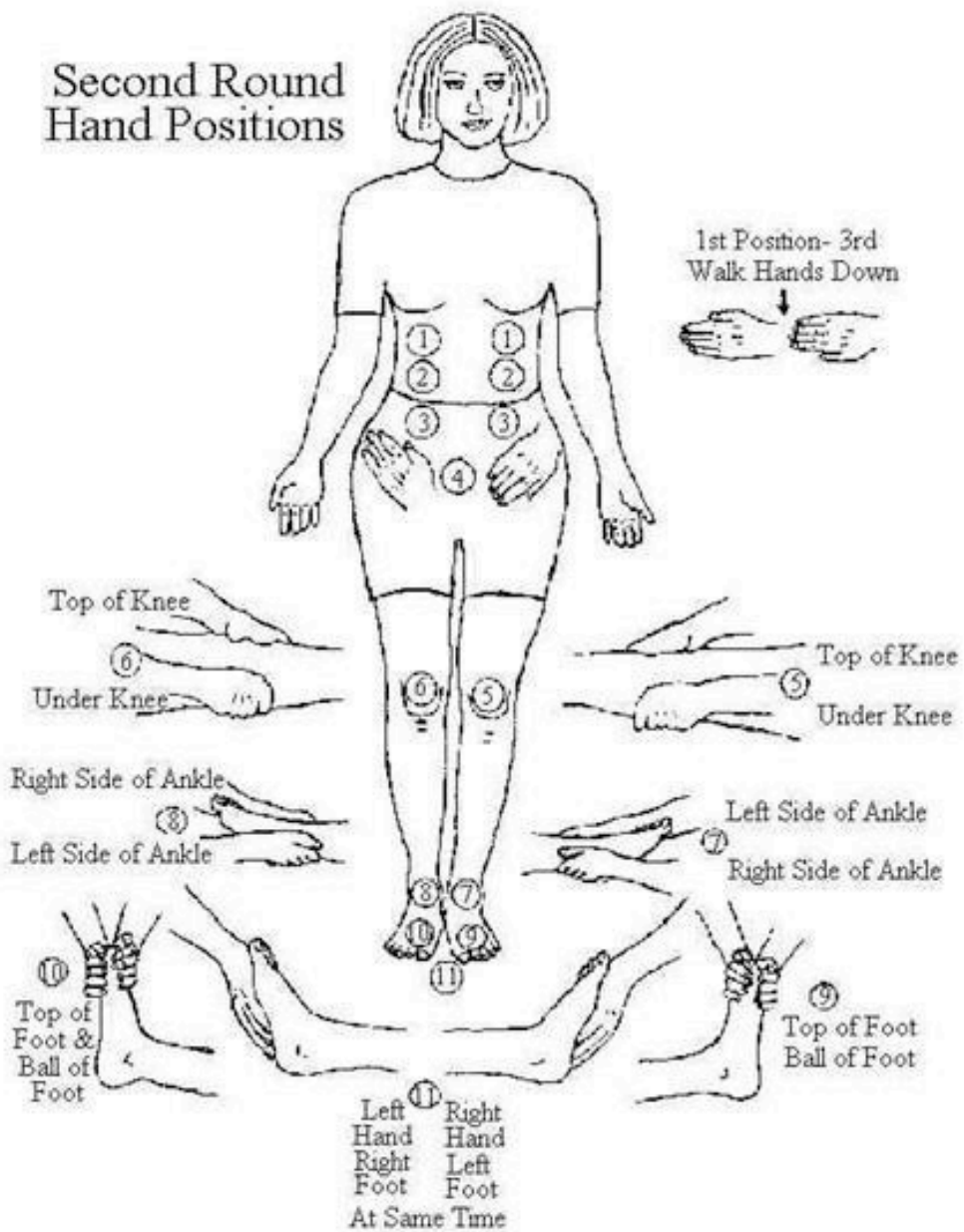
Tell the healee you are finished and if your client has fallen asleep tap gently on the shoulder to awaken him or her. Give the healee a few minutes to sit up and return to normal consciousness. Offer a glass of water and get one for yourself also. Remember to wash your hands after the treatment is finished. You may be led to share with the healee about what you experienced during the treatment. Also let your client share with you, if he or she wishes, what was experienced during the treatment.



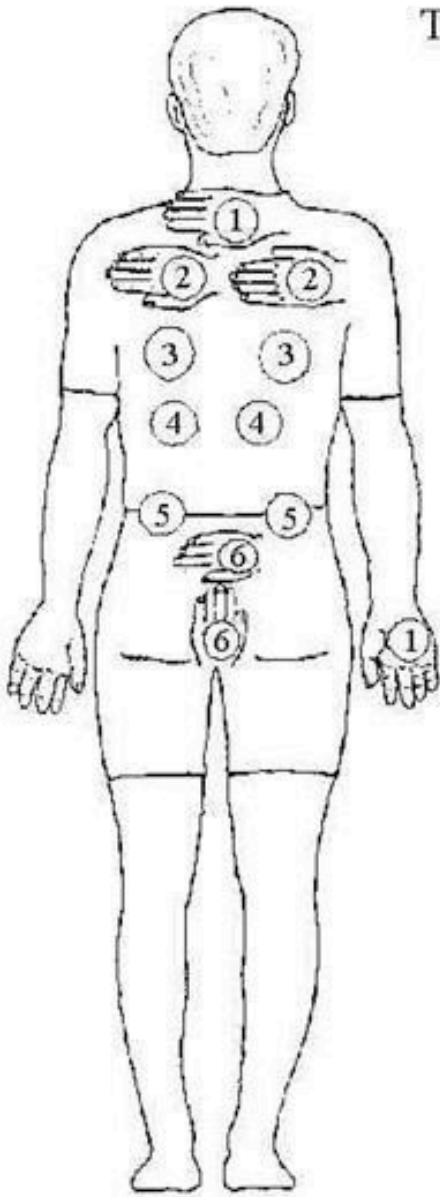
## First Round Hand Positions



# Second Round Hand Positions



## Third Round Hand Positions



1. Right Hand at Base of Neck  
Left Hand Palm to Palm  
on Upturned Hand
- 2 - 5. Walk Hands Down as Many  
Positions as Needed
6. End With T- Position

### *The Spot Treatment*

A full Reiki treatment is not always what is needed. A spot treatment may be used for a specific pains or ailments. Spot treatments are probably the most common treatments. Place your hands on the affected area, for as long as necessary. Sometimes you may find it necessary to place your hands near but not directly on the area that needs healing. A Spot treatment may consist of only one position or several positions. Pay attention to how your hands feel in different positions and trust your Reiki Intuition to guide your hands to where they need to go.

Begin a spot treatment in the same way you would do a full treatment. Stand facing the healee and bring your hands into "Namaste" Position at the heart and bow gently toward the healee and say "Namaste" Silently. Silently ask for the Reiki to Flow into the Healee. Ask for The Reiki Source, Reiki Guides, and Reiki Angels to be present, and direct the Reiki treatment.

## *Questions from Gaylen*

Q. I wish someone would address the question "How do I know I'm doing this right?" The obvious answer would seem to be to assess whether or not the people we practice Reiki on are healing. However, not all healing is outward and physical. Assessment is subjective. Healing is multi-faceted.

A. You are doing very well at answering your own question. Your intuition is working very well. You can't really do it wrong because it is the Reiki Energy that is doing the healing not us. Each person receives what they need including the Reiki Practitioner. As we surrender to the process of Reiki we learn through patience to trust our intuition and to trust that healing is taking place even if we are not aware of it at that particular time.

Q. The second part of the question would be "If I'm doing this correctly, am I effective? Could I be more effective?" Constantly striving to learn, to practice, to ask for better skills and gifts is my answer to that, BUT it doesn't do much for my confidence level. My biggest question is sort of a combination of the above: "Am I good at this? Am I good enough to continue practicing?" I don't ever want to hold myself up to be something I'm not. If Reiki is not my "thing" Or my Destiny, I need to send my clients to a "specialist" in Reiki. It feels like my thing. I feel like it's in my future. How do I know? If I listen to my gut, I feel great about it.

My head wants proof. My heart is not available for comment at this time. Your advice to follow intuition has been a godsend to me. My intuition "takes over" when I do Reiki. I am extremely uncomfortable when I don't follow it. After reading your materials, I feel a lot better about "abandoning" the accepted hand placements. Do you think others have these questions? Are they something you would feel comfortable addressing in your book if you felt led to do so?

A. When the intuition takes over during a treatment this shows that you are on the Path of Reiki, that you are connected to Reiki. As you surrender to the Healing Energy of Reiki by trusting your intuition during the Reiki treatment you are setting aside the ego and letting the Reiki flow through you as well as reveal to you who you really are. Your heart knows and connects with the Reiki and gives you the answers. By letting your heart be led by your Intuitive Reiki, your head and your mind will experience enough to eventually let go and have Faith in your heart of hearts and in your purpose with Reiki.

For the beginner the full treatment hand positions are to help the practitioner gain some confidence in placing their hands on the healee while their intuition begins to develop. Once the practitioner begins to be guided through their intuition they may be guided to use only one two or several hand positions during a treatment. As the intuition further develops standard hand positions of the full treatment become optional choices.

There will be times that your intuition leads you to do a full treatment, perhaps not in the same order as the charts below but still using all the hand positions. The receiver may need a general uplifting and balancing of their whole system and not just healing in a certain area. Intuition!!

**Now Read "The Secret of Inviting Happiness"**

**Next read "The First Noble Truth"..... and continue reading the rest of the chapters on the Home Page of [www.AscensionReiki.com](http://www.AscensionReiki.com)**

## *Specific Ailments Can be Treated Hand Positions Below*

*(Writer: Andrew Bowling Usui Reiki Master/Teacher)*

*(<http://www.usuireiki.fsnet.co.uk/>)*

*(SPECIAL NOTE: These pages are a new translation of the Japanese document and NOT taken from any book.)*

*(This is a copy of Ms. Koyama's own manual.)*

*(Those who have seen the Hayasi manual will notice the similarities, also from the notes taken by Takata student.)*

*(The Guide to Method of Healing was written by Hayashi at Usui's request. It was used by Usui also, but of course he did not live long after meeting Hayashi.)*

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### *2. A Guide To Method of Healing*

#### *1. Basic treatment of body parts*

**\*Head area** - Forehead (hairline), general area, temples (temple) general area (of the head).

**Back of the head area** - neck area, crown area, stomach, intestines.

**Lowering Fever** - Same as above (head area), however, treat the source of the disease itself.

**Eye** - eye, inner eye corner, outer eye corner, neck area, Cranial vertebrae - C1, 2, 3.

**Nose** - nose bone, nose flares, between eyebrows, neck area, Cranial vertebrae - C1, 2, 3.

**Ear** - ear canal, front part and back part of ear, Cranial vertebrae - C1.

**Mouth** - cover mouth without touching lips.

**Tongue** - top side of tongue, root of the tongue (most likely from the outside, neck, under the chin).

**Throat** - thyroid cartilage, neck area.

**Lung** - lung area, back, inside of shoulder blade, Thoracic vertebrae T2, T3, T4, T5 T6.

**Heart** - heart area, Cranial neck vertebrae, C5, C6, C7. Thoracic vertebrae, T1, T2, T3, T4, T5.

**Liver** - Liver area, Thoracic vertebrae T8, T9, T10. (Especially right hand side)

**Stomach** - stomach area, Thoracic vertebrae T4, T6, T7, T8, T9, T10

**Intestine** - ascending colon, transverse colon, descending colon area, small intestine area, (navel point area), Thoracic vertebrae T6, T7, T8, T9, T10, Lumber vertebrae, L2, L3, L4, L5, buttocks.

**Bladder** - bladder area, Lumber vertebrae L4, L5.

**Uterus** - uterus area and both sides of it, Thoracic vertebrae T9, T10, T11, T12, L1, L2, L3, L4, L5, sacrum, coccyx.

**Kidney** - Kidney area, Thoracic vertebrae T11, T12

**Half Body Treatment** - neck muscles, shoulders, back muscles, both sides of the vertebrae, waist area, hip area.

*(This is called 'Hanshin Chiryō' This is done on the back. Rub along the areas indicated above See Techniques pages - Ketsueki Kokan-ho)*

**Tanden treatment** - under the navel, the area 3 finger widths down. (see Techniques)



## 2. *Nerve Disease*

**Nerve Weakness** - head area, eye, heart, stomach, intestines, reproductive organs, affected area, half body.

**Hysteria**- same as before (above)

**Cerebral Anemia** - head, stomach and intestine, heart.

**Cerebral Hemorrhage**- same

**Meningitis?** Same

**Headache** - head area \* (especially temples)

**Insomnia** - head area \* (especially back of head)

**Dizziness** - head area \* (especially forehead area)

**Cerebral Apoplexy (palsy)** - head area \* (especially affected side) heart, stomach and intestine, kidney, paralyzed area.

**Epilepsy** - Head area \*, stomach and intestines

**Dancing Disease (Chorea)** - head area \*, heart, affected area, palms, sole of feet, half body.

("pseudo"?, **symptoms: eyes are bulging out**) head area \*, eye, thyroid, heart, uterus, half body.

**Nerve Pain (Paralysis)** - head area \*, stomach and intestine (improve bowel movement) affected area

**Hiccups** - diaphragm, forehead, Cranial vertebrae C3, C4, C5

**Laryngitis** - forehead and temples, (mainly left hand side), throat area.

**Pain in neck**, head area, elbow, thumb

**Tinnitus** - ears, head area

## 3. *Respiratory Diseases*

**Bronchitis** - Bronchi, Trachea, coughing, throat, chest area, affected area

**Asthma** - Head area, chest area, heart cavity, throat, nose, heart

**Tuberculosis** - Head area, lung area, stomach and intestines, heart, Tanden

**Pleurisy** - Head area, affected area, stomach and intestines, Tanden

**Pneumonia** - Head area, heart, affected area, Tanden????

**Hemoptysis** - Affected lung area

**Nose - Bleed Nose**

**Ozena** - Nose, forehead or depression of chin

## 4. *Digestive System Diseases*

**Various diseases of esophagus** - Esophagus, heart cavity area, stomach, intestines

**Stomach diseases:** Gastritis, gastric ulcer, stomach cancer, stomach convulsion, dilation of stomach, grstaoptosis -Head Area, heart cavity area, stomach and intestines

**Inflammation of the intestine, intestine ulcer, diarrhea, constipation, etcetera** - Stomach and intestines

**Appendicitis** - Affected area (mainly right hip bone cavity), head area\*, stomach and intestines

**Parasite in intestines** - Head area\*, intestine

**Hemorrhoids** - Anus

**Abdominal edema** - Head area\*, Belly area

**Peritonitis** - Head area, affected area, Tanden???

**Jaundice** - Head area, stomach, intestines, liver, heart

**Cholelithiasis** - Liver (where pain is), stomach and intestine

**Hernia** - Affected area (herniated part), intestine wall

## 5. *Circulatory/Cardiovascular Diseases*

**Myocarditis** - Head area, heart, liver, kidney, bladder

**Endocarditis** - Heart

**Edema** - Heart, liver, kidney, bladder

**Arteriosclerosis** - Head area, heart, kidney, stomach and intestines, Tanden

**High Blood Pressure** - Same as before

**Crest Heart Disease??** - Head, heart, stomach and intestine, area of pain

**Beri Beri** - Heart, stomach and intestines, leg area

## 6. *Metabolic and Blood Diseases*

**Anemia** - Treat source of disease, head\*, heart, kidney, stomach and intestine, half body

**Purpura** - Head area, heart, kidney, stomach and intestine, spots, Tanden?

**Scurvy** - Head area, lung area, heart, kidney, stomach and intestine, half body, Tanden?

**Diabetes** - Head area, heart, liver, pancreas, stomach and intestine, kidney, bladder (half body rub upwards against vertebrae)

**Fat \_\_\_ (obesity)?** - Heart, kidney, stomach and intestines, half body

**Arthritis?** - Heart, kidney, bladder, stomach and intestine, Tanden?, pain area

**Heat Stroke** - Head area, heart, chest area, stomach and intestine, kidney, Tanden?

## 7. *Urinary Diseases*

**Nephritis** - Kidney, heart, bladder, Stomach and Intestines

**Pyelitis** - Kidney, bladder, Tanden

**Kidney Stones** - Kidney, stomach, intestines, bladder, pain area

**Uremia** - Head area, eyes, stomach, intestines, heart, kidney, bladder, Tanden

**Cystitis** - Kidney, bladder

**Bladder Stones** - Kidney, bladder, pain area

**Bed Wetting** - Head area (crown area) bladder, kidney

**Anuria** - Kidney, bladder, urethra

## 8. *Surgical and Dermatological Diseases*

**Wound** - Affected area (if excessive bleeding, use technique to stop bleeding)

**Fire burn** - Ice burn Affected area (treat with a distance until pain goes away)

**Sprain, Blow** - Affected area

**Inflammation in Lymph Glands** - Affected area, Tanden

**Fracture** - Affected area (five Reiki over fixed bandage)

**Splinter** - Affected area

**Dislocation** - Affected area

**Periostitis, Osteomyelitis, Arthritis, Muscle inflammation** - Affected area, Tanden

**Muscular Rheumatism** - head area, pain area, stomach, intestines, (enhance the bowel movements)

**Vertebrae, Caries (TB of the spine)** - Head area, affected area, Tanden

**Scoliosis** - affected area

**Pain in Vertebrae Marrow (lupus?)** - Heart cavity diaphragm\*, head area, Tanden, pain and troubled area

**Unconsciousness** - Heart, Head area, drowned person - let them throw up water

**Various Rashes, Hives** - Tanden, affected area

**Allergy** - Stomach, intestines, Tanden, affected area

**Baldness** - Head area, stomach, intestines, affected area, Tanden

**Hansen's Disease (Leprosy)** - Head area, stomach, intestines, Tanden, affected area, bladder

**Fungus Poison** - Head area, stomach, intestines, Tanden, affected area

## 9. *Pediatric Diseases*

**Colic (night crying)** - Head area, stomach, intestines

**Measles** - Head area, stomach, intestines, heart, rashed area

**German Measles** - Same as before

Whooping Cough - Head area, stomach, intestines, heart, lung, throat, heart cavity area

Polio - head area, stomach, intestines, vertebrae numbness area

Tonsillitis - Affected area

## 10. *Gynecological Diseases*

**Various Diseases in the Uterus** - Uterus area

**Through Pregnancy** - Uterus, (If you treat the womb, the fetus grows healthy and delivery is easy)

**Time of Delivery** - Sacrum area, lower abdomen area

**Morning Sickness** - Head area, uterus, stomach, Intestines, diaphragm

**Various Symptoms On Mother's Breast** - Breast

**Intrauterine Pregnancy)** - Head area, uterus, Pain area

## 11. *Contagious Diseases*

**Typhoid Fever** - Head Area, Heart, stomach, intestines, spleen, Tanden, (be careful with attached disease and treat it)

**Paratyphus** - Same as before

**Dysentery** - Head area, Heart, stomach, intestines, Tanden

**Infant Diarrhea** - Same as before

**Diphtheria** - Head area, throat, heart, chest area, stomach, intestines, kidney, Tanden, (inject blood serum)??

**Cholera** - Head area, stomach, intestines, heart, Tanden

**Scarlet Fever** - Head area, mouth, throat, heart, stomach, intestines, kidney, Tanden, scarlet colored area

**Influenza** - Head area, heart, lungs, stomach, intestines, Tanden, Half body, pain area

**Epidemic Cerebrospinal Meningitis** - Head area, neck area, eyes heart, stomach, intestines, kidneys, bladder, spinal cord, (mainly cerebral vertebrae), Tanden, hard area, or stiff area.

**Malaria** - Head area, heart, stomach, intestines, liver, spleen, Tanden, you better treat about 1 hour before convulsion

**St. Anthony's Fire (Crysipelas)** - Head area, heart area, stomach, intestines, Tanden, affected area

**Tetanus** - Head area, heart area, stomach, intestines, Tanden, wound area, pain area.

## *Recommended Reading*

There are many helpful books on Reiki. Each teacher has something to share and it is a good idea to read and study different sources of information on Reiki.

1. The Original Handbook of Dr. Mikao Usui: The Traditional Usui Reiki Ryoho Treatment Positions and Numerous Reiki Techniques for Health and Well-Being by Arjava Petter. A Good reference book with pictures of the Hand Positions and other helpful information.

2. The Hayashi Reiki Manual: Traditional Japanese Healing Techniques from the Founder of the Western Reiki System by Frank Arjava Petter- Tadao Yamaguchi- Chujiro Hayashi. A Good reference book with pictures of Hand Positions and other helpful information.

3. Essential Reiki by Diane Stein. A lot of information you won't find anywhere else. A more modern approach to Reiki, Symbols and attunements.

4. Reiki and the Healing Buddha by Maureen Kelley. Excellent Reference book. Her study of the four Usui Reiki Symbols is great and will give many insights into understanding them. A scholarly book. All of the symbols in this text can be found in her book.

If you wish to be formal in your Reiki Treatments a Client Information Form may be used, sample below.

### Client Information Form

I, the undersigned, hereby understand that the Reiki session given to me is not a substitute for medical, or psychological diagnosis, and treatment. I also understand that Reiki practitioners do not diagnose conditions, nor do they prescribe medications, perform medical treatment, or interfere with the treatment of any licensed medical professional. It is recommended that I consult my physician in regards to any medical or psychological ailment I may have.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Print Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Fee: \_\_\_\_\_

Progress and session record:

