

First Degree Reiki Manual



Eleanor Haspel-Portner, Ph.D.

**Illustrated by
Eleanor Haspel-Portner, Ph.D. & Cindy O. Smith**

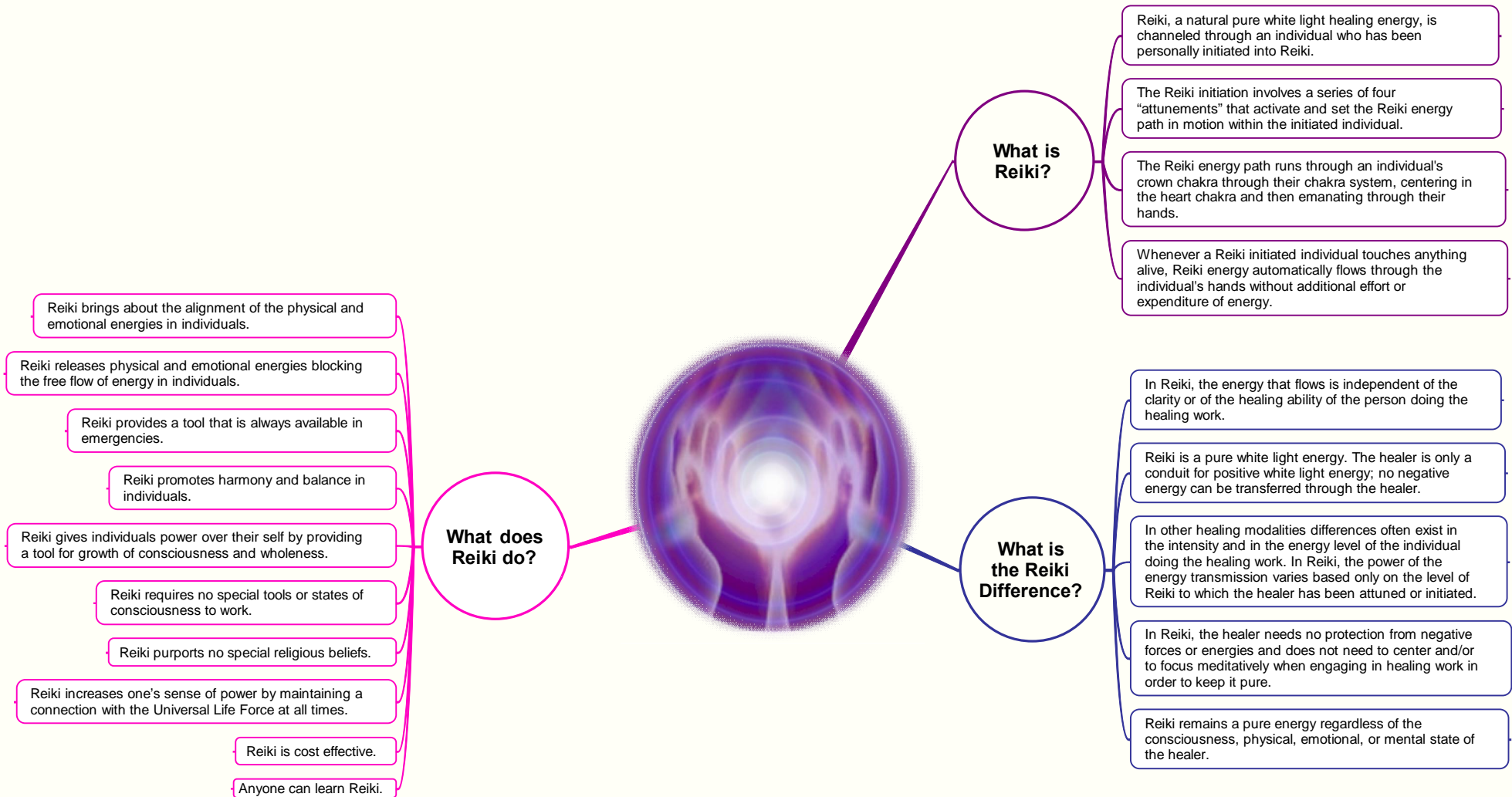
Dedication

*Dr. Mikao Usui & Mrs. Hawayo Takata brought Reiki to us in its pure form.
We carry it with light, love, and integrity honoring its pure tradition.*

Important Note:

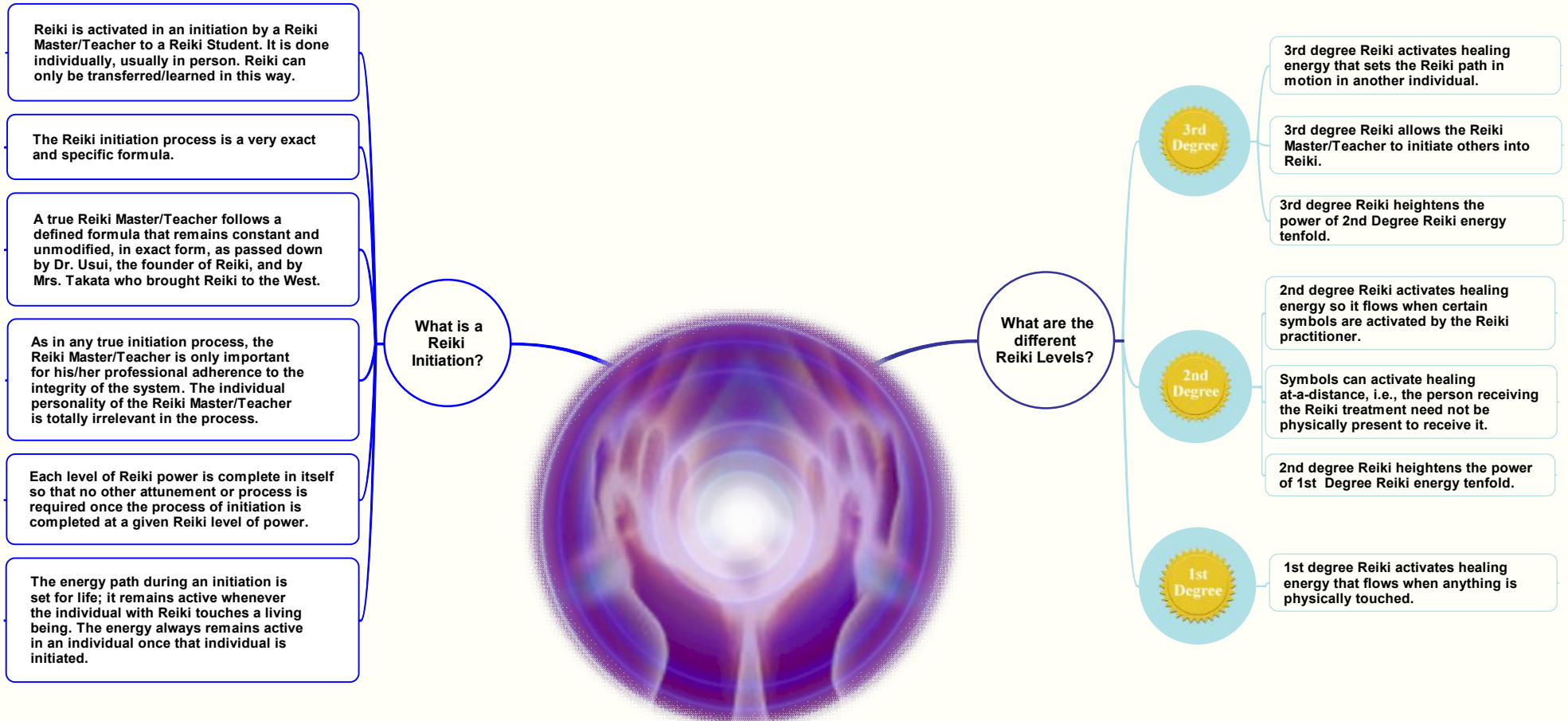
Material in this manual is not intended to replace a one-on-one relationship with a qualified health care professional. It is not intended as medical advice. This manual shares knowledge and information based only on the research and experience of the authors. You are advised and encouraged to consult with your health care professionals regarding all matters that concern your health. For more details see the last page of this manual.

Reiki Facts

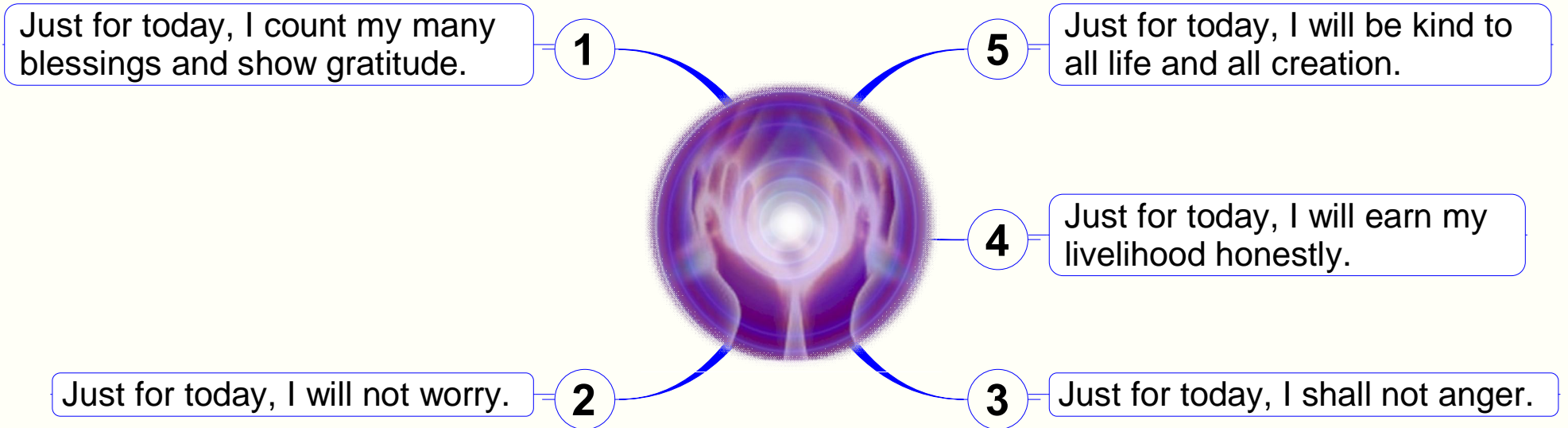


Reiki Levels and Initiation

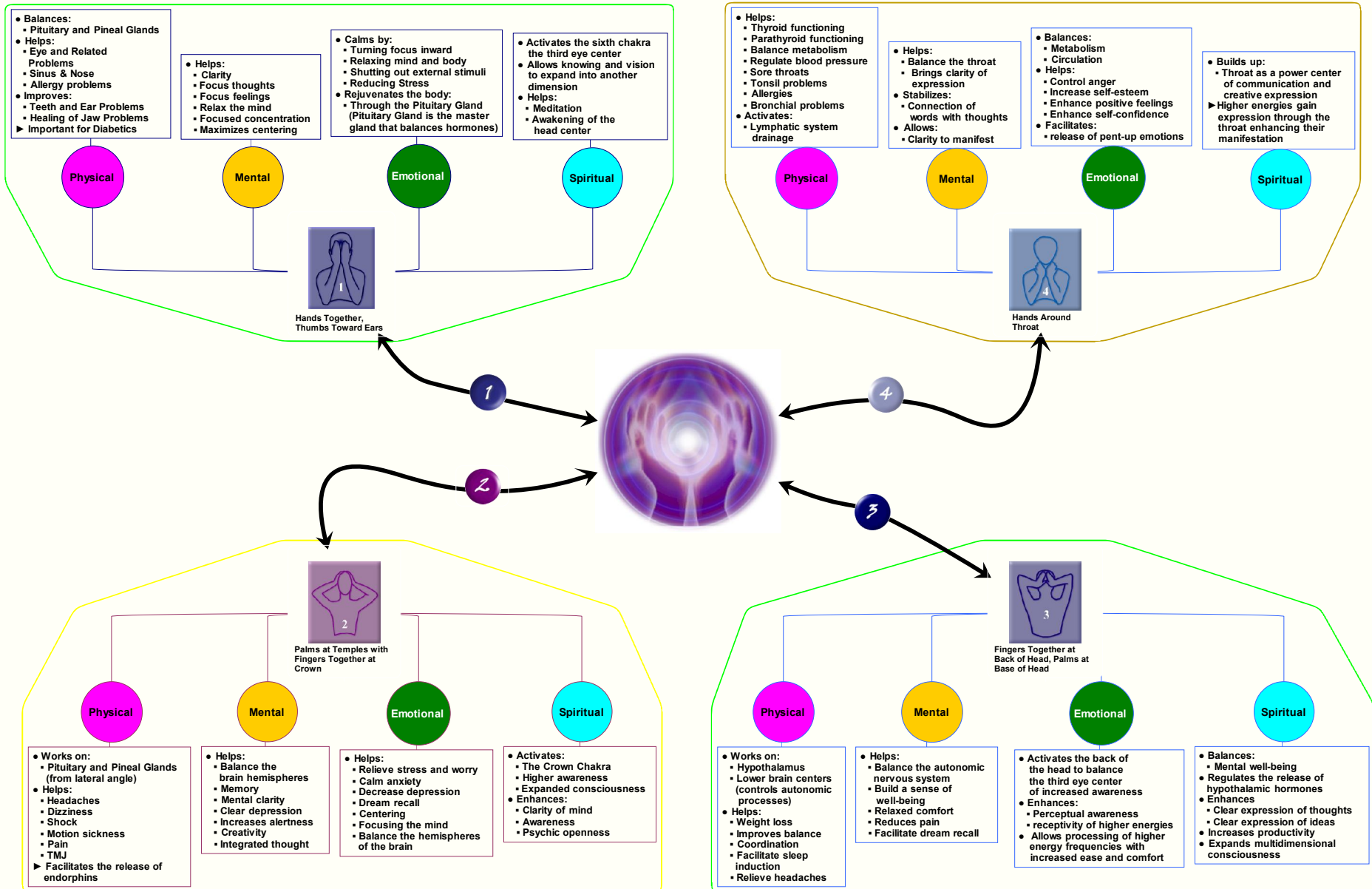
Three levels of Reiki are available that honor the integrity of the pure Reiki teaching.



THE REIKI PRINCIPLES

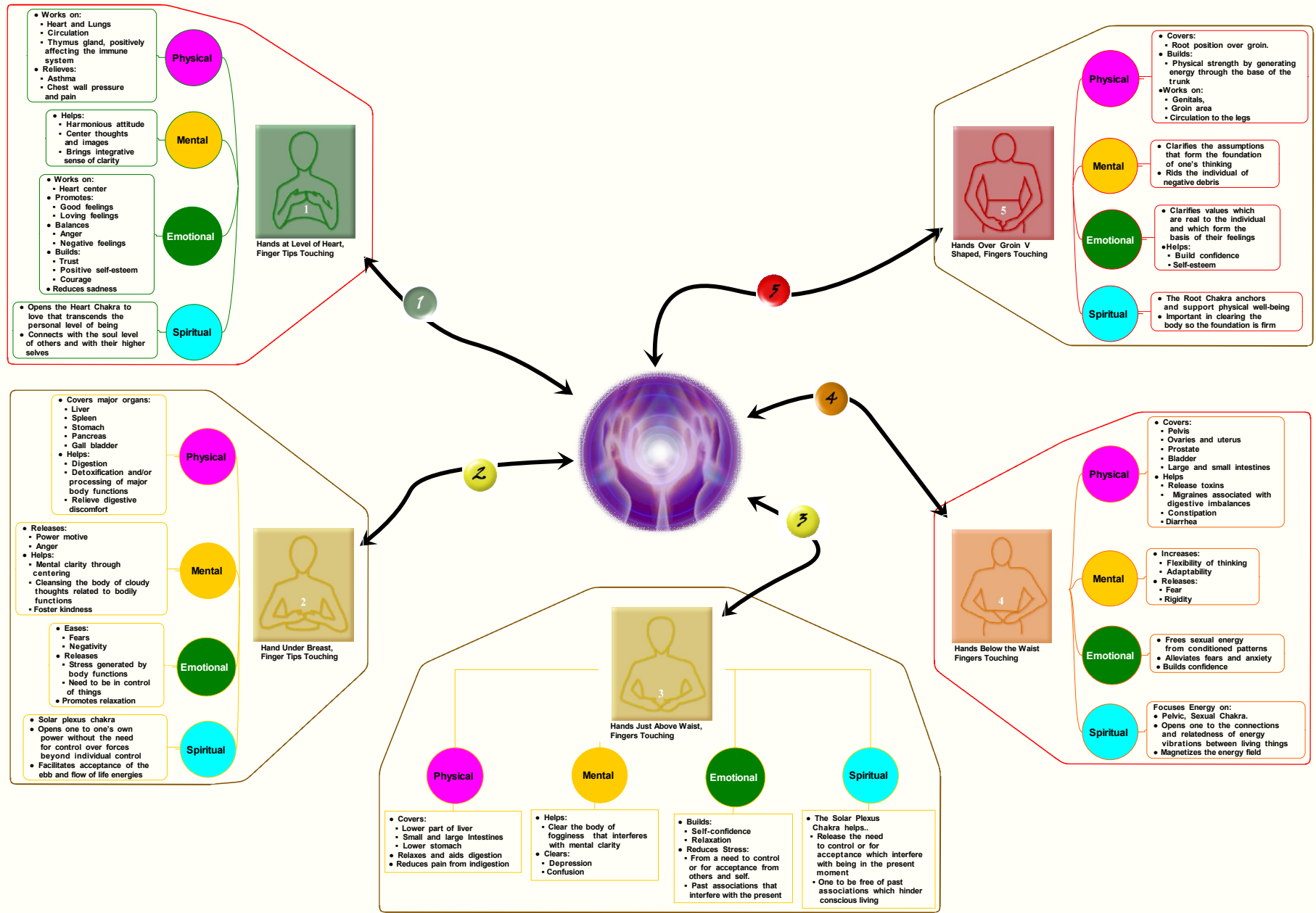


The Reiki Head Positions



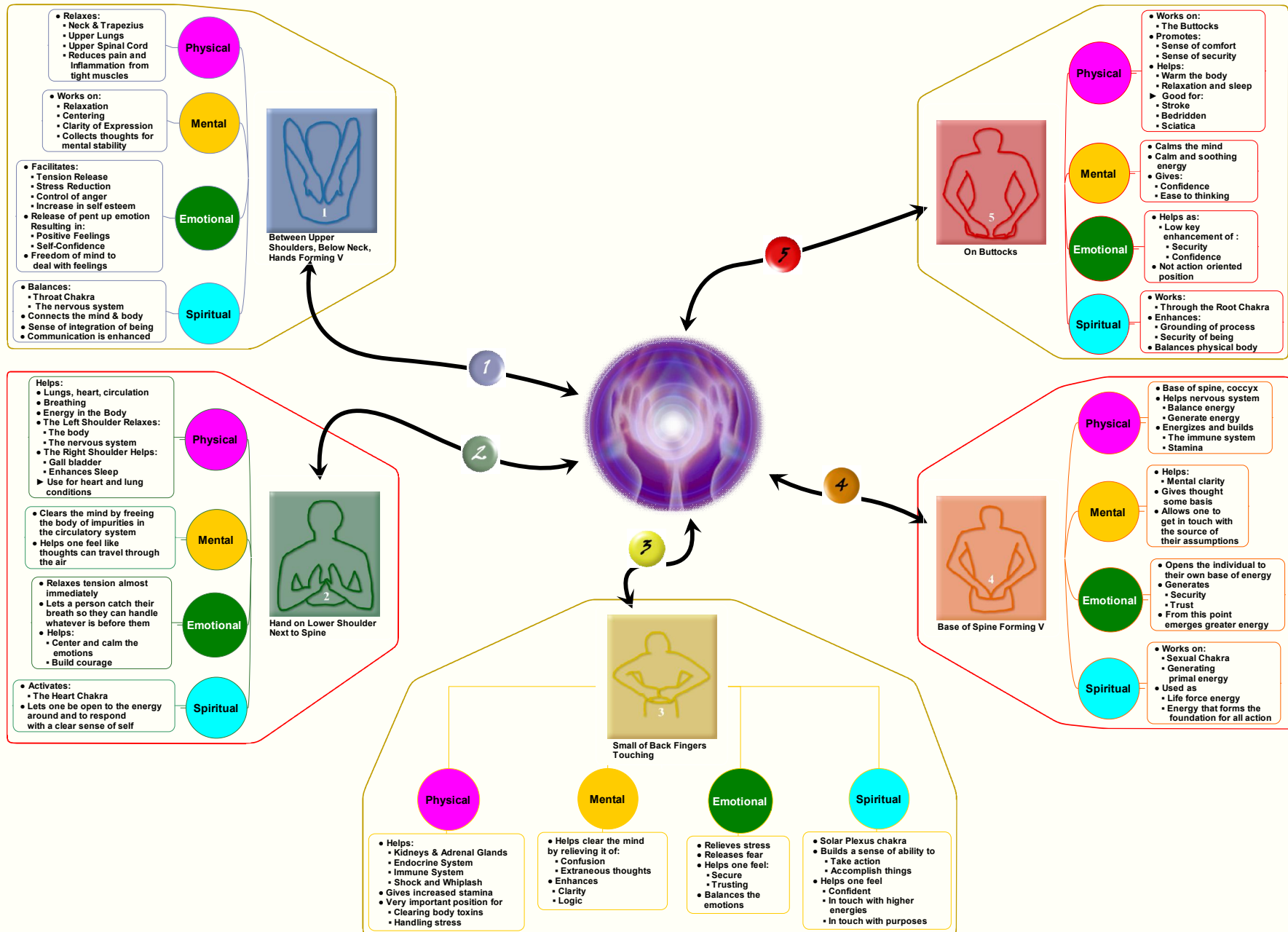
Position boundary boxes are color coded to the Noble Sciences™ body graph colors: Crown (Purple), Ajna (Blue), Heart, Sacral (Red), Throat, Solar Plexus, Root (Green). Hand positions are color coded to conventional chakra colors.

The Reiki Front Positions



Position boundary boxes are color coded to the Noble Sciences™ body graph colors: Crown (purple), Ajna (yellow), Heart, Sacral (red), Throat, Solar Plexus, Root (orange).

The Reiki Back Positions



Position boundary boxes are color coded to the Noble Sciences™ body graph colors: Crown ● Ajna ● Heart, Sacral ● Throat, Solar Plexus, Root. Hand positions are color coded to conventional chakra colors.

The Reiki Hand Positions

First Head Position



Hands Together,
Thumbs Toward Ears
Dark Blue Represents
the Ajna Chakra

- **Balances:**
 - Pituitary and Pineal Glands
- **Helps:**
 - Eye and Related Problems
 - Sinus & Nose
 - Allergy problems
- **Improves:**
 - Teeth and Ear Problems
 - Healing of Jaw Problems
- ▶ **Important for Diabetics**

Physical

- **Activates the sixth chakra**
the third eye center
- **Allows knowing and vision**
to expand into another
dimension
- **Helps:**
 - Meditation
 - Awakening of the
head center

Spiritual

- **Calms by:**
 - Turning focus inward
 - Relaxing mind and body
 - Shutting out external stimuli
 - Reducing Stress
- **Rejuvenates the body:**
 - Through the Pituitary Gland
(Pituitary Gland is the master
gland that balances hormones)

Emotional

- **Helps:**
 - Clarity
 - Focus thoughts
 - Focus feelings
 - Relax the mind
 - Focused concentration
 - Maximizes centering

Mental



The Reiki Hand Positions

Second Head Position



Palms at Temples With
Fingers Together at
Crown
Purple Represents the
Crown Chakra

- Works on:
 - Pituitary and Pineal Glands (from lateral angle)
- Helps:
 - Headaches
 - Dizziness
 - Shock
 - Motion sickness
 - Pain
 - TMJ
- ▶ Facilitates the release of endorphins

Physical

- Activates:
 - The Crown Chakra
 - Higher awareness
 - Expanded consciousness
- Enhances:
 - Clarity of mind
 - Awareness
 - Psychic openness

Spiritual

- Helps:
 - Balance the brain hemispheres
 - Memory
 - Mental clarity
 - Clear depression
 - Increases alertness
 - Creativity
 - Integrated thought

Mental

- Helps:
 - Relieve stress and worry
 - Calm anxiety
 - Decrease depression
 - Dream recall
 - Centering
 - Focusing the mind
 - Balance the hemispheres of the brain

Emotional

The Reiki Hand Positions

Third Head Position



Fingers Together at
Back of Head, Palms
at Base of Head
Dark Blue Represents the
Ajna Chakra

Physical

- Works on:
 - Hypothalamus
 - Lower brain centers (controls autonomic processes)
- Helps:
 - Weight loss
 - Improves balance
 - Coordination
 - Facilitate sleep induction
 - Relieve headaches

Spiritual

- Balances:
 - Mental well-being
- Regulates the release of hypothalamic hormones
- Enhances
 - Clear expression of thoughts
 - Clear expression of ideas
- Increases productivity
- Expands multidimensional consciousness

Mental

- Helps:
 - Balance the autonomic nervous system
 - Build a sense of well-being
 - Relaxed comfort
 - Reduces pain
 - Facilitate dream recall

Emotional

- Activates the back of the head to balance the third eye center of increased awareness
- Enhances:
 - Perceptual awareness
 - receptivity of higher energies
- Allows processing of higher energy frequencies with increased ease and comfort

The Reiki Hand Positions

Fourth Head Position



Hands Around Throat
Light Blue Represents
the Throat Chakra



Physical

- **Helps:**
 - Thyroid functioning
 - Parathyroid functioning
 - Balance metabolism
 - Regulate blood pressure
 - Sore throats
 - Tonsil problems
 - Allergies
 - Bronchial problems
- **Activates:**
 - Lymphatic system drainage

Spiritual

- **Builds up:**
 - Throat as a power center of communication and creative expression
 - ▶ Higher energies gain expression through the throat enhancing their manifestation

- **Helps:**
 - Balance the throat
 - Brings clarity of expression
- **Stabilizes:**
 - Connection of words with thoughts
- **Allows:**
 - Clarity to manifest

Mental

Emotional

- **Balances:**
 - Metabolism
 - Circulation
- **Helps:**
 - Control anger
 - Increase self-esteem
 - Enhance positive feelings
 - Enhance self-confidence
- **Facilitates:**
 - Release of pent-up emotions

The Reiki Hand Positions

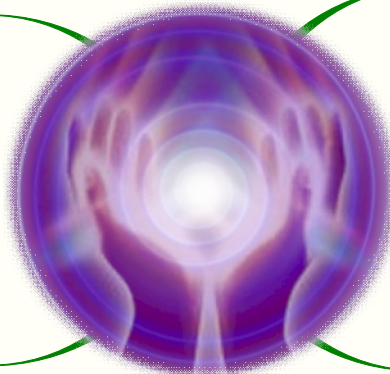
First Front Position



Hands at Level of Heart,
Finger Tips Touching
Green Represents the
Heart Chakra

- Works on:
 - Heart and Lungs
 - Circulation
 - Thymus gland, positively affecting the immune system
- Relieves:
 - Asthma
 - Chest wall pressure and pain

Physical



- Opens the Heart Chakra to love that transcends the personal level of being
- Connects with the soul level of others and with their higher selves

Spiritual

- Helps:
 - Harmonious attitude
 - Center thoughts and images
 - Brings integrative sense of clarity

Mental

- Works on:
 - Heart center
- Promotes:
 - Good feelings
 - Loving feelings
- Balances
 - Anger
 - Negative feelings
- Builds:
 - Trust
 - Positive self-esteem
 - Courage
- Reduces sadness

Emotional

The Reiki Hand Positions

Second Front Position



Hand Under Breast,
Finger Tips Touching
Yellow Represents the
Solar Plexus Chakra

- Covers major organs:
 - Liver
 - Spleen
 - Stomach
 - Pancreas
 - Gall bladder
- Helps:
 - Digestion
 - Detoxification and/or processing of major body functions
 - Relieve digestive discomfort

Physical

- Solar plexus chakra
- Opens one to one's own power without the need for control over forces beyond individual control
- Facilitates acceptance of the ebb and flow of life energies

Spiritual

- Releases:
 - Power motive
 - Anger
- Helps:
 - Mental clarity through centering
 - Cleansing the body of cloudy thoughts related to bodily functions
 - Foster kindness

Mental

- Eases:
 - Fears
 - Negativity
- Releases
 - Stress generated by body functions
 - Need to be in control of things
- Promotes relaxation

Emotional

The Reiki Hand Positions

Third Front Position



Hands Just Above Waist,
Fingers Touching
Yellow Represents the
Solar Plexus Chakra

- **Covers:**
 - Lower part of liver
 - Small and large Intestines
 - Lower stomach
- Relaxes and aids digestion
- Reduces pain from indigestion

Physical

- The Solar Plexus Chakra helps..
 - Release the need to control or for acceptance which interfere with being in the present moment
 - One to be free of past associations which hinder conscious living

Spiritual

- **Helps:**
 - Clear the body of fogginess that interferes with mental clarity
- **Clears:**
 - Depression
 - Confusion

Mental

- **Builds:**
 - Self-confidence
 - Relaxation
- **Reduces Stress:**
 - From a need to control or for acceptance from others and self.
 - Past associations that interfere with the present

Emotional

The Reiki Hand Positions

Fourth Front Position



Hands Below the Waist
Fingers Touching
Orange Represents the
Sex Chakra

- **Covers:**
 - Pelvis
 - Ovaries and uterus
 - Prostate
 - Bladder
 - Large and small intestines
- **Helps**
 - Release toxins
 - Migraines associated with digestive imbalances
 - Constipation
 - Diarrhea

Physical

- **Focuses Energy on:**
 - Pelvic, Sexual Chakra.
 - Opens one to the connections and relatedness of energy vibrations between living things
 - Magnetizes the energy field

Spiritual

- **Increases:**
 - Flexibility of thinking
 - Adaptability
- **Releases:**
 - Fear
 - Rigidity

Mental

- **Frees sexual energy from conditioned patterns**
- **Alleviates fears and anxiety**
- **Builds confidence**

Emotional

The Reiki Hand Positions

Fifth Front Position



Hands Over Groin V-Shaped,
Fingers Touching
Red Represents the
Root Chakra

- **Covers:**
 - Root position over groin.
- **Builds:**
 - Physical strength by generating energy through the base of the trunk
- **Works on:**
 - Genitals,
 - Groin area
 - Circulation to the legs

Physical

- The Root Chakra anchors and support physical well-being
- Important in clearing the body so the foundation is firm

Spiritual

- Clarifies the assumptions that form the foundation of one's thinking
- Rids the individual of negative debris

Mental

- Clarifies values which are real to the individual and which form the basis of their feelings
- Helps:
 - Build confidence
 - Self-esteem

Emotional

The Reiki Hand Positions

First Back Position



Between Upper Shoulders,
Below Neck Hands Form a
V-Shape
Light Blue Represents the
Heart Chakra

- **Relaxes:**
 - Neck & Trapezius
 - Upper Lungs
 - Upper Spinal Cord
 - Reduces pain and Inflammation from tight muscles

Physical

- **Balances:**
 - Throat Chakra
 - The nervous system
- Connects the mind & body
- Sense of integration of being
- Communication is enhanced

Spiritual

- **Works on:**
 - Relaxation
 - Centering
 - Clarity of Expression
 - Collects thoughts for mental stability

Mental

- **Facilitates:**
 - Tension Release
 - Stress Reduction
 - Control of anger
 - Increase in self esteem
- Release of pent up emotion
- Resulting in:
 - Positive Feelings
 - Self-Confidence
- Freedom of mind to deal with feelings

Emotional



The Reiki Hand Positions

Second Back Position



Hand on Lower Shoulder
Next to Spine
Green Represents the
Throat Chakra

Helps:

- Lungs, heart, circulation
- Breathing
- Energy in the Body
- The Left Shoulder Relaxes:
 - The body
 - The nervous system
- The Right Shoulder Helps:
 - Gall bladder
 - Enhances Sleep
- ▶ Use for heart and lung conditions

Physical

Spiritual

- Activates:
 - The Heart Chakra
- Lets one be open to the energy around and to respond with a clear sense of self

- Clears the mind by freeing the body of impurities in the circulatory system
- Helps one feel like thoughts can travel through the air

Mental

Emotional

- Relaxes tension almost immediately
- Lets a person catch their breath so they can handle whatever is before them
- Helps:
 - Center and calm the emotions
 - Build courage

The Reiki Hand Positions

Third Back Position



Small of Back Fingers Touching
Yellow Represents the
Solar Plexus Chakra

- **Helps:**
 - Kidneys & Adrenal Glands
 - Endocrine System
 - Immune System
 - Shock and Whiplash
- Gives increased stamina
- Very important position for
 - Clearing body toxins
 - Handling stress

Physical

- Solar Plexus chakra
- Builds a sense of ability to
 - Take action
 - Accomplish things
- Helps one feel
 - Confident
 - In touch with higher energies
 - In touch with purposes

Spiritual

- Helps clear the mind by relieving it of:
 - Confusion
 - Extraneous thoughts
- Enhances
 - Clarity
 - Logic

Mental

- Relieves stress
- Releases fear
- Helps one feel:
 - Secure
 - Trusting
- Balances the emotions

Emotional

The Reiki Hand Positions

Fourth Back Position



Base of spine forming V
Orange Represents the
Sex Chakra

- Base of spine, coccyx
- Helps nervous system
 - Balance energy
 - Generate energy
- Energizes and builds
 - The immune system
 - Stamina

Physical

- Works on:
 - Sexual Chakra
 - Generating primal energy
- Used as
 - Life force energy
 - Energy that forms the foundation for all action

Spiritual

- Helps clear the mind by relieving it of:
 - Confusion
 - Extraneous thoughts
- Enhances
 - Clarity
 - Logic

Mental

- Opens the individual to their own base of energy
- Generates
 - Security
 - Trust
- From this point emerges greater energy

Emotional

The Reiki Hand Positions

Fifth Back Position



On Buttocks
Red Represents the
Root Chakra

- Works on:
 - The Buttocks
- Promotes:
 - Sense of comfort
 - Sense of security
- Helps:
 - Warm the body
 - Relaxation and sleep
- ▶ Good for:
 - Stroke
 - Bedridden
 - Sciatica

Physical

- Works:
 - Through the Root Chakra
- Enhances:
 - Grounding of process
 - Security of being
- Balances physical body

Spiritual

- Calms the mind
- Calm and soothing energy
- Gives:
 - Confidence
 - Ease to thinking

Mental

- Helps as:
 - Low key enhancement of :
 - Security
 - Confidence
- Not action oriented position

Emotional

About the Author

Eleanor Haspel-Portner, Ph.D.

Eleanor Haspel-Portner, Ph.D. became involved in meditation and energy work in the early 1970's. Reiki came to her attention in 1977 when she enrolled in a Reiki class to determine if it had any validity. Mrs. Takata was present at the Reiki class that Eleanor attended. After the First attunement Eleanor was instructed to go home that night and to work on herself using the four Reiki head positions. She followed the instructions and when she awoke the next morning she noted that she could see without her glasses, which she wears for very severe myopia. Something extraordinary had happened. Eleanor took this experience to mean that indeed there was validity to Reiki. After receiving the Second Reiki attunement, Eleanor noted that her perfect vision lasted for an even longer period of time. She received all First Degree Reiki initiations and went on to study Second Degree Reiki. At that time, Mrs. Takata did not make Third Degree Reiki available. Mrs. Takata passed the Reiki keys to others before her death in 1980; after she died Reiki became more generally available; Eleanor studied third degree Reiki in 1981.

Eleanor received her Ph.D. from The University of Chicago, Department on Comparative Human Development, the first doctoral social science interdisciplinary department in the United States. Eleanor, a licensed clinical psychologist (Psy5297) and Board Certified Coach, uniquely integrates her background and training in psychology, biology, anthropology, and sociology with esoteric studies. She is President of the Southern California Society for Clinical Hypnosis, a Certified ASCH approved consultant, certified Clean Language Coach, and a member of numerous professional associations. By applying multidimensional **Noble Sciences Tools™** that she developed and validated, Eleanor helps people transform their lives. Eleanor helps thousands of individuals, couples, and groups synthesize their life experiences in practical ways for living healthy, successful, and creative lives. Eleanor strongly believes that each individual's core Self manifests fully when given support and encouragement. She also believes that many people simply need some directional help to feel empowered in their lives. Eleanor and Marvin work together in documenting their work. They met in India on August 13, 1978 and live closely together with their four cats. Five pet ducks grace their yard. They very much enjoy their children and grandchildren.

Collaborative Assistance

Marvin M. Portner, M.D.

Marvin Portner, M.D. had been doing healing work for many years when Eleanor introduced him to Reiki in 1978. The purity and the healing power of the Reiki energy impressed him. Marvin found that the intensity and reliability of the energy work he did after his Reiki initiations brought a new dimension to his other work with patients. Marvin expanded his study of Reiki through the years and has been consistently using and teaching it since he and Eleanor were initiated as Reiki Master Teachers in 1981.

Marvin M. Portner, M.D., was born in Detroit, Michigan on March 15, 1938 at 2:54 pm EST. He is Board Certified in Internal Medicine, Allergy and Immunology, both Pediatric and Adult. Marvin graduated from the University of Michigan Medical School with high honors. Although Marvin worked in traditional medicine for many years, he became an early pioneer in the field of holistic complimentary medicine. He has been involved in synthesizing/integrating Western and Eastern medicine as well as working with mind/body medicine for over thirty-five years. His medical practice remains personalized and interactive, making him a rare practitioner in today's marketplace.

Dyan Haspel-Johnson, Ph.D.

Dyan Haspel-Johnson, Ph.D. learned First Degree Reiki when she was seven years old shortly after Eleanor was initiated. She studied Second Degree Reiki two years later and became the youngest Reiki Master in the early 1980's. Thus, Dyan has been using Reiki and has been doing Reiki attunements and initiations since that time. Dyan was born in Chicago, Illinois. She received her Ph.D. in Psychology from Saybrook Graduate School in 2000. Her specialty training focused on mind/body issues in psychology and health. Dyan currently works in private practice as a licensed psychologist (Psy22913) in Santa Monica. She works doing healing work with Marvin in his holistic medical office one day a week. She is also President of Programs for the Southern California Society for Clinical Hypnosis and is an Adjunct Faculty Member of UCLA.

Cindy Smith

Cindy Smith was introduced to Reiki in June 2007 and initiated into First and Second Degree Reiki by Eleanor. Upon learning Reiki, Cindy began working with the tools and found it profoundly expansive in her own development. She and Eleanor began working together on developing the Reiki Mind Maps that serve as a highly instructive tool in learning and using the tools taught in all levels of Reiki. Cindy was born in High Point, North Carolina. Cindy has spent the last 12 years working with Internet related technologies. Originally she worked redesigning and rewriting customer support documentation to make it more user-friendly and understandable. In addition, her knowledge and experience in the field of Internet Operations includes the design and management of Internet server systems, wide area network solutions, and website design and graphics. Cindy has studied various forms of spiritual thought and personality theory for over 25 years. She began working intensively with **Noble Sciences™ Tools** and collaborates with Eleanor in further developing her materials. Cindy met her husband through a mutual love of skydiving. They have been married for 20 years and have a grown daughter.

Note:

Through the years many factions developed in the Reiki organization and individuals began to change the attunements and the teaching, thus, diluting its energy and dissipating its integrity. Not all individuals who claim to teach Reiki have the keys to do the attunements and some people who claim to teach Reiki do not even realize that a specific attunement process that sets the energy path is required. Eleanor, Marvin, and Dyan continue to honor the purity of the Usui Reiki teaching and do the Usui Reiki attunements without any modifications to the system.

Classes

Reiki First Degree, Second Degree and Third Degree (part 1 and 2) trainings are available.

For more information call: Portner Medical Corporation at: (310) 454-6226 or **Noble Sciences, LLC.** at: (310) 230-7787 or contact the office at: info@noblescience.com.

Disclaimer:

Material in this manual is not intended to replace a one-on-one relationship with a qualified health care professional. It is not intended as medical advice. This Manual shares knowledge and information based only on the research and experience of the authors. You are advised and encouraged to consult with your health care professional regarding all matters that concern your health.

Your personal health care professional are important to consult with regarding all matter related to your health. Only your personal health care professional is qualified to recommended to diagnose, treat, cure and prevent specific medical and psychological problems. Symptoms often require diagnosis or immediate attention. This manual is not a substitution for qualified medical or psychological help for your conditions. Noble Sciences, LLC. strongly advises that the reader seek professional advice before making any health decision. Reiki is not a substitute for medical or psychological treatment.

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