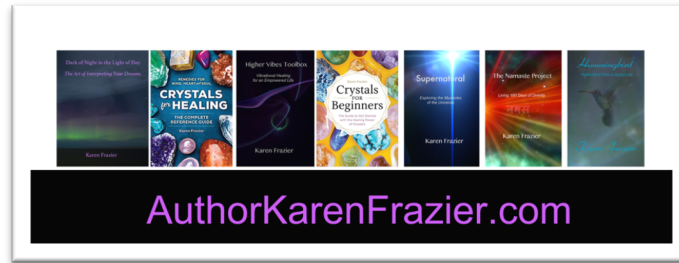




First Degree Usui Ryoho Reiki Manual:

First Degree Reiki Practitioner

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First Degree Reiki Manual – Reiki First Degree Practitioner

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Introduction

Everyone has the power to heal themselves, including you. Your body has an innate wisdom in which it can return to balance and health of body, mind, and spirit. Sometimes, however, events in life may affect us physically, emotionally, mentally, or spiritually that cause our energy to become blocked or to stagnate. This can lead to a host of imbalances of body, mind, or spirit, which may manifest as illness, emotional, mental, or spiritual pain, or other issues of the body, mind, and spirit.

Reiki is one energy healing modality that can help you rebalance energies in the body, mind, and spirit. The energy, when received, works for the greatest and highest good of the recipient, which can be a person, place, object, animal, or situation. Reiki has its own innate intelligence and goes where it is needed to bring healing to the person, animal, place, object, or situation.

What Is Energy Healing?

Everything in the universe contains energy. This energy flows throughout the universe, forming the very substance of life. Energy healing modalities like Reiki work with this energy, helping it to flow where it is needed and remove things that may block the flow of energy.

This is the principle behind a commonly known form of energy healing, acupuncture. The insertion of needles into key points along energy pathways known as meridians can help clear energy blockages so it can flow freely along its path.

Likewise, the healing art of chiropractic is a form of energy medicine that works with more conventional energy pathways – neural pathways. In the human body, energy flows along the nerves throughout the body, sending critical signals and information to organs, muscles, bones, and other nerves. When something in the body blocks this energy (such as a bony misalignment known in chiropractic as a subluxation), the nerve signals are no longer able to get where they need to go. For example, imagine that there is a blockage of the nerve along the pathway to the stomach. Suddenly, the stomach no longer receives the body's energetic signals and begins to malfunction. This can cause a host of stomach issues experienced by the person with the blockage. In this case, the chiropractor makes an adjustment of the bones causing the blockage, and suddenly the energy is free to flow to the stomach once more, allowing the body to use its own innate intelligence to heal itself.

Chiropractic is a physical form of energy work that uses the body's physical energy systems – neural pathways. On the other hand, energy healing modalities work with the body's subtle energy anatomy – which includes chakras, auras, meridians, and other energies. Much like a chiropractic adjustment frees energy in the nervous system to flow freely throughout the body, energy healing clears blockages and balances the body's energetic anatomy to allow the energy to flow where it is needed for physical, spiritual, emotional, and mental healing.

What Is Reiki?

Reiki is a form of healing energy that comes from the universe. While its use in its current form comes from the modern age, Reiki energy is as old as the universe itself. Reiki is a form of hands-on healing energy that can also be sent to people, places, objects, animals, and situations across distances of space and time.

To use Reiki, practitioners must be attuned to the energy so it flows freely from them to others. While you can learn the basics, hand positions, and history of Reiki, until you are attuned to the energy, you will not be able to perform hands-on or distance Reiki healing. Reiki practitioners can be attuned to three or four degrees (depending on the Reiki master), First Degree (hands-on), Second Degree (distance healing) and Master/Teacher Degree (Reiki master/teacher – shinpiden). Only Reiki masters can provide attunements to the different Reiki degrees, either in person or via a distance attunement.

While many use Reiki to bring about physical healing, it is also a spiritual practice and discipline that can help both practitioners and subjects gain wisdom, increase awareness, and experience insight about the greater truths of the universe.

What Happens During Reiki Healing?

Like other forms of energy healing and energy work (such as yoga or martial arts), Reiki works with the body's energy, which is known as Qi or Prana. When using Reiki energy, it comes through the practitioner and into the healing subject. It is important to realize that when you use Reiki energy, it comes through you and not from you. This means that when you are performing a Reiki healing session, you are also healing yourself.

Reiki First Degree practitioners typically begin a session by sweeping the aura of the subjects. Next, he or she activates the flow of Reiki energy and then begins the session, using hand positions directly on or a few inches above the subject's body. The practitioner holds each position for three to five minutes, allowing the Reiki to flow, before moving to the next position. A complete Reiki session lasts about an hour.

During a Reiki healing session, Reiki comes through the practitioner into the subject and rebalances energy, clearing blockages so it can flow freely. First Degree Reiki practitioners do this in-person using various hand positions. As the practitioner grows more comfortable with practice and more intuitively tied in to the Reiki energy, he or she may be intuitively guided to where to place their hands. However, there is no wrong way to offer Reiki energy, and the energy will always flow where its needed for the best and highest interests of all involved, regardless of where a Reiki practitioner places his or her hands.

People have studied Reiki practitioners during a session and found that their hands emit an energy frequency between 7 and 10 Hz, which is a frequency associated with physical healing. During sessions, subjects may notice warmth or heat and relaxation. They may see swirling lights or notice they are feeling a reduction in fear and anxiety. It's important that both the

practitioner and the subject enter into a Reiki session with no expectations. The best way to experience Reiki is to allow it work with its own intelligence without trying to force any specific result.

How Does Reiki Work

No one knows exactly how Reiki works, but many people have experienced healing with this modality. One possible explanation is the principle of entrainment.

When two oscillating bodies are near one another, they have a tendency to lock into phase and begin oscillating in harmony. This law of physics is known as entrainment. It was initially discovered in the 1600s, when a Dutch scientist named Christian Huygens discovered that when he put two clocks with pendulums close to each other on a wall, eventually they would lock into phase with one another and the pendulums would swing together. Huygens discovered this worked for other objects, as well.

Entrainment comes into play in most forms of energy healing. For example, crystals or sounds vibrate at a certain frequency, and when they are in proximity with a human body, the body will begin to vibrate within the same frequency. The same goes for Reiki.

During a Reiki session, energy flows from the practitioner, and the subject's body draws the energy in. In this way, the two move into synch to bring about healing of the body, mind, and spirit. Being attuned to Reiki allows the practitioner to align with this energy so it flows freely through him or her and into the subject.

Your Subtle Energy Anatomy

Just as you have a physical anatomy, you also have a subtle energy anatomy. Your body's energy centers connect the physical you to the Divine.

Aura

Your aura is the part of your energy anatomy that surrounds your body in space. It has multiple layers, and can extend many feet from your body. Living beings (including plants) all have auras, something that can be seen using a special technique called Kirilian photography.

Your aura is a reflection of your physical, mental, emotional, and spiritual energies. It starts at the edge of your body and extends out in multiple layers beyond you, eventually blending into the energy of the universe that surrounds you.

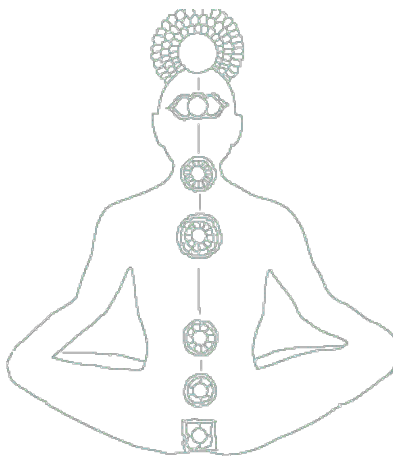
Your aura sends your energy into the universe and pulls universal energy into you.

Chakras

You also have energetic centers in your body called chakras. Your chakras are spinning wheels of energy that run down the center of your body, connecting your physical you with the energy of the universe.

In your body, you have seven basic chakras (which roughly correspond to 10 energy centers called sefirot in Kabbalah). Each of these energy centers corresponds with a certain frequency, a certain color, and various physical, emotional, and spiritual issues. For more information, see the chakras handout.

Your chakras need to be balanced in order for your energy to flow freely. Chakras that are either overactive, underactive, or even blocked can lead to a host of mental, emotional, and physical issues.



Meridians

The meridian system comes from Chinese medicine. In your body, your meridians are your energy pathways. All living objects have energy meridians, which distribute Qi throughout the entire body. The meridian system is highly complex and requires special study. In terms of Reiki, it's just important to know that these pathways exist, and that Reiki will travel along meridians to where it is needed.

The History of Reiki

All Reiki Masters are required to teach the history of Reiki to First Degree practitioners before attunement. The history of Reiki in the West has been taught as an oral tradition; therefore, many aspects of the oral history of Reiki that have been passed down were not backed up by historical fact. As much as possible, I've tried to include the historical facts that have been gathered and indicate where legend takes over.

The Beginning

Documentation of Reiki being practiced in Japan comes as early as 1914 when a therapist named Watiji Kwakami offered something he called Ryoho Reiki.

Kwakami wrote a book called *Reiki Healing and its Effects (Reiki Ryoho to Sono Koka)*, and at the time there were other forms of Reiki being practiced in Japan, as well. However, these aren't the system of Reiki (although the energy is the same) that came to the West in the form of Usui Ryoho Reiki.

The Legend and History of Dr. Mikao Usui

Mikao Usui was born in 1865 to a wealthy Buddhist family. He studied in a Buddhist monastery, where he learned many practices including martial arts and Chi Kung.



Dr Mikao Usui
Founder & 1st Grand Master

Dr. Usui always had an interest in healing and medicine, and he sought a form of hands on energy healing that was accessible to everyone regardless of belief system or religious background. After working at various jobs, he became a Buddhist Monk.

In the 1920s, Dr. Usui went to a cave on Mt. Kumara to pray and meditate, which he did for 21 days. On the morning of the 21st day, he had a mystical experience. He saw light and Sanskrit symbols on the cave wall. From these, he developed a system of hands-on healing, which became Usui Ryoho Reiki.

According to legend, on the last day in the cave as he prayed he asked to be shown the light. Suddenly, a bright light appeared in the sky and came rapidly towards him, hitting him on his forehead, at the third eye chakra. Usui was knocked unconscious, and in this altered state saw a vision of the same symbols he had found in the Sutras.

Legend says when Usui regained consciousness, he returned down the mountain. On his descent, he stubbed and cut his toe, he instinctively placed his hand on the toe and the bleeding and pain stopped immediately.

At a nearby village he stopped to eat and rest. He was able to eat a healthy meal without any stomach pain despite his 21 days fasting. The girl who served Usui the meal was suffering from a toothache. Usui asked if he could place his hands on her swollen face, she agreed, and he was able to ease the swelling and pain. Usui returned to the monastery and found his friend, the Abbot in bed suffering from severe arthritis. Again Usui was able to relieve the pain. Usui called this gift Reiki, the Japanese word for universal life force.

These experiences became known as the four miracles, and no historical or written fact exists to support them, but they are often shared in the West as part of the Legend of Dr. Usui.

Dr. Usui established a clinic in Kyoto and later a school for training Reiki practitioners. Before his death in 1926, he taught several people so they could carry on the tradition. One was Dr. Chujiro Hayashi.

Dr. Chujiro Hayashi



Chujiro Hayashi was a physician and retired Navy physician. He graduated from the Naval Academy with a degree in medicine in 1902. While in the Navy, Hayashi learned about Reiki from some of his fellow physicians who had trained with Dr. Usui.

In 1925, when he was 46, Dr. Hayashi became a Reiki Master-Teacher, trained and attuned by Dr. Usui. Dr. Usui asked him to establish a clinic to carry on his teachings, and Hayashi opened his clinic in Tokyo, eventually expanding with additional clinics in other cities. It was in one of his clinics where he taught Madam Takata. He then went to visit her at her home in Hawaii, where he continued her teaching.

Upon his return from Hawaii, the Japanese government asked him to provide them with strategic information about Hawaii. Dr. Hayashi declined, and he was accused of being an American spy. To avoid further issues, he chose to end his life through seppuku (ritual suicide), which was considered an honorable act, on May 11, 1944.

Madam Takata

Mrs. Hawayo Takata brought Reiki from Japan to the West in 1937 and continued to practice and teach until she passed away in 1980.

This is a summary of Madam Hawayo Takata's version of her years leading up to her contact with Reiki at the Hayashi clinic.

Madam Takata stated that she was born on December 24th, 1900, on the island of Kauai, Hawaii. Her parents were Japanese immigrants and her father worked in the sugar cane fields. Takata married the bookkeeper (Saichi Takata) of the plantation where she was employed and they had two daughters. In October 1930 Saichi died at the age of 34.

After five years of long hours of labor to support her family, Takata developed severe abdominal pain and a lung condition, and had a nervous breakdown. Soon after, one of Takata's sisters died, and it was her responsibility to travel to Japan, where her parents had resettled to deliver the news. After informing her parents, Madam Takata entered a hospital and stated that she was diagnosed with a tumor and gallstones, appendicitis and asthma. She was told to prepare for surgery but chose to visit Hayashi's clinic instead.

Madam Hawayo Takata



Madam Hawayo Takata
Third Grand Master

Madam Takata was unfamiliar with Reiki but was impressed that the diagnosis from the Reiki practitioners at the clinic closely matched the doctors at the hospital. She began receiving treatments.

Takata wanted to learn Reiki in order to continue treating herself and also to take it back to Hawaii to share with others. Hayashi allowed Takata to work at his clinic and also began giving her Reiki training. Takata worked one year at the clinic and eventually received the Shinpiden degree (Reiki Master). Hayashi officially acknowledged this in Hawaii on February 21, 1938, and also stated that she was one of thirteen Reiki Masters trained by him.

Takata practiced Reiki in Hawaii, opened several clinics, one of which was located in Hilo on the Big Island. She gave treatments and initiated students up to Reiki II. Takata became a renowned healer and travelled to the U.S. mainland and other parts of the world teaching and giving treatments. She attributed her success to the fact that she performed a lot of Reiki on each healing partner. Takata would often do multiple treatments on a healing partner, each sometimes lasting hours, and often initiated members of a healing partner's family so they could give Reiki to the healing partner as well.

After 1970, Takata began initiating Reiki Masters for a fee of \$10,000 for the weekend training. This high fee was not a part of the Usui system. Takata may have charged this fee as her way of creating a feeling of respect for Reiki. Takata believed that treatments and training should never be given for free. Takata also stated that one must study with one Reiki teacher and remain with that teacher the rest of one's life. In addition, Takata did not provide written instructions or allow students to take notes or to record the classes. Students were not allowed to make written copies of the Reiki symbols.

Takata attributed these restrictions to the notion that Reiki was an oral tradition and that everything must be memorized. It is not certain why Takata said Reiki is an oral tradition or why she taught Reiki this way. Based on research, these rules were not a part of the way Usui or Hayashi practiced Reiki. Takata received a Reiki manual from Hayashi. In addition, Takata taught Reiki differently than how she had been taught by simplifying and standardizing the hand positions so that every treatment would be the same. Takata called this the "foundation treatment," with eight hand positions.

Before Mrs. Takata died on December 11, 1980, she had initiated 22 Reiki Masters. These twenty-two Masters began teaching others with the promise to Takata that they would continue teaching Reiki in the same manner she had.

After Hayashi died and World War II ended, Takata stated that all the other Reiki Masters in Japan had died during the war and that she was the only Reiki Master in the world. Most people refrained from researching the history of Reiki, assuming Takata was the only authority.

Many of the Masters Takata initiated also discouraged people from doing such research, stating that it was not needed, as their knowledge of Reiki was complete. After WWII, eastern

medicine in Japan was discouraged by the US government and Reiki practitioners became more secretive with their practice. The linguistic, cultural, and geographic barriers that separated the United States from Japan, made verifying the accuracy of Takata's claim difficult. Most individuals did not realize that the organization started by Usui still existed in Japan and that contact with them, while difficult, was still possible. Like any information that is transmitted, it is altered and over the last two decades, new information has become available regarding the history of the development of Reiki.

The exclusive nature of Reiki organizations in Japan made Reiki less accessible with individuals travelling to the US to learn it. Reiki practiced in Japan and in America is a blend of both western and Japanese Reiki. Takata is credited for helping Reiki flourish to the degree that it has in the western hemisphere.

Over time, some of the Masters that Takata trained began lowering their course fees. This also corresponded with changes in how Reiki was taught, allowing the wisdom of Reiki to guide sessions. Reiki classes became more open with workbooks, notes and recordings. Students were encouraged to seek out more than one teacher. This shift helped Reiki to become widely taught and it is estimated that there are over one million Reiki Masters in the world today with well over four million practitioners.

Your Usui Ryoho Reiki Lineage

Mikao Usui

Chujiro Hayashi

Hawayo Takata

Bethel Phaigh, Diane McCumber, Marlene Schilke, Cherie Prasuhn, Leah Smith, Phyllis

Furumoto (all taught)

William Rand

Elizabeth Gilberg

William Tupkal, Ann Mayner (both taught)

Pam Shelly

Lisa Powers, Howard Batie (both taught)

Karen Frazier

Five Principles of Reiki

Just for today, I will not worry.

Just for today, I will not anger.

Just for today, I will do my work honestly.

Just for today, I will be grateful for my many blessings.

Just for today, I will be kind to my neighbor and every living thing.

These are the five basic principles of Reiki. I recommend you meditate on these principles daily in the morning and the evening. While you may not hit your target every single day living every single principle, continued meditation on the principles will help you move in a positive direction, which will help you in your life and your practice of Reiki. Meditation on these principles will bring your consciousness to these tenets, helping you as you work to integrate them into your life.

It's not necessary to memorize the exact wording of the principles. In fact, you'll find them written in many different ways, but the gist is the same...

Don't worry.

Don't anger.

Live in truth and integrity.

Live with gratitude.

Seek to live with kindness and compassion.

Your Path to Reiki

Everyone's path is unique, and you are walking yours. qBecause you have been drawn to the practice of Reiki, there is something there that will further you along your path for your highest and greatest good. Likewise, as you share Reiki with others, it is because they have arrived in a place where they are ready to receive this energy because it serves the highest and greatest good along their path, as well.

Regardless of why people come to Reiki, the energy is in their lives for a reason, just as it is in your life. Once you are attuned to a Reiki degree, you will be attuned for life. Even if you go for years without practicing Reiki, when you are ready to engage the energy again it will flow through you.

Attunement and Degrees

As part of your First Degree Reiki training, I will attune you to the Reiki energy. This allows you to effectively channel the energy to yourself and others. During this attunement, I will attune you to First Degree Reiki. I recommend that you work with the First Degree energy for at least three months before you seek Second Degree attunement. During that time, I recommend you work with Reiki energy daily, giving yourself daily treatments and working with others, as well.

The Second Degree Reiki attunement aligns you with the power of the Reiki symbols. You will need Second Degree training at this time so you can learn the symbols, as well as how to use them. After your Second Degree Reiki attunement and training, you will be able to use Reiki across distance and time, as well as to deepen your Reiki practice for yourself and others. I recommend at least six months of Second Degree Reiki practice before you receive your Reiki Master-Teacher Degree training and attunement.

Your Reiki Master-Teacher Degree attunements aligns you with the power of the Reiki master symbol. It also attunes you to the energy that allows you to attune others to Reiki. After your Master-Teacher Degree attunement and training, you will be able to teach and initiate other Reiki students into the various degrees of Reiki healing practice.

Preparing for Your Attunement

Your Reiki attunements will bring about great change in your energy field. While you don't need to prepare for them, you may wish to consider the following within 48 hours of your attunement:

- Refrain from alcohol and mind-altering substances
- Avoid processed foods
- Eat fresh, whole foods
- Meditate daily for a week

What to Expect

During your attunement, I will use Reiki symbols and energy to attune you to the appropriate degree of Reiki. This will strengthen your connection to the energy so you can call upon it during healing sessions.

It will take about 20 minutes to attune you, and we will do it during your First Degree Reiki, Second Degree, or Reiki Master-Teacher Degree training. You will sit with your eyes closed. I will move around you, sometimes drawing symbols or moving your hands. You may feel relaxed, notice swirling lights, or you may notice nothing at all. Afterward, you will notice that Reiki flows through your hands, enabling you to perform Reiki treatments on yourself and others.

While I prefer to do attunements in person, I also realize that it isn't always feasible. In some cases, I may do an attunement using the distance attunement process. In that case, we will both agree on a date and time. During that time, try to sit someplace quiet and relax. If you have to get up during your distance attunement, don't worry. Just return to your quiet place as soon as possible. No matter what you are doing during your attunement, it will still work and you will still be attuned to Reiki, since intention is what truly matters.

Detoxification

There is a 21-day detoxification process after each degree of Reiki attunement. During that time, you may notice symptoms such as a stuffed up nose, aches and pains, or even mental or emotional symptoms. This occurs because your body is flushing toxins and emotions that don't serve you. Give yourself daily Reiki treatments during this process to ease symptoms and help speed the healing process.

During this time, it is important you meditate daily, as well. Meditation doesn't necessarily mean sitting quietly in the lotus position chanting, "om," (although it can if you want). Instead, find a meditative practice that allows you to get out of your head and be present, whether that is movement meditation, relaxing quietly, or getting lost in music. You can combine your daily Reiki session with meditation if you wish. You can find many videos on YouTube that have a Reiki three-minute timer and music that allows you to move through the hand positions during your daily reiki practice.

During your 21-day detox, you should also drink plenty of fluids to help you flush toxins. Listen to your body, be gentle with it, and try to get plenty of sleep. Pay special attention to your dreams during this time, as the energy may try to communicate with you during sleep.

Reiki works with body, mind, and spirit. Therefore, you may notice other changes on any level. Open your heart to these changes knowing that the Reiki energy is working for your highest and best good. You may notice emotional reactions, vivid dreams, new insights or ideas, increases in intuition and psychic energy, or other reactions. Simply allow these to flow through you, caring

for yourself as needed during this process. You will intuitively know how to best treat yourself, so please pay careful attention to these cues and be gentle with yourself. While some of these symptoms may be unpleasant, ultimately it is aligning you with your highest good. Keep this in mind as you go through your detox.

Channeling Reiki

As you provide the Reiki to yourself and others, you are not sending it – but rather the recipient is drawing it in, and you are merely a channel for the energy. It is important to always be aware of this, and to express gratitude to Reiki and to the recipient for allowing you to channel the energy, which is ultimately healing for both you and your subject.

Because the Reiki comes through you and not from you, the process will not tire you out, because it is not your energy you are supplying for healing. In the beginning, some practitioners may notice odd sensations when channeling Reiki. For example, in my first several sessions, I experienced intense hot flashes as my body became accustomed to the process. You may also notice pulling in your hands, heat, or other sensations. With time, these will lessen and the process will be more comfortable.

It is important when you are channeling Reiki to allow it to go where it needs. Don't try to diagnose or set conditions on how the Reiki flows through you and to the recipient. Likewise, because the Reiki is flowing through you, you will not take on your subject's condition.

As you continue to channel Reiki, you may notice your intuitive abilities increase. This is natural, and, in many cases, desirable. While in the beginning I recommend you use the Reiki hand positions to conduct full sessions, as you continue in your practice you may notice that your hands will be drawn to certain areas. Follow these instincts, remaining where your hands draw you until you instinctively know it is time to move on. Ultimately, it helps to know that there is no wrong way to channel Reiki energy, and that the energy always goes where it is needed for the best and highest good of the subject.

How to Use Reiki

Once you are attuned to First Degree Reiki, you have many options for using and practicing your Reiki.

- Use Reiki with pets and animals
- Use it on seeds and plants
- Use Reiki on your food and drink
- Use it to cleanse crystals
- Use it to heal relationships and situations
- Use it to cleanse rooms and areas
- Use it with affirmations and goal setting
- Use it to change the energy of the situation
- Help friends or family

- Reiki electronics to help them work better

The applications are endless once you make Reiki a part of your life. Wherever you intend to help, Reiki can help. Everything can receive Reiki, but remember – always ask permission first. If someone or something doesn't want Reiki, it will let you know and you should honor that.

Meditation

Reiki practitioners also need to engage in daily meditation. While many traditional Reiki masters insist on a certain type of meditation, I believe that any type of meditation will work as long as you take the time daily to be present-time focused.

Gassho

Madam Takata and other Reiki masters recommend using gassho for meditation. Gassho is a form of meditation in which you hold your hands in prayer position with your fingertips at eye level. Focus on the tips of your middle fingers. If you feel your focus start to shift, gently bring your attention back to them.

Other Forms

Try any of the following for meditation:

1. Sit comfortably and focus on your breath. If your attention drifts, bring your attention gently back to your breath.
2. Sit comfortably with your eyes closed. Focus on your third eye, which is a spot on your forehead. Watch as images form here and then let them drift away.
3. Close your eyes and allow yourself to get lost in music.
4. Try movement meditation, such as walking a labyrinth or any type of exercise in which you are focused on the present moment. If thoughts arise, let them drift away.

Self-Treatment

Your earliest experiences in channeling Reiki will be with self-treatment, although you can start giving Reiki to others right away if you wish. Madam Takata always taught her students to start their healing practice with themselves, providing Reiki self-treatments daily. I've been performing Reiki for several years, and I still practice daily self-treatments in conjunction with my meditation.

You'll hear many Reiki practitioners say that they don't have time to provide Reiki self-treatments. However, before you can help others to heal, you must first heal yourself. Even if you only have five minutes per day, use that time to place your hands on yourself and allow the Reiki energy to flow. This will not only help you master the skills needed for Reiki, but it will help to keep your energy flowing freely and improve the health of your body, mind, and spirit.

Whenever possible, perform a full Reiki self-treatment, which includes 13 hand positions (see hand-out). To start and for your first 21 days, hold each hand position for three to five minutes. I still do the full self-treatment for three minutes per day (and very occasionally a little less time if I am very busy). This is why Reiki is a discipline – because to help others heal you must have the discipline to put in the time and practice to heal yourself. On busy days, you can hold your hands in the positions for one minute each, or even just channel Reiki to a specific area for about five minutes. However, try at least a few times per week to complete a full Reiki channeling session.

Think about Reiki self-healing sessions as just another form of personal hygiene – like bathing or brushing your teeth. When you combine it with daily meditation, you'll find you can make Reiki a part of your daily life, no matter how busy you are. In a pinch, consider the following:

- Practice Reiki while you watch TV.
- Give Reiki to your food and water for a minute or two before you eat or drink it.
- Practice Reiki with one hand while you're reading or driving.
- Give yourself Reiki as you drift off to sleep.

Your Healing Partner

As soon as you are attuned to Reiki, you can begin channeling Reiki to others. I like to refer to the others you are working with as your healing partner because Reiki is a collaboration between the one channeling the Reiki and the one receiving it. I feel this is a more appropriate term than “client” or “patient,” because it better describes the partnership that occurs.

Treating Others

It’s important that you treat them in the proper environment. Choose a place that is soothing, calm, and comfortable. The basic hand positions require your subject be lying on a treatment table, but you can also perform Reiki with them sitting on a chair.

Because you will be performing the Reiki for about an hour, make sure the room is comfortable for you, as well, and that you will be in a position where you can comfortably hold your hands on or slightly above the person for three minutes before moving to the next hand position.

Some things to consider for the treatment environment:

- Room temperature
- Scents and aromas
- Noise
- Light levels
- Physical comfort
- Free of distractions

If you’re using a treatment table, have two pillows available (under the head and under the feet), and have a blanket ready if they get cold. You’ll also need cold water ready to give your healing partner to drink when they are finished with the treatment, which helps ground them. Use calm, soothing music to help you know when to move your hands and to help relax your healing partner. You may also want to use an aromatherapy diffuser with a meditation or relaxation blend.

Before you begin working with your subject, tell him or her what to expect. Ask for permission to lay your hands lightly on them. If they are uncomfortable with touch, you can also hold your hands a few inches above them.

You’ll also need something to clean the table nearby, as well as tissues because sometimes Reiki sessions can cause emotions to arise.

Performing a Session

Remove all your jewelry and ask the subject to remove theirs, as well. Ask your healing partner to make themselves comfortable on the treatment table, lying on their back. Their legs and arms should be uncrossed, and neither of you should be wearing tight clothing.

To perform a session:

1. Before your healing partner arrives, meditate for a few minutes to focus.
2. If it's a new healing partner, take a detailed history.
3. Talk to your healing partner about things they might expect. They may feel warmth, relaxation, emotional responses, a rumbling stomach, they may see swirling lights, they may fall asleep, or they may not experience much. All reactions are valid reactions.
4. Begin by sweeping the subject's aura, either while he or she is still standing, or when they are on the treatment table. Flick any energy into the earth from your fingertips.
5. Have the subject lie on their back comfortably on the table.
6. Stand at your healing partner's feet with your hands in prayer position. Close your eyes and connect to Reiki energy. Set your intention for the session, remembering that Reiki is flowing through you. An example of intention would be, "Reiki will balance the healing partner's energy for his or her highest good."
7. Once the energy begins to flow, use the hand positions in the handout, holding each for three to five minutes, or until you feel it is time to move on.
8. When you have completed the hand positions, close your eyes in prayer position and ask if there is anywhere else you need to treat. Move your hands there for three to five minutes. Continue to do so until you feel the session is over.
9. Close your eyes and hold your hands in prayer position. Silently give thanks to Reiki and your healing partner for the healing that has taken place.
10. If your healing partner has fallen asleep, gently tap them on the shoulder and help them come to a seated position.
11. Offer your healing partner a glass of cold water to help them ground themselves after the session.
12. Run your hands under cold running water to ground yourself.

Cautions

Consider the following cautions:

- It is not your role to diagnose. Never provide a diagnosis to your healing partner. You can say something like, "I'm working with some energy in this area," but never offer any diagnosis. Refer your healing partner to a physician for appropriate diagnosis.
- Don't perform Reiki on someone with a pacemaker, because it may disrupt the rhythm of the pacemaker.
- Make sure your healing partner sees his or her doctor for conditions and follows the doctor's recommendations, as well. Never counter a doctor's recommendation.
- If you are performing as a Reiki practitioner for pay (usually Second Degree Reiki and Master-Teacher Degree practitioners), make sure you have all business paperwork in place for your local jurisdiction. Follow local licensing laws. Maintain comprehensive files and notes for each healing partner and session, including intake paperwork (available with Second Degree Reiki training).

Quick Sessions

Sometimes you need to perform a quick Reiki session that doesn't take the full hour. You can use a quicker, seated session in these cases. You can even treat a specific area as requested by your healing partner, as long as both you and your healing partner realize Reiki will go where it's needed.

Conclusion

With the information in this manual, what you've learned in your class, the handouts, and your First Degree Reiki attunement, you are now able to channel Reiki for yourself and others. Practice regularly to keep the Reiki flowing, always keeping in mind that the energy you channel will help your subject achieve the best and highest good.

By making Reiki practice a regular part of your life, you can begin to grow spiritually, heal physically, and contribute healing energy to the universe.



About Karen

Karen Frazier is the author of books about metaphysics, crystal healing, energy healing, dream interpretation, and the paranormal. Her books include *Reiki Healing for Beginners*, *Crystals for Beginners*, *Crystals for Healing*, *The Higher Vibes Toolbox*, *The Little Book of Energy Healing*, and *The Crystal Alchemist*. As a professional writer, she has ghost written a number of books and penned hundreds of articles about a variety of topics.

Karen is an intuitive energy healer who is a Usui Reiki Ryoho Master-Teacher (Shinpiden), a Raku Kei Reiki Master, a Karuna Ki Reiki Master, a Crystal Reiki Master, and a certified animal Usui Reiki Ryoho practitioner, as well as an ordained minister for the International Metaphysical Ministry.

She has also extensively studied and taken professional level courses in numerous energy, alternative healing, metaphysical, and divination techniques and concepts including subtle (energy anatomy), quantum touch, aromatherapy, sound healing, Tibetan instrument sound healing, biofield tuning, Reiki sound healing, vocal sound healing, shamanic drumming, holistic herbalism, metaphysical healing, hypnotherapy, crystal healing, shamanism, feng shui, the bagua, tarot, numerology, astrology, Jungian dream interpretation, metaphysical dream interpretation, psychic dream interpretation, life coaching, hypnotherapy, Taoism, Buddhism, Tibetan Buddhism, meditation, and the *I Ching (Book of Changes)*. She holds a Bachelor of Metaphysical Science (B.MSc) and a Masters of Metaphysical Science (M.MSc) as well as a PhD in Metaphysical Parapsychology. She is currently working on her doctoral dissertation focusing on sound as a source of spiritual healing in order to earn her Doctor of Divinity (DD) in Spiritual Healing.

Karen is a columnist for *Paranormal Underground Magazine*. She currently writes two columns for the magazine: *Dreams and Symbols*, and *Metaphysics and Energy Healing*. For more than seven years, Karen was also the co-host of *Paranormal Underground Radio*, and she formerly served as *Paranormal Underground's* Managing Editor. She is also the Paranormal and Horoscopes editor for LoveToKnow, and she writes feng shui, numerology, palmistry, psychic phenomena, paranormal, divination, and tarot articles for the site as well. Karen is also a member of Spirit Healing and Resolution (SHARe), a collective of psychic mediums and energy healers dedicated to helping people dealing with afterlife experiences and hauntings, as well as offering spiritual coaching and energy healing services. She is also the founder of the Facebook group, SHARe Reiki Community.

A frequent guest in media discussing the results of her afterlife research, Karen has appeared on the Travel Channel's *Mysteries at the Museum* and the feature documentary *All Around Us*, spoken at regional conferences including the Oregon Ghost Conference, Haunting for Hope, Port Gamble Ghost Conference, and Paracon Seattle, and appeared on numerous internet and terrestrial radio shows. She teaches classes in energy healing, crystal healing, feng shui and space energetics, *I Ching* and divination, dream interpretation, Reiki, personal development, and psychic development.