



Awaken Love

REIKI I

Usui Level I with Hillary Faye

靈
氣

What is Reiki?

Reiki (pronounced "Ray'-Key") is a Holistic, light touch, energy-based modality that establishes normal energy-flow in the body, enhancing the body's innate healing ability. [Canadian Reiki Association]

Reiki is written with 2 Japanese kanji (kanji means Chinese characters).

These kanji mean "**spiritual energy**".

- The top kanji is "rei" - (lit. Japanese) which means "spiritual" or "sacred"
 - The bottom kanji is "ki" - (lit. Japanese) which means "energy"

All spiritual traditions talk of Oneness or the realization that the universe is you and you are the universe. Although it might be called by different names in different traditions, in essence it is still the same. In Buddhism there is the realization that you are a Buddha, in Taoism you realize that you and the universe are One, and in the Bible, it is said that each of us is made in the image of God. [International House of Reiki]

“Reiki is a Japanese healing art that has its roots through-out the world. It was re-discovered in 1922 by Mikao Usui, who would develop the technique that would be passed down to his students and eventually brought to our Western Culture.

It is composed of two words, “Rei” meaning a Higher Knowing or Intelligence, and “Ki”, meaning chi, qi, or the life force energy that flows through everything. Reiki is this energy being guided by God, or a Greater Intelligence.

It is Universal Love. It is unconditional, unbiased, non-judgmental love and it encompasses everything. It is not limited to religion, belief, race or space in time, because it is much bigger than what we can comprehend. It cares for Everything because it is Everything. We are a part of it, just as much as it is a part of us.

Reiki is generally given to the patient by the placement of the practitioner's hands on the body, more commonly along the seven main chakras. This allows the energy that has become stuck (known as blockages) to begin to move more freely, bringing balance within. These blockages occur when we have negative thoughts and feelings towards ourselves or another person. It is inevitably our beliefs that create the reality we experience; not just with our physical health, but in all other areas of life.

Reiki goes to the very heart of who you are and heals your life from the inside out! It is truly amazing.”

- One World Healing

“When connected with Reiki in a conscious way, an individual has the possibility of healing, awakening, and enlivening through this practice.

In her early diary Hawayo Takata, the woman who brought the Usui System of Reiki (or Natural) Healing out of Japan, stated, “This power (Reiki) is unfathomable, immeasurable, and being a universal life force, it is incomprehensible to man. Yet, every single living being is receiving its blessings daily, awake and asleep.” – The Reiki Alliance


WHAT IS YOUR INTENTION?

Your intention as a Reiki practitioner is equally, if not more, important than your technique.

Making a clear, powerful statement of intention as you begin your Reiki Training allows all the forces of the Universe (REIKI) to align with you, helping to manifest your intention in the best way. Having unclear, or too many scattered intentions, is a dispersion of energy. Keep your intention clear and simple. That doesn't mean you can't go big – make your intention as powerful, truthful, and love-filled as possible. There is no 'right' or 'wrong' intention, and remember the beautiful truth that Energy Follows Intention.

Allow your intention to become a sweet mantra that repeats itself on every wave of breath, and that is written, encoded, in every cell of your Being.

Create your Core Intention below, written in affirmative and I AM statements:

AND SO, IT IS! 

Levels of Reiki

Reiki is taught in **3 or 4 levels**. Each level has its own:

- Teaching guidelines (e.g., through The Canadian Reiki Association);
 - Healing symbol (used to direct and intend the energy);
 - “Attunement” (Reiju) process;
 - Reiki technique; and
 - Healing benefits.

The table below outlines the elements covered in each level, as well as the uses, benefits, and recommended class duration of each level.

Table of Reiki Level Elements, Uses, and Course Length

Level	Elements	Uses	Class Length
One	<ul style="list-style-type: none"> • Reiki History; • Principles; • Uses; • Levels; • Treatment process; • Symbol 1; • Treatment hand positions / techniques for self/others; 	<ul style="list-style-type: none"> • Immune Boosting; • Rejuvenation; • Pain Reduction; • Support healthy sleep patterns; • Learning how to sense and work with energy to promote healing. 	1-4 days
Two	<ul style="list-style-type: none"> • Symbol 2 & 3; • More in-depth study of HOW the symbols work; • How to use Reiki to heal beyond the body, into mental and emotional patterns; • Healing past traumas; • How to heal from a distance; 	<ul style="list-style-type: none"> • Distance healing; • Healing mental and emotional patterns / blocks; • Reducing anxiety; • Promoting calm and relaxation; • Creating clearer patterns with your Divine Self to promote healing in others. 	1-4 days (21 days following Level 1)
Three / Mast	<ul style="list-style-type: none"> • Symbol 4; • Teaching Reiki; • Applying the Symbol; • Dragon Breath; • Passing Attunements. 	<ul style="list-style-type: none"> • Teaching others; • Boosting personal practice; • Conducting attunements and initiations; • Creating clearer channels with your Divine Self. 	1-4 days (nearly double in time to Level 1/2)

The History of Reiki

Hands on healing is a Sacred Healing Art that has been used in many cultures through-out history. It is not known where Reiki really originated from, but there are many theories including Ancient Egypt, Atlantis, Tibet and from the Teachings of Christ.

In Western Society there are 3 people that we may give credit for bringing Reiki to our Culture – Dr. Mikao Usui and his students, Dr. Chujiro Hayashi and Mrs. Hawayo Takata.

It is said that Mikao Usui was given the gift of Reiki during a 21-day Spiritual Retreat, in which he was imparted the knowledge to heal one-self and others. Mrs. Takata who was a student of Dr. Hayashi would eventually bring the Usui Reiki Technique to the Western World.



Mikao Usui



Mikao Usui (1865-1926), is said to have been intensively active in his search of methods of spiritual healing. He studied: Buddhism, Kiko (the Japanese form of Qigong), Taoism; and Shinto.

On the advice of one of his masters, Mikao went on a 21-day retreat of meditation, prayers, chanting and fasting on **Mount Kurama** in **Kyoto Japan**. On the last day of his meditation, he received what he came to call the **Usui System of Natural Healing**.

In Frank Peter's book "Reiki Fire" (1), Frank quotes a master initiated by Dr. Usui. "Dr. Usui used to meditate at a waterfall on Mt. Kurama. One day, while standing under the waterfall, he had a satori."

Satori is a Japanese concept in which a person has a **sudden realization of a great or universal truth**. After this experience, Dr. Usui opened "**Usui Reiki Ryoho Gakkai**", the "Usui Reiki Healing Society."

On Dr. Usui's memorial stone is carved:

"One day he went to Mount Kurama on a 21-day retreat to fast and meditate. At the end of this period he suddenly felt the great Reiki energy at the top of his head, which led to the Reiki healing system." His memorial stone states that he taught Reiki to over 2000 people, though he only taught for 5 years.

Dr. Chujiro Hyashi



Dr. Usui taught several doctors his Reiki Healing system, one being **Dr. Hayashi**, who set up a clinic and adapted the Hand Positions and created much of the formal system including the Three Degree version most often taught in the west. He was the director of at least 40 Reiki clinics in Japan prior to World War II and **is the person who attuned Mrs. Hawayo Takata**.

Hawayo Takata



Hawayo Takata, a widow from Hawaii, had come to Japan to inform her parents of the death of a relative. Takata was also going through some serious health issues herself, and while waiting for surgery for a chronic condition, she heard a voice tell her that an operation wasn't necessary. She came to Hayashi's clinic and was healed within a very short period of time. Given her many attempts to heal prior to receiving Reiki, she was amazed by the results and sought training before returning to her home in Hawaii. After a year of working and training at Dr. Hayashi's Clinic, Hayashi attuned her, and later came to Hawaii to attune her to the Master Level. She opened a clinic at Hilo and charged \$10,000 for the Reiki Master Attunement, feeling that Americans would only value Reiki if it was expensive.

By Mrs. Takata's death in 1980, she reportedly attuned **22 Reiki Masters**. Since her death, many teachers have lowered their prices greatly and many different schools and Reiki variants have evolved.



CHRONOLOGY

India

620 BCE	Birth of Gautama Siddhartha, Sakyamuni Buddha, on the India-Nepal border.
543 BCE	Death of Gautama Siddhartha at Kusingara, India.
2nd to 1st Century BCE	Tantra Lotus Sutra written, ³ other healing texts extant.
7 BCE	Historical birth of Jesus. ⁴
5 BCE	The “Three Wise Men” come from the East (India) to seek the reincarnation of an Enlightened

27 or 30 CE to 30 or 33 CE	One. They take Jesus and family to Egypt and India. Jesus returns to Jerusalem for 2–3 years. ⁵
30 or 33 CE	The Crucifixion. Evidence that Jesus survived it. ⁶
46 or 49 CE	Jesus returns to India 16 years after the Crucifixion. ⁷
110 CE	Death of Jesus in Srinagar, India. Legends say he lived to 120 years of age, not unusual for his time. ⁸

Japan

Late 1800's	Mikao Usui's quest for Reiki.
1925	Chujiro Hayashi receives the Reiki Master's degree (Reiki III) at age 47.
1930	Death of Mikao Usui. He made 16–18 Reiki Masters, sources vary.
May 10, 1941	Death of Chujiro Hayashi. He made 13–16 Reiki Masters including the first women, his wife Chie Hayashi and Hawayo Takata.

Hawaii

December 24, 1900	Birth of Hawayo Kawamuru (Takata).
March 10, 1917	Marries Saichi Takata.
October, 1930	Death of Saichi Takata.

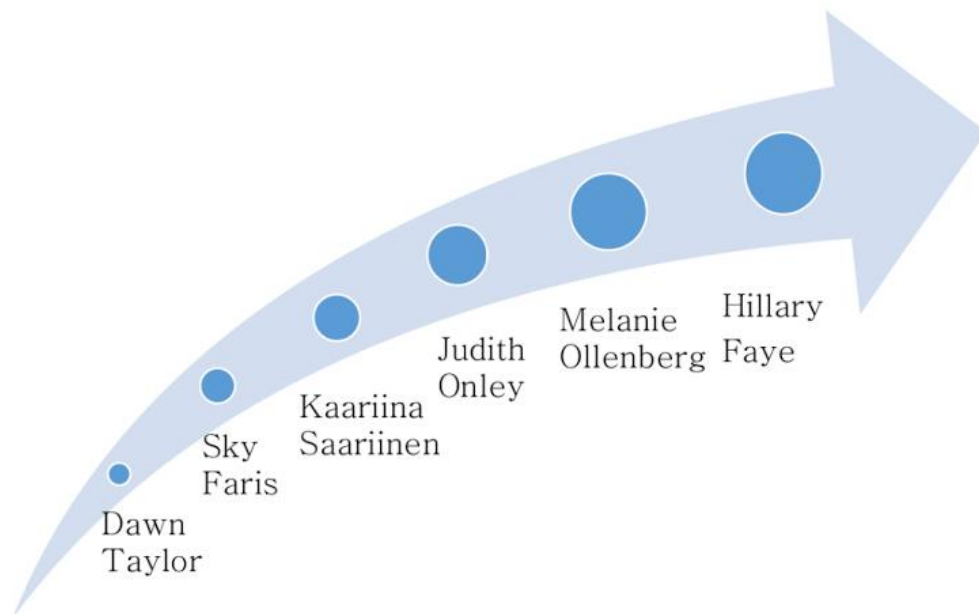
1935	Takata goes to Japan for healing at Maeda Hospital in Akasaka, then to Hayashi's Reiki clinic, Shina No Machi, Tokyo. She is healed in 4 months.
Spring, 1936	Takata receives Reiki I from Chujiro Hayashi.
1937	Takata receives Reiki II from Hayashi then returns to Hawaii. She opens her first healing clinic in Kapaa.
Winter, 1938	Takata receives Reiki III from Hayashi in Hawaii. On February 22, 1938, Chujiro Hayashi announces Hawayo Takata as Reiki Master and his successor.
December 11, 1980	Death of Hawayo Takata. She made 22 Reiki Masters from 1970–1980. Some sources give death date as December 12. ⁹

Reiki Lineage

Lineage refers to the line of Reiki Masters that have taught students, much like a family tree. The lineage begins with Mikao Usui, and continues with one of his Reiki Masters, and then to one of theirs and so on. For a healing system to be called Reiki the lineage must trace back to Mikao Usui.

The following diagram shows our own lineage of masters, stemming from Mikao Usui to Dr. Chujiro Hyashi to Hawayo Takata's teachings in the West:

Our Lineage



Our lineage has the following influences:

- **Egyptian-Tibetan** community (Dawn Taylor)
 - **Gandhi** community (Sky Faris)
- **Traditional Shamanic Elders of the Altai** in Siberia (Kaariina Saariinen)
 - **Earth-based Spirituality** (Melanie Ollenberg)
 - **Kundalini Yoga and Meditation** (Hillary Faye)

Being a Reiki Practitioner | Principles and Precepts

Reiki Principles

Reiki not a religion, but a way of life. It challenges us to continually strive to be in alignment with our highest self and live by a simple set of principles and precepts. There are many versions of the Principles of Reiki, which were adapted by Dr. Usui possibly from the Meiji Emperor's [1] precepts or other common sets of ethical precepts. The Principles have been adapted when Reiki came to North America. Both the adapted and original translated versions are below.

Version 1

Just for Today...

I give thanks for my many blessings
I will not anger
I will not worry
I will be grateful
I will be kind to others

Version 2

Just for today:

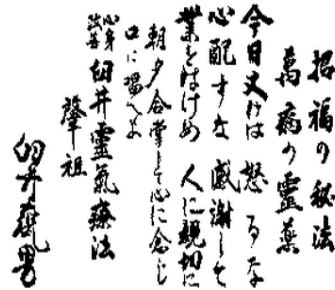
Do not rise to anger,
Do not succumb to worry,
Express Gratitude for all your blessings,
Apply yourself diligently;
Manifest Compassion to all beings.

Version 3

Just for today, do not worry.

Just for today, do not anger.

Honor your parents, teachers and elders.
Try my best and know my best is always good
enough
Show gratitude to every living thing.



Reiki Precepts:

Mental and Spiritual Improving Method
by Mikao Usui

The following is a literal translation of the Reiki Precepts;
pictured to the right in original form written in
Japanese Kanji by Mikao Usui.

Mental and Spiritual Improving Method

The secret of having good luck.

The magic medicine of healing all kinds of illness.

*No matter what happened; don't get angry,
don't worry, just thank for everything.*

Do your work diligently.

Be kind to people.

*Every morning and evening put your palms together and
read the rhyme*

Two Precepts of Reiki

1) The Person Must Ask.

We must ask to be healed, and in asking, we open ourselves up at the throat level. We vocalize and hear ourselves say “I want to change where I am; I want to alter my state of existence”.

In asking, we are putting forth a conscious decision to become involved.

The request may also be made on the soul level. It is from the soul level we ask for a healing.

As a Reiki practitioner, we are a viaduct, a channel through which the energy of Reiki flows. It is essential to listen to our own selves and listen to the person to whom we are giving a Reiki treatment. We must render service to the request of the soul.

2) There must be an Exchange of Energy for Service.

The healing energy belongs to the Universe, to God or to the Undefined Source. However, there needs to be a creative exchange from the recipient, the healee, to the person whose time and service are being rendered. Energy exchange can be anything from the stored concept of energy we call money, to an exchange of services between the healee and the Reiki practitioner.

Reiki Ethics - moral principles

Commonalities between codes in US and Canada:

1. Maintain **respect** between practitioners, clients, and their beliefs.
2. **Never prescribe** medicine or take the place of a medical practitioner.
3. Abide by **confidentiality** between client and practitioner.
4. Practice **no inappropriate conduct** and respect the **boundaries** of the client.
5. **Do no harm** and **provide a safe and comfortable atmosphere** for the healing.
6. Practice **truth** in advertising.
7. Be sure the client is **aware of any risks** that the healing might entail.
8. **Respect other forms of Reiki** and their practitioners.

Attunements



Within each Level, there is an "attunement" or initiation. Traditionally, in Japan, the attunement is called a "Reiju", which means "spiritual blessing" or "offering". During an attunement, the student has a "seed" experience of his or her own life force / spiritual energy moving through them (Reiki).

Each student experiences their "seed" energy differently. During and/or after receiving a Reiki Attunement, students often report experiences involving:

- Mystical experiences
- Receiving personal messages
 - Healing
 - Visions
- Past life experiences;
- Opening of the third eye
- Increased intuitive awareness and Psychic abilities.

The attunement doesn't "give" you Reiki, as you are "Universal Life Energy" already. However, the healing energies that you were born with expand as Reiki begins to flow through you, and the system of Reiki will support you in evolving your skills of working with Reiki. As you nurture this seed energy with the elements of the Reiki system, the true power and life-force of Reiki is brought to fruition.

Cleansing and Detoxification Process

The Reiki attunement can start a cleansing process that affects the physical body as well as the mind and emotions. Toxins that have been stored in the body may be released along with feelings and thought patterns that are no longer useful. Therefore, **a process of purification prior to the attunement is recommended to improve the benefit one receives.** It is also recommended that following the attunement, the individual **drink plenty of water** to support the healing process. Attunements and treatments can begin the recipient's personal healing immediately. **This can show up as symptoms of physical or emotional release and a lot of emotional processing for up to 3 weeks after attunements.**

****Anybody who does have a strong detoxification reaction is encouraged to self-treat with Reiki, contact their teacher for help, or refer to a medical professional if the discomfort continues as it may not have anything to do with the attunement.**

Reiki for Life

Once you have received a Reiki attunement, you will have Reiki for the remainder of your life. **It does not wear off and you can never lose it.**

Additional Attunements:

While one attunement is all you need for each level to be attuned to that level, additional attunements bring benefit. Experimentation has found that additional attunements of the same level add to the value of that level.

These benefits include:

- Refinement of the Reiki energy one is channeling
 - Increased strength of the energy
 - Healing of personal problem
 - Clarity of mind
 - Increased psychic sensitivity; and
 - A raised level of consciousness.

Some of the Reiki Healing Health Benefits:

- ♥ Creates deep relaxation and aids the body to release stress and tension
- ♥ It accelerates the bodies' self-healing abilities
- ♥ Aids better sleep
- ♥ Reduces blood pressure
- ♥ Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions
- ♥ Helps relieve pain
- ♥ Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony
- ♥ Assists the body in cleaning itself from toxins
- ♥ Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy
- ♥ Supports the immune system
- ♥ Increases vitality and postpones the aging process
- ♥ Raises the vibrational frequency of the body
- ♥ Helps spiritual growth and emotional clearing

Working with CKR (The Power Symbol)

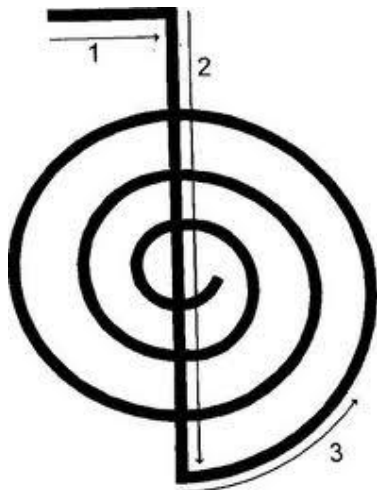


The Power Symbol, Cho Ku Rei

The first Reiki symbol as taught by the teachers before us for Level I, is “**Cho Ku Rei**” (pronounced show-koo-ray), also known as **The Power Symbol**.

Its Mantra is “Direct [Divine/God/Source] Energy Here”, and it is used to:

- Clear and/or charge a room.
- Charge any of the elements (earth, air, water, fire).
- Open a treatment session.
- Reduce stress, dis-ease, pain, and insomnia.
- Give strength, rejuvenate, and boost immune system function.
- Focus the healing energy on a particular area of a person’s body, by tracing and patting it into the subtle body of the area.
- Sealing a client at the end of a treatment, by tracing it over their entire body and intending a seal of the treatment, in divine wisdom and love.



How to draw Cho Ku Rei

While the symbol itself has no power of its own, it works as a method for a Reiki Practitioner to connect with and focus the Reiki energies.

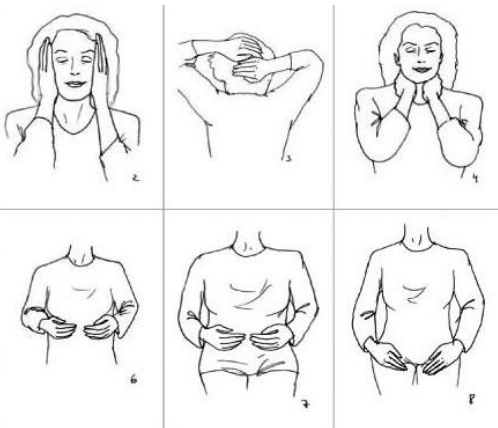
It is primarily used at the start of a Reiki session to get the energy running, or mid-session to help boost the energy.

To draw it, begin from the left and draw towards the right.

Focus on the mantra – Bring Divine Energy Here Now.

Reiki for Self-Care

One of the most important aspects of being a Reiki Practitioner is engaging in a self-care routine. It is an amazing gift we give to ourselves and to the world, the ability to be our own healers.



Classic Self-Care Hand Positions

A series of hand positions for doing a self-care treatment.
To Begin Self Treatment:

1. Visualize the CKR symbol in your Crown Chakra (connecting you with the source of Reiki), and in the palms of your hands (letting Reiki pour out).
2. Draw the CKR symbol over the palms of your hands, patting it in 3 times, silently saying its name 3 times. This starts the Reiki and helps you to focus.
3. As you move through the hand placements (beginning at the eyes and moving down), visualize Reiki moving from your Crown, down your arms, and out your hands to the place your hands are resting on.

5-Minute Self-Care Variation

1. Connect with the life-energy flowing within you.
2. Visualize Reiki energy coming into your crown, flowing down to your shoulders, down your arms and out your palm chakra.
3. Now lay your hands in the sequence to the left or the sequence above, taking time to breathe and connect with each position.

REIKI HAND POSITIONS

Left Hand Under, Right Hand Over | Excess Energy Through Elbow
Shake at Heart, Feet, & As Needed | Avoid Being in Line with Feet
For Back: Shoulder Blades and "Body" Positions.

A. Head

1. Bridge from Outer World to Inner World
2. Eyes
3. Ears
5. Back of Head
6. Jaw ("V")
7. Collarbone ("V")

B. Body

1. Heart ("T")
2. Torso (upper, middle, lower)
3. Hips (upper, lower)
4. Heart ("T")

C. Legs

1. Knee
2. Ankle
3. Heal and Top of Foot

Repeat on opposite leg.

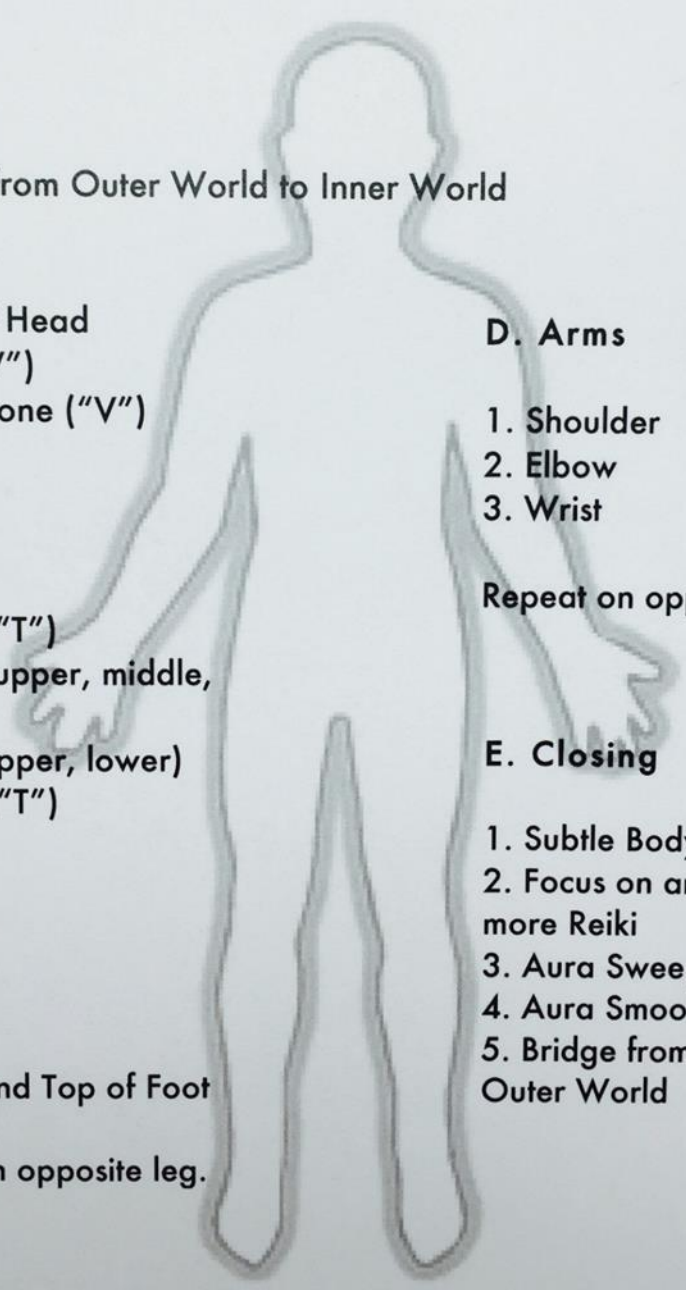
D. Arms

1. Shoulder
2. Elbow
3. Wrist

Repeat on opposite arm.

E. Closing

1. Subtle Body Scan
2. Focus on areas needing more Reiki
3. Aura Sweep
4. Aura Smoothing
5. Bridge from Inner World to Outer World



Treatment

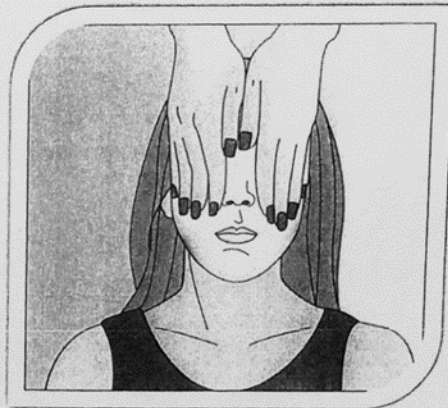
Lets move through 5 stages or rounds of a reiki treatment. Keep in mind that while these positions are demonstrated with a client on their back, they can also be done with the client laying on their front (many men prefer this) or a combination of front and back-laying.

- A. Head
- B. Body
- C. Legs
- D. Arms
- E. Closing

Begin at the Crown. Set your intentions and connect with Source.

Head

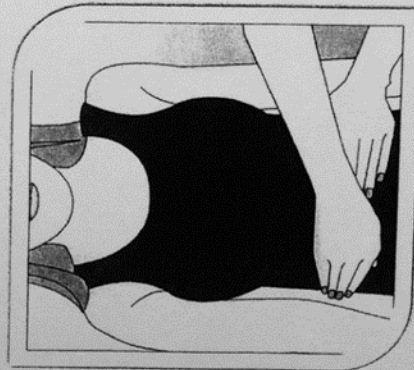
1. Bridge – Talk the client into a state of breath awareness, natural rhythm, and conscious intention. Connect with your soul, the client’s intention, CKR.
2. Eyes – Thumbs lightly touching, palms cupped gently over eyes.
3. Ears – Lightly cupped, each hand resting an 2-3 inches away from each ear.
4. Back of Head – Little fingers touching one another and nested within the groove of the neck, cup the hands on the back of the client’s head.
5. Jaw – Ensuring you don’t touch their neck or rising chest, have palms form a light “V” at the neck, cupping towards the jaw.
6. Collarbone – Form a “V” at the collarbone to send Reiki. Following this, visualize the completion of this round.



Move to the side of the body.

Body

1. Heart (“T”) – Left hand covering the top of the ribcage just below the collarbone
2. Torso (upper, middle, lower) – With fingers of the right hand barely touching the base of the left hand, begin at the base of the ribs furthest from where you are standing. Move the hands when ready to mid region of the abdomen, followed by the lower region, ending just above the hips.



3. Hips (upper, lower) – Moving your hands into a “V” formation, send reiki to the upper hip area followed by the lower area.
4. Heart (“T”) – Complete this round at the Heart, same position.

Legs

1. Knee – Slide the left hand under the knee, right hand on top of the knee, cupping the hands gently with a butterfly’s touch.
2. Ankle – Place each hand on a different ankle of the same foot.
3. Heel and Top of Foot – Slide the left hand under the client’s heel, and place the right hand on the top bridge of the foot. Shake the energy off, as needed.

Move around to the other leg and repeat. Maintain energetic contact.

Arms

1. Shoulder – Slide the left hand underneath the shoulder blade, place the right hand on top.
2. Elbow – Slide the left hand underneath the elbow joint and the right hand on top. This is an exit point for energy, like the feet. If there is excess, shake hands and return to position. Excess from shoulder / wrists can also be moved down arm to the elbow joint and “pulled” out. Shake hands and repeat as necessary.
3. Wrist – Left hand under, right hand over.

Move around to the other arm and repeat. Maintain energetic contact.

Closing

1. Subtle Body Scan – beginning at the head and moving down to the feet, scan the auric field for energy changes / differences.
2. Focus on areas needing more Reiki
3. Aura Sweep – dust the aura, head to toe
4. Aura Smoothing – smooth the aura, head to toe
5. Bridge back from Inner World to Outer World – Verbally bring the client back to their surroundings.

Smudge / clear room and self while client returns and grounds. Give client the opportunity to share their experiences, before going through your own experiences / notes.

REIKI SESSION NOTES

CLIENT

PRACTITIONER

DATE



FOLLOW-UP SUGGESTIONS

A large empty rectangular box provided for writing follow-up suggestions.

Reiki Session Techniques

Session Preparation and Flow



Whether giving a seated brief 15-minute chair session or a longer session on a treatment table, it is helpful to take some time to think about the flow of the session. This involves preparing the room, yourself, and the client for what will happen.

Before the Session:

1. Have room prepared (sacred space, notes sheet, journal, music, sage smudge, charge the room with CKR etc.).
2. Wash your hands.
3. Be personally prepared to focus on the healing at hand. Taking time in Gassho focusing on CKR and its mantra can help with this.
4. Have safety measures in place in the event of an emergency.
5. The recipient may become cold. You should have a light blanket available to cover them if needed. A pillow or pillows is useful for arranging for maximum comfort particularly when treating the back.

When the Client Arrives:

1. Greet them with confidence and care but without excessive emotion or excessive touching.
2. Handle any monetary or bartering transactions before getting started.
3. Explain your background and style. Ensure that the person has a basic understanding of Reiki and the flow of the session.
4. Stress the concept of partnership in healing.
5. Ask questions and engage in discussion in a friendly, nonjudgmental manner.
6. Describe what you plan to do and ask permission for any physical contact.
7. Ask the client if they have a preferred type of music for the session, or if they would prefer silence.

During the Session:

1. Take notes to ensure an accurate memory of what was discussed and what occurred.
2. Sometimes emotional clearing during a treatment results in the client crying. You should have some tissues handy in case of need. If you get the sense that giving them tissue may disrupt the release, wait until the time feels right.
3. A recipient may feel that your hands are too hot or feel pain or discomfort in some other way. If this happens ask if they wish to stop the treatment or continue. Most people will choose to continue and may feel a healing release. If someone wishes to end the treatment early for any reason, then stop giving Reiki.

After the Session:

1. Ground the energy after a session and ensure the person is ready to leave on his or her own if an escort is not available.
 2. Take final notes and hold a debriefing discussion after the session.
 3. Inform the individual of any messages you received.
4. Describe any "homework" you want him or her to do and make plans for any follow-ups that are needed.
5. Thank the person for participating in the session and for working toward his or her own healing.
6. Say good-bye in the same professional manner you greeted the person.
7. Clear the room and your energy before moving on to another session (wash hands).

**If anything makes you personally uncomfortable or afraid, politely but firmly ask the person to leave. Do not get involved in emotional outbursts.

Giving a Seated Chair Session

1. Gently lay your hands on your client's shoulder.
2. Gently lay your hands on the top of the head.
3. Lay one hand on the Medulla oblongata (the area between the back of the head and the top of the spine) and the other on the forehead.
4. Lay one hand on the seventh (protruding) cervical vertebrae and the other in the pit of the throat.
 5. Lay one hand on the breastbone and the other on the back at the same height.
 6. Lay one hand on the solar plexus (stomach) and the other at the same height on the back.
 7. Lay one hand on the lower stomach and the other at the bottom of the back at the same height.

Gyoshi Ho

Gyoshi Ho is the technique of sending Reiki energy through looking at the person.

- "Gyoshi" means "look"
- "Ho" means "technique"

In this technique, gaze at the person receiving Reiki with relaxed eyes, seeing the whole person at the same time. Gaze softly and breathe deeply for about 5 minutes, sending Reiki to their entire being as though you would do so with your hands (this is the usual duration for Gyoshi Ho).

Here is a video by William Lee Rand, teaching about Gyoshi Ho. Notice at the beginning, he "turns on" his Reiki. Some refer to it this way - it is simply the connection to Source / God, with the intention to give Reiki.

GASSHO



Gassho means to put the hands together. It signifies the oneness of Buddha and all beings. It also expresses reverence and gratitude. The palms of both hands are placed together with the fingers and thumbs extended. Both elbows should be fairly close to the body and the hands should be at mid-chest level. To bow during the gassho, the hands should be held steady, while the body is bent forward from the hips and then back to the upright position. Gassho is the natural expression of reverence and gratitude.

Opening a Reiki Session

Guiding Someone into a Treatment Tips:

- Say what you feel is best, say what you would want to hear, say what you sense this individual needs to hear.
Guide them to breathe and relax.
- Guide the person to allow what happens to happen.
- Some key points: Let their mind think, encourage them to feel what they feel, encourage them to sleep, cry, talk if they need to, let them know that they can certainly move if they need to.

Guiding Someone Out of a Treatment Tips:

Follow your inner guidance, perhaps touch the person gently on the shoulder saying: "Your treatment is complete. Rest quietly and open your eyes when you feel ready."

A step-by-step process could be:

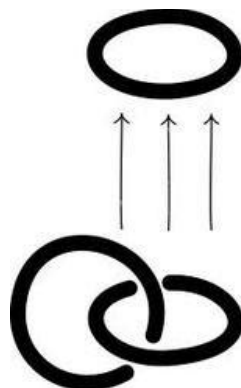
- Let your eyes stay closed.
- Feel your breathing easy and deep.
- Feel your mind relaxed, balanced and clear.
- Feel your physical body, bones, muscles, hands, feet. Even through your eyes are still closed, feel yourself looking out through them. Feel yourself wearing your beautiful earth body like a lovely garment.
 - Feel the table under you, how solid it is.
- Gradually become aware of the outer world -- listening to the sounds -- remembering what it looks like.
 - Take the time you need and open your eyes when you're ready.

Disconnecting at the End of a Treatment

Our intent is to channel what the person needs as they live their healing path toward empowerment. We do not want to encourage dependent relationships. It is important to disconnect, for your sake and for theirs':

- So, you don't carry the other person's energy with you.
- So, they can sense themselves and the effect the treatment has had.

There are many ways to do this. One example is to see yourself and the other person as two interconnected rings or circles and see them disconnect and become separate. It is also recommended to sage smudge if possible and to place your hands under running water.



Working with CKR in a Session

Beginning to Focus: Start by drawing the symbol over the palms of your hands, patting it into your hand 3 times, silently saying its name 3 times.

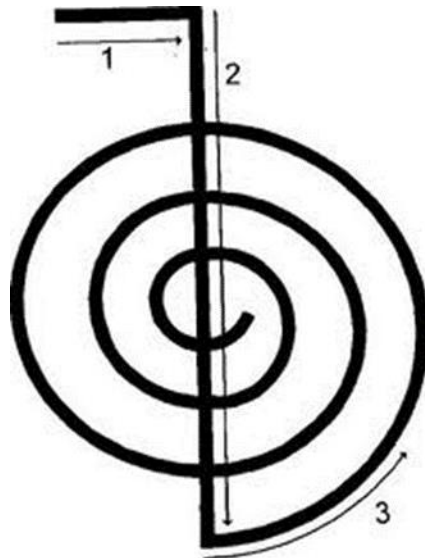
Preparing Self: Draw a huge CKR symbol over your crown (visualize it streaming in) and a small one over each chakra, patting each one in 3 times, silently saying its name 3 times.

Begin the Treatment: Draw the symbol over the person or in the crown chakra, patting it in 3 times, silently saying its name 3 times.

During the Treatment: Draw it over any spot you feel needs the extra energy.

At the End of Treatment: Seal the treatment by drawing the symbol over the person 3 times, and silently say:

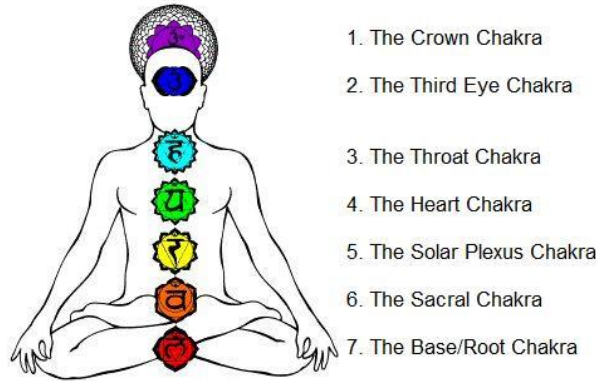
"I now seal this treatment with Divine Wisdom and Love". CKR: "Bring Divine Energy Here Now"



Chakras and the Endocrine System

Science tells us that everything is made of energy and it has been known for thousands of years that there are intense energy focal points in the body called Chakras.

Each of the chakras impacts different parts of the body and holds onto or releases different feelings and emotions.



1. The Crown Chakra
2. The Third Eye Chakra
3. The Throat Chakra
4. The Heart Chakra
5. The Solar Plexus Chakra
6. The Sacral Chakra
7. The Base/Root Chakra

Physically the **endocrine system** is a collection of hormone-producing glands and cells located in various parts of the body. Hormones are complex chemical substances that are secreted in to the bloodstream and regulate body functions such as metabolism, growth and sexual reproduction.

Metaphysically the **endocrine system** is related to the connection to the Divine/Universe/God. Each endocrine links with the main 7 chakras. Below is a summary explaining the correlation between chakra & endocrine.

ENDOCRINE	CHAKRA	HEALTHY INTEGRATED FUNCTION
Pineal	7 th Crown	Lymphatic system, body clock, fear of death/faith, inspiration, selfless service
Pituitary	6 th Brow	Soul realisation, wisdom, peace of mind, 'boss' of endocrine system, conscious living
Thyroid, parathyroid, hypothalamus	5 th Throat	Power of spoken word, creative expression, devotion to self, suffocation of life, involuntary systems (breathing, heart rate)

Heart/Thymus	4 th Heart	Understanding, group consciousness, ONE with ALL
Pancreas/spleen	3 rd Solar plexus	Change, moodiness, personal power, authority, self-control, transformation, awakening
Ovaries/testes	2 nd Sacral	Give/receive, movement, family, in/tolerance, harmony within a group
Adrenals	1 st Root	Material world, mastery of physical world, over indulgence, fight/flight

Chakras

The first three chakras, starting at the base of the spine are chakras of matter. They are more physical in nature.

First Chakra: The Muladhara is the chakra of stability, security, and our basic needs. It encompasses the first three vertebrae, the bladder, and the colon. When this chakra is open, we feel safe and fearless.

Second Chakra: The Svadhisthana chakra is our creativity and sexual center. It is located above the pubic bone, below the navel, and is responsible for our creative expression.

Third Chakra: The Manipura chakra means lustrous gem and it's the area from the navel to the breastbone. The third chakra is our source of personal power.

The Fourth Chakra: *The Connection between Matter and Spirit*

Located at the heart center, the fourth chakra, anahata is at the middle of the seven and unites the lower chakras of matter and the upper chakras of spirit. The fourth is also spiritual but serves as a bridge between our body, mind, emotions, and spirit. The heart chakra is our source of love and connection.

When we work through our physical chakras, or the first three, we can open the spiritual chakras more fully.

The Chakras of Spirit

Fifth Chakra: The Vishuddha chakra is the fifth chakra, located in the area of the throat. This is our source of verbal expression and the ability to speak our highest truth. The fifth chakra includes the neck, thyroid, and parathyroid glands, jaw, mouth, and tongue.

Sixth Chakra: The Ajna chakra is located in between the eyebrows. It is also referred to as the "third eye" chakra. Ajna is our center of intuition. We all have a sense of intuition, but we may not listen to it or heed its warnings. Focus on opening the sixth chakra will help you hone this ability.

Seventh Chakra: The Sahaswara chakra or the "thousand petal lotus" chakra is located at the crown of the head. This is the chakra of enlightenment and spiritual connection to our higher selves, others, and ultimately, to the divine. It is located at the crown of the head.

- www.chopra.com

TREATING ANIMALS WITH REIKI ANIMAL HEALING

It's important to remember to approach any injured or sick animal with caution and love. Move towards an animal slowly and pet the animal lightly; pay attention to any area which appears to be sensitive to touch.

It is good to start the treatment by laying hands at the base of the ears near the neck. This seems to calm down animals, and as in humans, when the body is relaxed, stress free, energy flows more easily and in greater supply. Then the animal can be treated systematically (hand positions like those for humans) or simply lay hands on the areas that you sense are in pain or imbalance. Be guided by your inner sense and feelings as to where to lay hands and how long to leave them in the positions chosen.

When working on small animals (mice, hamsters, guinea pigs, frogs, and birds), just cup your hands gently around their bodies, without pressure. You may experience a rapid heartbeat, but not to worry, the animal will relax. Obviously, you would not try to place your big hands on such small animals, but just allow the animal to be surrounded in Reiki energy within your cupped hands. If you treat small animals during their sleep cycles, keep the hands just above the surface of their skin, so not to disturb them.

Also, do not force an animal to sit still while you do Reiki animal healing on them; they have their own time to physically transition when their life's chosen aim and purpose is completed, and as such, they have free will not to accept energy that would thwart their situation. Every animal is different and unique, and only by working with them, and not on them, will you come to appreciate the freedom (not domination) of animals, and be gifted with true "unconditional love".

Reiki Your Food

Just like praying over your food, you can also send Reiki to your meal to bless it and get the most out of the nutrients.

How to do this: I hold my hands, palm-side down over my food and send Reiki. This does not have to be a long process, I have found that non-human things like food and plants tend to receive Reiki faster or perhaps it feels like the flow is a bit easier.

Reiki for Water

Taking time to offer Reiki to water can positively affect our bodies, our plants, and our earth - the possibilities are endless. To charge your bath / drinking water, simply connect to source, bring the energy down from crown to hands, and "beam" the intention / universal life force to the water. You can draw CKR into the water while you do it, as well.

Reiki for Plants

To give a plant or seed Reiki during stressful times or as a regular routine by simply holding the seed / pot, or floating above / around the plant, for 5-15 minutes. The intention could be an overall intention of well-being, health, and love.

Ways to integrate Reiki into your self practice or teaching!

Empower your yoga practice with Reiki—a Japanese technique for stress reduction and relaxation that promotes healing. Many of us practice yoga to feel better, and Reiki provides a lot of the same feel good benefits as yoga since they both work on the nervous system. When you begin to unravel your nervous system, life starts to feel better, it's easier to breathe deep, enjoy the moment and act instead of reacting.

When you practice yoga, you are on a metaphysical level anchoring higher dimensional energy of light into your being—Universal Life Force Energy. Many of us know that Yoga means to yoke or unite. You are uniting with source, that which you truly are, but in these human bodies it is easy to feel separated from source and I think that causes more stress than anything else.

When you practice yoga, you feel reconnected with the source you are ultimately always connected to, Reiki does the same thing. Reiki allows you to unwind so that you can experience and integrate universal life force within your body to embodying the light of the One, the light that you are!

I believe that Reiki is the energy of love and love isn't really a feeling, it's more of a presence—a presence that stays with you no matter what you are feeling. Love is the ultimate healer and the balm that soothes all wounds.

Reiki is a beautiful way to make your yoga practice even juicier! There are many powerful Reiki practices including meditations, visualizations, symbols and more that you can incorporate into your yoga practice or teaching to help yourself and others deepen into the light of love consciousness, Reiki.

Reiki Practices for Yoga:

Everyone is made of Universal Life Force Energy—Reiki energy. You do not have to have studied or been attuned to Reiki to try these practices!

Developing Hand Sensitivity:

Count three to six deep inhalations and exhalations while you rub the palms of your hands briskly together, as if you want to start a fire in your palms.

With eyes opened or closed on the exhale of your choice slowly separate the palms a few inches while keeping the hands gently cupped. If your eyes are open look in between your hands.

Feel the energy bounce between the two palms. If you like you can make this energy into a ball by slowly moving your hands in a circular motion and then bringing the healing energy ball anywhere into your body, you feel called.

Self treating in Shavasana or relaxing yoga postures:

Place your gently cupped hands on your body anywhere you like. Silently in your mind or out loud begin to repeat the mantra: Reiki, Reiki, Reiki, Reiki, Reiki.

Keep repeating Reiki and begin to visualize pure positive love energy flowing down from the crown of your head, through your neck, shoulders, arms and out your hands into your body. Keep breathing and softening your body as you allow yourself to relax into the energy.

Stay with a mantra— as that is the intention directing the energy, you can continuously repeat Reiki, Love, Balance or any other mantra that keeps you tuned into the flowing energy.

You can do this for a few minutes up to an hour. Feel free to move your hands anywhere on the body you feel called. Some people like to give Reiki to all seven main Chakra's or you can work on an area of pain or anywhere you feel intuitively drawn to.

You can give reiki to your students while they are in shavasana or a restorative yoga posture.

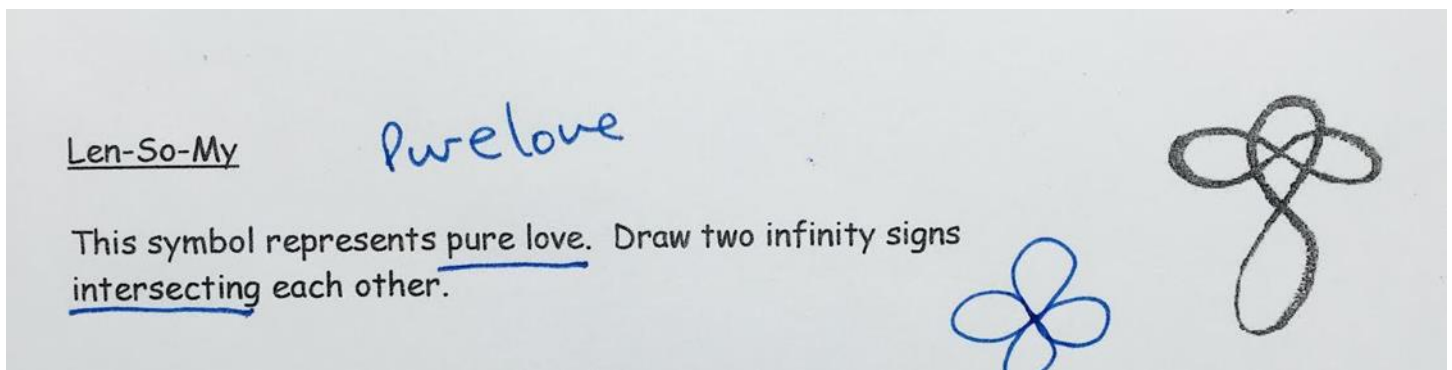
Trace CKR and then SHK and cup your hands over their eyes or ears and spend a few minutes spending Reiki and seeing their whole-body bathing in light.

Incorporate one of the Reiki Meditations into the class or use the Reiki Shower Techniques from Mountain pose.

There are many ways to incorporate Reiki into the Yoga Practice.

Another great way is to trace CKR around the room before and after class to charge and clear the room!

Non-traditional Symbol for Pure Love:



Reiki Meditation: Connecting the Three Diamonds

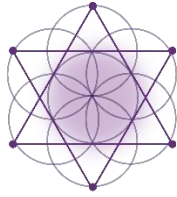
Reiki is written with 2 Japanese kanji, these kanji mean "spiritual energy".

The top kanji is "rei" - means "spiritual" or "sacred" | The bottom kanji is "Ki" - means "energy"

In this meditation we are connecting the Earth, Heart and Heaven Ki "energy"

Three Diamonds:

- **Earth Ki-** In abdomen just below the navel (Hara or Sacral Chakra), Powerful and grounding, this center helps you feel strong and physically connected and is responsible for our creative expression.
 - **Heart Ki-** The heart center, seen as the point of perfect balance between the Earth Ki and Heaven Ki. The fourth chakra, Anahata is at the middle of the seven chakras and unites the lower chakras of matter and the upper chakras of spirit. The fourth is also spiritual but serves as a bridge between our body, mind, emotions, and spirit. The heart chakra is our source of love and connection.
 - **The Heaven Ki-** The Ajna or third eye chakra is located in between the eyebrows. Ajna is our center of intuition and inner vision.
- 1) Sit or laying down with your hands in Gassho (prayer pose), breathe slow and deep and set your intention to connect to Universal Life Force Energy (Reiki) and the three Diamonds.
 - 2) Bring your dominate hand (1 inches or 10 cm) off the brow point (Heaven Ki) and feel the energy connection. (2 minutes)
 - 3) Dominate hand above the heart, stay until you feel the connection.
 - 4) Dominate hand to Earth Ki or Hara, breathe and feel the connection to the Earth.
 - 5) Slowly repeat in reverse (Hara, Heart, Brow) feel that you are connecting your Earth, Heart and Heaven energy and stay connected to the Universal Life Force flowing into your head all the way through your hands.
 - 6) Repeat the original process (Brow, Heart, Hara) then leave your hand at your Hara for as long as you like to enjoy the energy.
 - 7) End in Gassho (Prayer Hands) giving thanks.



Awaken Love

Technique of the Reiki Shower:

- 1) Stand or sit. Make your self comfortable and close your eyes breathe slowly but naturally.
- 2) Gassho (hands together at chest) prayer hands a symbol of union.
- 3) Reach your hands to the sky above your head, hands separate as if you are holding a big ball of light. Connect to Reiki and feel the energy moving down through your hands. Feel the vibrations of the Universal Life Force Energy moving through your hands and crown.
- 4) Bend your elbows and intend the Reiki Shower to turn on, imagine each palm is a shower head.
- 5) Start by showering your crown then slowly move the hands down the front of the body, palm facing the body. Reiki is emanating from the hands, filling you with light and cleansing. When you reach the legs bring the palms face down to shower the legs and feet with the universal life force. Then shake out the hands releasing unwanted energy to the Earth allowing it to be transmuted.
- 6) Practice three times.
- 4) Gassho again to finish, give thanks.

Great practice before offering hands-healing to yourself or others.

Hado Meiso Ho – A method of vibrational meditation

This technique can bring you into a deep state of meditation

Hado- wave, vibration

Meiso- meditation, contemplation

Ho- method

- 1) Sit and gassho (prayer hands) to center the mind and set intent. Close your eyes.
- 2) Reach your hands up to the sky with both hands facing each other (forming a funnel shape). Feel the connection to Reiki. Once you feel the energy moving down your hands and into your body bring the arms out to the side until they are parallel to the ground. Palms facing the ground.
- 3) Bend your elbows and move the hands in front of the chest, fingertips touching, palms still facing the ground.
 - 4) Breathe out doing the Hado breath of “Haaa” with the hands pushing down to the ground.
- 5) Move your hands up to the forehead as you breathe in, move your hands slowly down towards the floor while breathing out with the hado breath “haaa” with the palms facing the body.
- 6) Complete step 5 three times and feel the energy move throughout your body. You can repeat step 5 as often as you want.
 - 7) Hands in prayer (Gassho) give thanks.

In LOVE ❤️:

Reiki goes to the very heart of who you are and heals your life from the inside out! It is truly amazing.



Continue to give yourself and others the gift of Reiki. Trust yourself and your ability to share the Universal Life Force!

Special thanks to my teacher Melanie Ollenberg who provided me with so much in my intensive Reiki Master Teacher Training that I am honoured to share with you. Thank you, Melanie, thank you to all the teacher before us, Usui, Takata and Jesus. Thank you to all the healers yet to come who will awaken the lives of so many of the children of Light.

Blessings,

Hillary Faye

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