

Usui Reiki I



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Usui Reiki

First Degree Manual

Welcome to Reiki I

I hope you enjoy reading and learning about Reiki as much as I enjoy sharing it with you. I've placed this Reiki manual here for the benefit of my Reiki distant attunement students as well as for others who might find it of value. I understand some Reiki Masters feel the symbols are sacred and should be kept secret to only those attuned to Reiki II and above. I respect their views and the tradition of secrecy; however, the symbols can not be used to connect with Reiki energy and its functions unless a person has received a Reiki attunement.

Also, understand that no manual will ever be complete as there is always more to discover, assimilate and integrate as we walk our journey in life. So, please check back often to see any updated versions. You may save or print this manual for your personal use. Please do not link or copy this manual to your own website without permission.

Thank you

Much Love & Blessings

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What is Reiki?

Reiki is a natural, non-evasive Japanese energy healing system that restores and balances the body's "Ki" energy centers. By balancing the body's energy centers to a natural healthy state allows toxins or existing conflicts within the mind, body, and spirit to be cleansed and balanced, resulting in health and wellness.

This hands-on or soft touch technique channels energy from practitioner to client to assist and enhance the body's natural ability to heal itself. As improvement develops the natural processes of renewal are enhanced and more effective, ultimately opening up more of the body's life energy flow. It is this universal life energy that is within us and surrounds us, and without it we cease to exist.

Those who use Reiki as part of their personal wellness program feel joyful, energetic, balanced, centered, and connected with their life's purpose.

Rei: Spiritual Wisdom

The word Rei means Universal. This is a general interpretation, but, it is the definition many have accepted. However, Japanese ideograms have many levels of meaning. They vary from the mundane to the highly esoteric. "Rei" can be interpreted as universal, meaning that it is present everywhere; however, there's a more meaningful definition that is worth exploring.

Research into the esoteric meaning of the Japanese kanji character for Rei has given a much deeper understanding of this ideogram. The word Rei as it is used in Reiki is more accurately interpreted to mean higher knowledge or spiritual/God consciousness. This wisdom comes from God or the Higher Self and is the God-Consciousness, which is all-knowing. It understands each person completely, knows the cause of all problems and difficulties and knows how to heal them.

It's Rei, or the God consciousness that guides life energy the Ki in Reiki. Therefore, Reiki is defined as spiritually guided life energy. This is a meaningful translation of the word as it closely describes the experience most people have of it. Reiki guides itself with its own wisdom, rather than requiring the direction of the practitioner.

Ki Life Energy

The word Ki means life force energy and is referred to in the same way as Chi, or qi in Chinese, and Prana in Sanskrit. It has also been called odic force, orgone, or bioplasma.

This non-physical energy animates all living things. As long as something is alive it has life energy circulating through it and around it, and when it dies the life energy departs. If your energy is low, or if there is a restriction in its flow, you are more vulnerable to illness and dis-ease. When it's balanced and free flowing, you're less likely to get sick. Life energy plays an important role in everything we do. It animates the body and has

higher levels of expression. Ki is also the primary energy of our emotions, thoughts, and spiritual life.

The Chinese place great importance on life energy, or Ki. They have studied it for thousands of years and have discovered there are many different kinds of Ki. The Yellow Emperor's Classic of Internal Medicine, which is over 4,000 years old, lists thirty-two different kinds of Qi, Chi, or Ki.

Martial artists in their physical training and mental development use Chi or Ki for centering energy and balance. Ki or dragon breath is also used in meditative breathing exercises by mystics of all cultures for intuitive awareness, manifestation, and healing. Ki is the non-physical energy used by all healers. This energy is present all around us and can be accumulated and guided by the mind.

Reiki and religion.

Reiki is spiritual in nature and has no religious dogma associated with it; there is nothing you must believe in to learn and use it. It is not dependent on any belief system and works whether you believe in it or not. It works because Reiki comes from a higher power, allowing many people to go beyond intellectual concepts and directly experience their own spiritual beliefs.

Everyone Can Learn Reiki

The ability to learn Reiki is not dependent on intellectual capacity, you do not have to be able to meditate, and it does not take years of practice. It is simply passed on or channeled from teacher to student by way of an attunement. As soon as this happens, the student has the ability to channel Reiki and can use it.

Do all healers use Reiki?

There are many kinds of healing energy systems used and all healing energy uses life energy. However, not all healers use Reiki energy or Ki. Reiki is a unique kind of healing energy that can only be channeled by someone that has been attuned to it. Reiki is life energy that is guided by a Higher Power. It is possible that some people are born with Reiki or have gotten it some other way; most people need to receive a Reiki attunement to be able to specifically use Reiki. Therefore, most healers who have not received the Reiki attunement from a Reiki Master are not using Reiki but another kind of healing energy.

Reiki energy is more powerful and of a much higher vibration or frequency than other methods. Unlike other energy methods which need to be guided and directed, Reiki energy does not; it begins flowing without having to direct it.

Reiki is a pure form of healing that is not dependent on individual talent or acquired ability. Because of this, the personality of the healer is less likely to cloud the significance of the experience. The feeling of being connected directly to God's healing love and protection is clearly apparent.

Reiki Can Never Cause Harm

Because Reiki is guided by God-Consciousness, it can never do harm, and always knows what a person needs and will adjust itself to create the appropriate effect. You never have to worry about whether to give Reiki or not, or if you're giving too much. The body will only take in what is needed.

In addition, because the practitioner does not direct the healing and does not decide what to work on, or what to heal, the practitioner is not in danger of taking on the karma of the client. Because the practitioner is not doing the healing, it is much easier for the ego to stay out of the way and allow the presence of the Creator to clearly shine through.

Reiki Never Depletes Your Energy

The practitioner's energy is never depleted because the energy is channeled through the practitioner to the recipient. The Reiki consciousness considers both the practitioner and client to be in need of healing, so they both receive healing energy. Because of this, giving a treatment always increases both the practitioner's and recipient's energy surrounding them with loving feelings of well-being.

How Does Reiki Heal?

We are alive because life energy or Ki is flowing through us. Ki flows within the physical body through pathways called chakras, and meridians. It also flows around us in a field of energy called the aura. The free and balanced flow of Ki is the cause of good health and well-being. It is Ki that vitalizes the physical organs and tissues as it flows through them. Ki nourishes the organs and cells of the body, supporting them in their vital functions. When the flow of Ki is disrupted, it causes diminished functioning within one or more of the organs and tissues of the physical body. Therefore, it is the disruption in the flow of Ki that is one of the causes of stress and illness.

Ki is responsive to thoughts and feelings. When we have positive optimistic thoughts, we increase our flow of Ki and this causes us to feel better. However, when we have negative thoughts, our Ki is disrupted and diminished and we do not feel or function at our best. When negative thoughts become lodged in the subconscious mind, they create a disruption of Ki.

This happens when we either consciously or unconsciously accept negative thoughts or feelings about ourselves. These negative thoughts attach themselves to the energy field and disrupt the healthy flow of Ki. Various organs and tissues of the body can be affected depending on the site of the blockage. This lowers the vital function of those organs and cells and unless the blockage is released a person could eventually become ill.

When a person receives a Reiki treatment, the Reiki or God-Conscious part of the energy assesses where the person has blocks, then directs the healing energy to that area, usually but not always to the block that is nearest the hands. However, sometimes it will go to

the block that is most important even if it is far from the hands. The energy then works with negative thoughts and feelings that are blocking the natural flow of Ki by flowing through the affected parts of the energy field and charging them with positive energy. Reiki raises the vibratory level in and around the emotional and or physical body where the negative thoughts and feelings are attached.

The energy clears, straightens and balances the chakras and energy pathways in the blocked area allowing healthy Ki to flow in a natural way. Sometimes the entire block is lifted to a higher vibrational field where it can be brought to the conscious level as thought, or knowings where it can be processed and released. At other times it is quietly dissolved at the subconscious level. Sometimes, when a block is released a person will feel either a cold or warm sensation when it is being cleared. Once Ki is flowing naturally, the physical organs and tissues are then able to complete their healing process and health is balanced.

What Can Be Treated?

Reiki in its long history has aided in the healing of virtually every known illness and injury. It is always beneficial and also works to improve the effectiveness of all other types of therapy. In addition to physical healing, it can be used on any object or situation requiring positive energy and balance for its highest and greatest good.

Complementary Reiki

Reiki is complementary with all types of therapy and healing modalities as it can never cause harm. It is important to consult and inform your physician that you are receiving Reiki treatments. Continue with your regular medical or psychological treatment while receiving Reiki sessions as it will improve the results of any medical treatment, acting to reduce negative side effects, such as those from chemotherapy, surgery, and invasive procedures. It shortens healing time, reduces or eliminates pain, reduces stress and helps create optimism while undergoing treatment. It has been documented that patients receiving Reiki leave the hospital earlier than those who do not.

Reiki has also been successfully used in conjunction with psychotherapy to improve the healing of emotional trauma and other issues. Its psychological benefits can include improved memory and greater self-confidence. If clients have a physical or psychological condition and want to be treated with Reiki, it is recommended that they do so under the supervision of an enlightened medical doctor, psychologist, or other health care professional.

Using Reiki

After receiving the Reiki attunement, all that is necessary to start Reiki flowing is to ask or intend that it begin to flow and it will. This can be done simply by silently saying the word Reiki at the beginning of a healing session. It is always ready to flow and will do so whenever you want it to. By placing your hands on someone with the intention of giving a treatment is enough to start the energy flowing. It's not necessary to meditate, or concentrate or go into an altered state to use Reiki. Reiki flows so easily that just

thinking or talking about it turns it on.

One thing that sometimes happens, especially in groups, is that people giving Reiki will start talking. This tends to focus attention away from the client and can decrease the value of the treatment. Although Reiki does flow when you are talking, it works much better when you are in a quiet relaxed state, allowing your consciousness to flow with the energy.

When giving a Reiki treatment it is important to keep your hands relaxed keeping your fingers together. This will concentrate the energy and create a stronger flow. Be aware of the sensations in your hands such as warmth, tingling, vibrations, pulsations indicating a flow of energy. You may also feel Reiki flowing through other parts of your body such as out the bottom of your feet. If you feel this happening, feel free to use your feet to give Reiki too. Standing close to the client, the energy that flows from you will treat the client's aura before entering the body where it is needed, or it may simply travel up the outside of your legs and be added to the energy coming from your hands. You may experience this as feelings of relaxation, joy, love, well-being, security, unlimited potential, freedom, creativity, beauty, balance, harmony, and other positive emotional states. Allow these feelings to become your feelings. If other thoughts come up, gently brush them away and bring your attention back to the consciousness of energy. As you do this you will be allowing Reiki to flow in full awareness, you will also be receiving a deep healing yourself and your client will receive your full healing intentions.

By being in the stillness of Reiki, you will be entering a state of mind that allows your personal Reiki guides to work more intimately with you. They will be better able to channel their energy through you and send it directly to the client. The most important way to increase the effectiveness of Reiki is to come from true love, compassion, and kindness. This will create feelings of emotional safety for clients, encouraging them to fully accept the energy. It will also open the door to your healing potential, increasing the strength of your Reiki and provide a deeper healing for you!

The question sometimes comes up as to the amount of time that Reiki should be given. Since Reiki is spiritually guided and never causes harm, you can never give too little or too much. If all you have is a few minutes, go ahead, Reiki will always help. Short treatments can provide great benefits and have relieved headaches, toothaches, bee stings, stopped bleeding, along with many other valuable results. What ever the length of time Reiki is given you can not give your client too much energy or cause harm. The hand positions for treating yourself and others are meant as a general guide, you do not need to strictly adhere to them. Use your intuition, if you feel guided to leave out a position or add a new one, go ahead, let your intuition be your guide. If you are following the hand positions, a good rule of thumb is to hold each position a minimum of three minutes to allow time for the energy to start flowing.

Intuition plays an important role when doing energy work. Scan the client's energy body, pay close attention to any physical sensations or knowings that you receive, if you feel a

lot of energy flowing, place your hands there. Whether you feel anything or not energy is flowing. If it concerns you, ask your intuition to show you the best place to treat the condition and move your hands to where you are directed. If you feel more energy flowing there and the client reports the symptoms subsiding, then you know you received the guidance correctly. Often, the best place to treat a condition is not where the symptoms are manifesting. Always ask to be guided to the best place to treat the condition. Use the scanning technique, or simply ask to be guided to the right place. Trust in your inner guidance even if you think it is illogical or wrong or just the product of your imagination.

What Reiki Does

- Reiki will leave all those who have received its loving energies completely and deeply relaxed and free from stress. Reiki has many other effects and uses, the following are just a few:
- Supports the body's natural ability to heal itself.
- Clears out energy blockages from the physical body as well as the spiritual bodies.
- Vitalizes and restores power to the physical body and to all levels of the spiritual bodies.
- Re-establishes spiritual, mental, and emotional balance, harmony, and well-being.
- Functions and heals on all levels of being: spiritual, emotional, mental, and physical.
- Helps loosen and release stress and promotes deep relaxation.
- Cleanses the physical body and our entire being of poisons and toxins.
- Adjusts and works in co-operation with the individual's Higher Self/God-self and his or her truest desires and needs.
- Works successfully and lovingly with animal, plant, insect, crystal & mineral kingdoms, as well as inanimate objects.
- Works with everything we ingest: food, water, medicine, vitamins, and herbs.
- Restores feelings of peace, joy, and profound love, enhances personal awareness.
- Assists in the release of stored emotions, memories, and old belief systems, etc.
- Assists all other healing modalities.
- Acts as a gentle aid for those in the transition called death; enabling a person to leave their present life in peace and open to the new life before the

Channeling Reiki

Reiki practitioners channel energy in a particular pattern to heal and balance the energy body. Reiki seeks to restore order to the body whose energy has become unbalanced. Reiki energy has several basic effects: it brings deep relaxation, destroys energy blockages, detoxifies the system, provides new vitality, and increases the vibrational frequency of the body.

The healer places their hands lightly on or above the recipient and the recipient draws the energy that is needed. The individual being healed takes an active part in the healing process as opposed to having a passive part in the healing. In this way the individual takes responsibility for his or her healing. The recipient identifies the needs by intention and directs the energy to that need.

Three Degrees of Reiki: By Diane Giarusso-Barton

During his mystical experience on Mount Kori-Yama, Dr Usui received the Reiki energy all at once. Although Dr. Usui transferred the Reiki energy all at once to his initiates. Dr. Hayashi broke the attunement process into three degrees of initiation practiced today. In this manner, the student is allowed to adjust to the changes in their body's vibration over a period of time.

First Degree Attunement is focused on opening up the physical body so that it can accept or channel greater quantities of like force energy. The four attunements of the First Degree raise the vibratory rate of the four energy centers of the upper parts of the body. Sealing the channel open, so that you can maintain the accelerated ability to channel the Reiki energy for the rest of your life completes the process. Once you are attuned to the Reiki energy, you can never lose it. In the first degree, you learn the basics of Reiki and the importance of healing the self before all else.

Second Degree Attunement process provides a quantum leap in vibratory level, at least four times greater than First Degree. The symbols that are taught in Second Degree are used in absentee and long-distance healings, and become activated at this point. Second degree has great emphasis on adjusting the etheric body, rather than the physical body, which is the primary focus of first degree. The Second Degree class is where we focus on using Reiki to heal others and learn the very sacred use of the Reiki Symbols.

Third Degree Attunement is used to initiate a Master. This attunement again amplifies the vibratory level and activates the Master symbol so it may be used to help others empower themselves. **A Reiki Master is simply someone who has chosen to accept a greater level of responsibility for his or her life by acknowledging that he or she is indeed a Master of his or her own destiny.** A Reiki Master Teacher, teaches how to pass on the attunements to others.

The Attunement

Reiki is not taught in the way other healing techniques are taught. The Reiki Master transfers the ability to the student during the attunement process. During the attunement, the Rei or God-Consciousness makes adjustments in the student's chakras, energy pathways to accommodate the ability to channel Reiki and then links the student to the Reiki source. These changes are unique and special for each individual. The attunement is channeled to the student through a Reiki master. The Reiki Master is simply a conduit for the attunement energy that is channeled from a Higher Power and does not direct the process.

Once you have received a Reiki attunement you will be able to channel healing energy for life. One attunement at each level is all that is necessary to activate the ability to channel Reiki, additional attunements to levels already attained are always beneficial. The added benefits include refinement of the Reiki energy on its channeling, increased strength of the energy, healing of personal problems, clarity of mind, increased psychic sensitivity and a raised level of consciousness.

For most people the Reiki attunement is a powerful spiritual experience. The Rei or God-Consciousness guides the process and makes adjustments in the process depending on the needs of each student. Reiki guides also attend the attunement and other spiritual beings help implement the process, and many report having mystical experiences involving personal messages, healings, visions and past-life experiences during the attunement. The attunement can also increase psychic sensitivity. Students often report an opening of the third eye, increased intuitive awareness or other psychic experiences after receiving a Reiki attunement.

During the attunement, you may feel heat or experience tingling sensations, see colors, visions, or symbols, hear voices, or even experience smells and tastes. You might feel energized or for some they are so preoccupied with what they are doing at the time it is sent they do not feel anything, however, they are still receiving the Reiki. Each person will have his or her own individual experience. Each time you have an attunement your experience may be different. Sometimes, it may be stronger or more powerful than at other times. There is no right or wrong experience; there is only the experience. You may have a subtle shift or a profound shift each time you receive the attunement.

Post Attunement: A Cleansing Process

Once you receive an attunement, your energy vibration or frequency will shift and intensify. You might notice a change or shift instantly, or it will be a gradual shift with an accumulative effect. The attunement starts a cleansing process that can affect 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. This does not always take place right after a Reiki attunement, but, when it does, it is important to understand what is happening so you can support its completion. You did not get into your present situation overnight, change takes time. Reiki will help the evolution of that process and transformation. When changes do take place, you may need more rest, or need to spend more quiet time contemplating your life and any changes you might need to

make to support a healthier lifestyle. This period of adjustment is necessary so that the body and various parts of your life become accustomed to healthier new conditions. You will start the self-healing process where it is needed most.

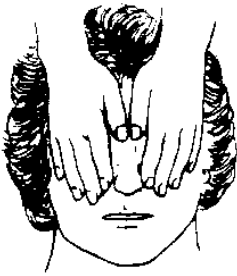
Giving Reiki

After the attunement, all that is necessary for practitioners to use Reiki is to place their hands on the person to be healed with the intention of healing. The Reiki energies will begin flowing automatically. Reiki has its own intelligence and knows exactly where to go and what to do. It is not necessary to direct the Reiki. It will communicate with client's Higher Self and use this information to decide where to go and what to do. The best results are achieved by simply remaining calm and relaxed and enjoying the soothing energies that are flowing through you.

Hand Positions

Prior to working with your client, inform him or her of all Reiki hand positions you will be using. **Always be respectful of your client's physical boundaries.** Should your client prefer a non-touch method, position your hands 1 to 2 inches above their body.

Sensing Energy using Reiki Hand Positions: Intuitive Exercise: , write in any intuitive experiences you may have in the area next to the pictured hand position. Include any sensations, impressions, tastes, or feelings etc. Don't worry if nothing is felt or sensed, energy is flowing, what is important is to relax and let go of any expectations. Share what you sensed with the recipient.



1.



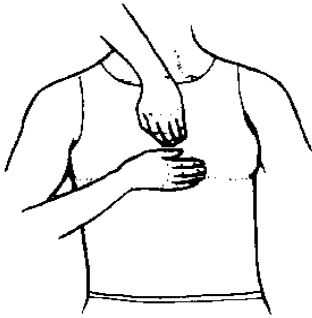
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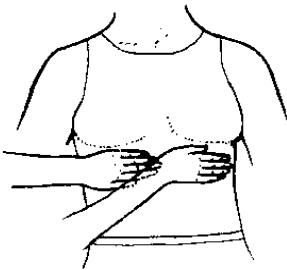
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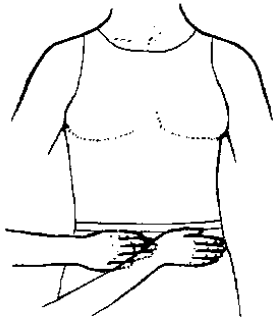
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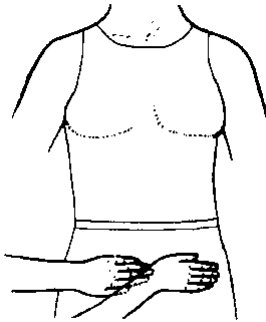
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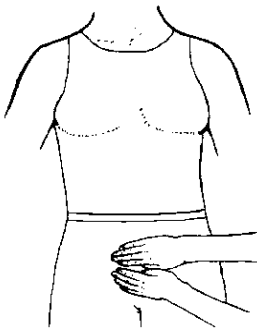


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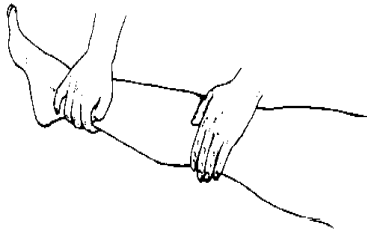


8.

In this position place hands 1-2 inches above the body.



9.



10.



11.

Notes:

The Human Energy System

The Aura

The aura is an energy field of changing patterns that completely surrounds all living things. Auras and chakras interplay with each other. It's through the chakras the physical body communicates with its aura and vice-versa. You are not just a physical body with an aura surrounding you, rather, your aura and physical body are one unit that integrate and make up the whole you.

The aura is composed of many layers, like an onion, with an inner layer closest to the body extending several feet from the body. The aura has different energy vibrations or frequencies and make up the physical, etheric, astral, mental, causal, and spiritual aspects of the multidimensional human form. Each layer represents a different part of a person's consciousness. The inner layer is connected to the physical body followed by higher layers relating to the emotional, mental, and spiritual layers.

All of your thoughts and feelings, both conscious and unconscious, as well as the energies flowing through the physical body create your aura. Your state of health is affected by the condition and health of your aura. Many feel that the original cause of both illness and health originates from the aura by penetrating its protective shell. Treating the aura first with Reiki is an important part of a healing session.

It is easy to become aware of your own aura by doing various simple exercises. Using the Reiki hand position is one way to feel your aura. By energizing it with Reiki, your aura will become more powerful, making it easier to feel. Sensitives and clairvoyants can feel and or see the auric field of others.

Aura:

- **Physical Body** ~ the dense, tangible form of us made up of cells
- **Etheric Body** ~ pulsating and bio-plasmic matrix of ourselves, in which physical matter of the body tissues is shaped and anchored, bluish white light.
- **Emotional Body** ~ associated with our feelings, fluid in manner, appearing as colored clouds of continual motion. Interpenetrates the body it surrounds.
- **Mental Body** ~ associated with intellect and mental processes, appearing bright yellow. It contains the structure of our ideas & bright blobs of thought forms.
- **Astral Body** ~ associated with the formation of relationships, where cords and connections can be seen and felt. From the heart center chakra, various degrees of rose light will be present,
- **Celestial Body** ~ where we experience spiritual ecstasy, our connection with all of nature, where we see light and love in all that exists, and where unconditional love flows. When we have these feelings, we have raised our consciousness to a very high level in our auric field and sit in shimmering. Opalescent light.

- **Causal Body** ~ the most outer form, egg shaped, containing all the other bodies of being, a resilient and strong shell protecting the entire field. It is the main power current that nourishes the whole body and appears as a network of golden lines.

Japanese Reiki Techniques

1. Byosen Scanning: Sensing energy

The word Byosen in Japanese means disease line. It's a method that develops and uses intuition to detect areas in the client's aura that need Reiki. Byosen scanning quickly identifies areas of concern prior to the Reiki session. There are people who are sensitive to energy and can see or feel the auras energy field. Healers who are sensitive use this information to aid them in their healing work.

2. Kenyoku: Dry bathing, clearing energy fields

Using different hand positions such as combing, smoothing, and sweeping techniques treats and repairs energetic congestion, depletion, rips, holes and tears in the aura. Use this anytime you feel the need to release or clean negative energy from yourself or your client. Always begin and end a session using Kenyoko (Dry Bathing).

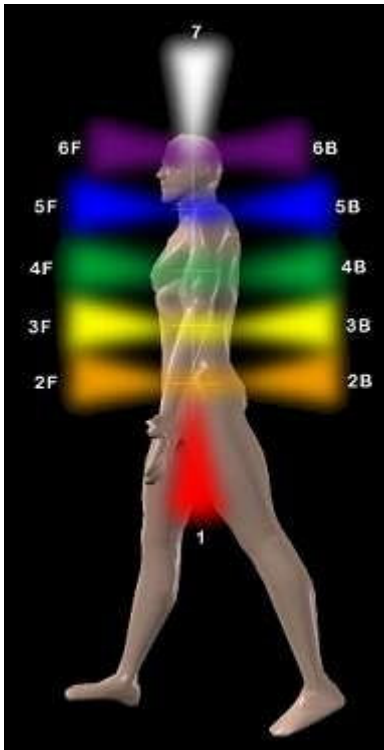
3. Reiji-ho: "Indication of the spirit" Reiki Guides

This is the process that prepares Reiki through Gassho meditation by saying a prayer giving thanks to Reiki healing spirit for all concerned. By asking spirit to guide your hands to where they are needed, follow your inner guidance and allow your hands to be placed where needed. Notice any feelings, impressions or knowings and use them to improve the treatment.

Developing Intuition

Energy has different feelings from the erotic to psychic. That energy emanates from our chakras and can be sensed or seen. They contain truths about our physical, emotional, and sexual needs. Although the aura colors or energy are invisible to most people, it can be sensed with intuition. By learning to identify energy and the different energy sensations you can direct it to specific parts of the body. Sensing energy yields a wealth of information of where healing can begin.

The Chakra System



The word chakra is a Sanskrit word meaning wheel. It's these spinning wheels or vortex's that interpenetrates the physical body. Each energy center controls and regulates specific functions, organs, emotions, and experiences in our bodies. The outer ends of each vortex forms a specific layer of the auric field. The circular whirling motion forms a cavity or vacuum in the center that draws in other like energy or anything on its particular vibrational level. It is then processed and returned to the auric field, thus, the law of attraction. The energy then expands outward into the universe and can be felt by intuitives to aid in the directing of healing energy.

The seven main energy centers in the body run from the crown down the spine to the tailbone. Secondary chakras are located in the palms of the hands, the soles of the feet, and major joints in the arms and legs. In actuality, the body contains hundreds of mini chakras along the meridian lines. Where there are bundles of connected nerve endings there is a Amini chakra point. This system directly correlates with the endocrine system in traditional

Western medicine. There is some discussion as to the actual location of the central chakra system as to whether it runs along the front or back of the spine of the individual.

Chakras are the transformers of the body's subtle energy system. They take in the universal life energy that is around us and transform it into various frequencies our subtle energy system needs to keep us healthy. The lowest or root chakra brings in the lower frequencies that are needed for physical survival, and the highest or crown chakra brings in the spiritual levels of energy. Each chakra corresponds with a layer of the aura. Negative feelings, thoughts, and daily stresses can become lodged in one or several chakras reducing the amount of subtle energy they are able to provide and can adversely affects ones health. Thoughts and chakras are directly connected to our state of health and wellness, we are what we think.

The flow of energy in and out of the chakra is influenced by how we move through emotions. When we block feelings or the flow of our emotions, we cause that particular chakra in charge of that emotion to distort or go out of balance. In other words, if we close ourselves off to a certain feeling or experience, we block the energy coming into that chakra.

A blocked chakra becomes distorted and disfigured according to the degree in which a feeling is suppressed. The chakra that is related to that emotion may spin haphazardly or irregularly, causing imbalance in the entire energy field. Energy in that area will eventually become stagnant and clogged if it is not cleared and balanced.

Ki, Chi, or Qi energy feeds the chakras. If the chakra is not working efficiently, the ability to absorb universal life force energy is reduced and the chakra begins to deplete or

weaken parts of the body's energy system. Sometimes the chakra is so spent and upset that energy is literally spilling out of the human field, emptying the vitality from a person, causing weakness or emotional imbalance. Organs that are affected by the collapsed chakra cannot function properly causing stress on other associated chakras and organs. All these factors lead up to either dis-ease or other chakras doing double-time. If left unattended and ignored the cycle declines into an unhealthy energy imbalance.

Treating the chakras with Reiki is an important part of balancing these energy centers. It is also here that clairsentients, sensitives, and clairvoyants can sometimes feel vibration or see colors of the client's energy. Those who are clairsentients often sense or feel within their own body the client's physical or emotional state of health or well-being.

The Chakra System

1. Root Chakra: All Is One

Family Tribe: Lessons related to the material world. It's the foundation of emotional and mental health, your connection to traditional family beliefs, your sense of identity and belonging to a group.

Issues: Physical family, group safety, and security. Having the ability to provide for one's life's necessities and the ability to have healthy boundaries, feeling at home, social and family law and order. Abandonment, fears, family bonding, identity, tribal honor code, support and loyalty.

Lessons: What beliefs did you inherit from your family? Do you have any unfinished business with any family members? If so, what prevents you from healing your family relationships? List all the blessings that you feel come from your family? What strengths and weaknesses do you want to hold onto or let go of?

Governs: Perception of the physical world, willpower, motivation and intent. The material, physical, and survival associated with food, drinking, security, money, and work. In its most primitive form this chakra is expressed in fighting i.e. martial arts, noise, and violence, accumulation of possessions for their own sake, judging others without nuance, duality, and negative thinking. When it is blocked, both feet are not on the ground, ungrounded; there is fear, exhaustion, difficulty in dealing with physical reality. When the energy circulates freely, one enjoys mental and physical stability and an endless ability for work. Its outward expression is reliability and radiance.

Other Names: Base, Muladhara, Kundalini (Sanskrit)

Situated: Base of spine and pubic bone region, it also encompasses the genitals and reproductive organs. Located between the anus and the genitals. The coccyx up to the lower part of the sacrum is the corresponding portion of the spinal column. The gonads, coccygeal body, adrenal gland, the kidneys, and the spinal column.

Effects: Chronic lower back pain, rectal and immune disorders, depression, multiple personality disorder, obsessive-compulsive disorder, addictions, sciatica, varicose veins.

Organs: Base of spine, legs, bones, feet, rectum, and immune system.

Color: Red

Musical Note: C

Frequency: 1000-1200 Hz

2. Sacral (Sex) Chakra: Honor One Another.

Every relationship you develop, from casual to intimate, helps you become more conscious. No union is without spiritual value. The 2nd chakra concerns itself with feelings about self, sexuality, intimacy and creativity. Here we learn about change, without change we cannot grow.

Relationships: Your center of personal power, creativity, sexuality, and finances.

Issues: Issues of physical survival, one-on-one relationships. Unbalanced: fear of loss of control or of being controlled, through events such as addiction, rape, betrayal, impotence, financial loss, or abandonment by partners or colleagues, ability to take risks, personal identity, blame, guilt, money, sex, power, creativity, ethics, honor in relationships, decision-making ability, and power to rebel.

Lessons: How do you define creativity? Do you think of yourself as creative? Do you follow through with your creative ideas? Do you direct your creative energies into negative expression? Do you exaggerate or embellish facts to support your point of view? Are you comfortable with your sexuality? If not, are you working toward healing your sexual imbalances? Do you use people for sexual pleasure? Have you ever felt used? Do you honor your own sexual boundaries? Do you keep your word? What are your own personal codes of honor or ethics? Do you manipulate them depending on your own circumstances? What's preventing you from mastering your fears to regain your own authority for financial and physical survival?

Governs: Intimacy, relationships and creativity. Pleasure, flowing and wave-like motion, finances, jealousy, uninhibited desire (lust), fear of one's sexuality, anxiety about intimacy, lack of creative energy. When balanced, the ability to share, harmony in relationships, easy physical contact, fluid movements and attractiveness.

Other Names: sexual, avadhsthana (Sanskrit)

Located: behind and just below the navel, the upper part of the sacrum up to the 2nd lumbar vertebra.

Effects: Arthritis, chronic lower back or hip pain, sciatica, pelvic and low back pain, sexual potency, urinary problems, prostate, ovarian and uterine illness, fibroids, and menopause severity.

Organs: Lower abdomen to navel, sexual organs, large intestine, lower vertebrae, pelvis, appendix, bladder, hip area.

Color: Orange

Musical Note: D

Frequency: 950-1050 Hz

3. Solar Plexus Chakra: Honor Oneself.

Your feelings about personal power, ego center, your feeling center of self-esteem and personality, separate from your tribal or family identity. Learning to draw and maintain strong healthy boundaries as well as a personal code of honor.

Personal Power: Being mature and honorable in the relationship you have with yourself by accepting responsibility for the person you have become.

Issues: Trust, fear, intimidation, self-esteem, self-confidence, self-respect, ambition, courage, ability to handle crises, care of yourself and others, sensitivity to criticism, personal honor, fear of rejection and looking foolish, physical-appearance, anxieties, and strength of character.

Lessons: What do and don't you like about yourself and why? Are you actively working to change the things you don't like about yourself? Are you able to admit when you are wrong? Do you consider yourself strong or weak? Are you afraid of taking care of yourself? Do you stay in a relationship with a person you don't love because it feels better than being alone? Do you respect yourself? Can you decide to make changes in your life and then stick with your commitment?

Governs: Emotional issues of personal power in the world. How do you relate between yourself and the world, between thinking and feeling. Balanced: creates the ability to lead, organize, and have a natural authority. Unbalanced it manifests as anger or a sense of victimization and the need to assert oneself, stubbornness and rebelliousness, or argumentativeness.

Other Names: Solar plexus, power center

Located: in the V formed by the rib cage, above the navel. The stomach area. Between the vertebrae from the 2nd lumbar up to the 10th thoracic.

Effects: Arthritis, gastric or ulcers, intestinal problems, pancreatitis, diabetes, chronic or acute indigestion, anorexia, bulimia, liver dysfunction, hepatitis, adrenal dysfunction

Organs: Abdomen, stomach, upper intestines, liver, gallbladder, kidney, pancreas, adrenal glands, spleen, middle spine behind the solar plexus.

Color: Yellow

Musical Note: F

Frequency: 500-700 Hz

4. Heart Chakra: Love is Divine Power

Emotional energy of love is the central power and true motivator of your body, mind, and soul. Love, forgiveness, compassion, healing, and peace.

Unconditional Love: The powerhouse of human energy lives here. It mediates between the body and spirit, and determines their health, strength, and balance.

Issues: Love, compassion, hope, trust, ability to heal yourself and others, commitment, hatred, bitterness, grief, anger, jealousy, inability to forgive, self-centeredness, betrayal, fear of loneliness.

Lessons: What emotional memories do you still need to heal? What relationships in your life need healing? What fears do you have about becoming emotionally healthy? Do you associate emotional health with no longer needing an intimate relationship? Why? What is your understanding of forgiveness? Who are the people you need to forgive, and what prevents you from letting go of the pain you associate with them? What have you done that needs forgiving? Who is working to forgive you? What is your understanding of a healthy, intimate relationship? Are you willing to let go of your wounds in order to open yourself to a heart centered loving relationship?

Governs: It's the connection point between the lower three chakra's - the tangible world, the body, and the upper three chakras- the mental and spiritual world, the mind, Love, dedication, union, and self-realization. Unbalanced it expresses itself in self-doubt, problematic emotional life, problems with friendships and relationships, suspicion, struggle between body and mind. Balance expresses itself as openness, spontaneity, cordiality and warmth.

Other Names: Anahata (Sanskrit) Heart Center

Located: Area extends from one and a half inches under the sternum, to slightly under the depression of the throat. On the spinal column it lies between the 9th and the 3rd thoracic vertebrae.

Effects: Congestive heart failure, heart attack, mitral valve prolapse, cardiomegaly, asthma and allergy, lung cancer, bronchial pneumonia, upper back and shoulder pain, breast cancer.

Organs: Center of the chest, heart and circulatory system, lungs, shoulders, arms and hands, ribs and breasts, diaphragm, and thymus gland.

Color: Green

Musical Note: E

Frequency: 250-475 Hz

5. Throat Chakra: Speaking your truth.

This is the realm of consciousness where communication occurs, whether that is with our self or with others. Actions motivated by personal will give you the richest power.

Self Expression: Expression of personal truth, listening, sharing higher purpose. Here we experience the world symbolically through vibration, such as the vibration of sound representing language.

Issues: Choice and strength of will, faith, knowledge, capacity, personal expression, communication, creativity, following your dreams, and using personal power to create. Unbalanced it reveals itself as addiction, judgment, dismissive, or criticisms.

Lesson: How do you define being strong willed? Can you honestly and with ease express yourself openly when you need to? When you are receiving guidance are you able to act upon it? Do you trust guidance that has no proof of the outcome? What fears do you have about divine guidance? Are you able to pray for assistance and say, I will do what spirit asks me to do? Do you know you need to change but continue to postpone taking action? Can you identify those situations and your reasons for not acting on them?

Governs: Self Expression, speaking and intuitive knowledge. Unbalanced signs are trouble in coming into contact with others, not being able to give form to creativity, being somewhere else than where one really is, allowing too much in from one's environment, trying to explain things only with reason or to reduce them to mere techniques. Balanced it is truthful expression of wisdom and logic.

Other Names: Yisddha (Sanskrit)

Located: Throat

Effects: Raspy throat, chronic sore throat, mouth ulcers, gum difficulties, TMJ, scoliosis, laryngitis, swollen glands, thyroid problems.

Organs: Throat, thyroid, trachea, neck, vertebrae, mouth, teeth, gums, jaw, esophagus, parathyroid, hypothalamus.

Color: Blue

Musical Note: G

Frequency: 250-275 Hz plus 1200 Hz

6. Third Eye Chakra

The essence and function of this chakra is to see clearly through the mind's eye "seer".

Mental Power: It's here that we have sixth sight, or have the ability to see by way of clairvoyance (seer). Unbalanced reflects as pessimism, a confused mind and shutting one's eyes to the lessons of life. Balanced it is wisdom, insight, reflection, occult knowledge, clear-sightedness, intuition, clairvoyance, and premonition.

Issues: Self-evaluation, truth, intellectual abilities, feelings of inadequacy, openness to the ideas of others, ability to learn from experience, emotional intelligence.

Lessons: What belief patterns do you continue to accept that you know are not true? What robs you of your power to trust your intuition? Can you recall when the truth was revealed? Can you think about your life in impersonal terms? Do you know you need to change but continue to postpone it? Why?

Governs: The ability to see the difference between truth and illusion, or to be clear-sighted. Can you trust what you cannot see more than what you can see, trusting your intuition

Other Names: Brow, ajna (Sanskrit) Inner vision, telepathy, wisdom, understanding, Seer, clairvoyance, clairsentience.

Effects: Brain tumor, hemorrhage, stroke, neurological disturbance, blindness, deafness, full spinal difficulties, learning disabilities, and seizures.

Located: Between the brows, center of head, behind the forehead.

Color: Indigo

Musical Note: A

Frequency: 110Hz

7. Crown Chakra: Crown

Spiritual belief system: It's our connection with our spiritual nature and integrating our God Consciousness into our physical lives.

Live in the Present Moment: Spiritual Power, Remove all false physical, psychological and emotional perceptions, beliefs, and fears from your life. The ability or inability to let go of the past. Achieve a personal relationship with the Creator.

Issues: Connection with the highest truth, spirituality and meditation. Unbalanced, it expresses itself in fear of or resistance to the realization of spiritual possibilities. Clinging to the material world and lacking of spiritual energy. Balanced, it radiates a creative drive and spiritual unity.

Lessons: During meditation or prayer, what do you ask for? Do you bargain with the Creator. Do you complain to the Creator more than you express gratitude? What kind of guidance do you fear the most? What spiritual truths are you aware of that you do not live by? Are you afraid of a close relationship with the Creator fearing that changes it might bring?

Governs: The ability to trust life, values, ethics, courage, humanitarianism, selflessness, and the ability to see the big picture, faith, inspiration, spirituality, and devotion. It's our connection to the concept of God or a higher intelligence.

Other Names: Sahasrara (Sanskrit), total connection with the Creator, Higher Knowing, or connection with Spirit.

Location: Top of the head.

Effects: Energetic disorders, spiritual depression, chronic exhaustion not due to any physical disorder, and extreme sensitivity.

Organs: Muscular system, skeletal system and skin.

Color: White or violet

Musical Note: B

Frequency: 1100-2000H

The Meridians

The meridians are pathways that subtle energy flows through within the physical body. The meridians contain energy points usually referred to as acupuncture or acupressure points. Each meridian is associated with an organ or physical system of the body, and supplies that organ or system with subtle life energy. As an example, the liver meridian starts on the top of the foot and travels up the leg.

The History of Reiki:



Dr. Mikao Usui, or Usui Sensei was born August 15, 1865 in the village of Taniiai in the Yamagata district of Gifu prefecture, which is located near present day Nagoya, Japan. It is thought that he entered a Tendai Buddhist school on or near Mt. Kurama, Horse Saddle Mountain, at age four. He studied kiko, the Japanese version of Qi-gong, which is a health and healing discipline based on the development and use of life energy. The young Usui found that these healing methods required the practitioner to build up and deplete his own life energy when giving treatments. He wondered if it were possible to do healing work without depleting one's own energy. This thought

began his journey...

Usui Sensei loved learning and worked hard at his studies. He traveled to Europe and China to further his education. His curriculum included medicine, psychology, and religion as well as fortune telling, which Asians have long considered to be a worthy skill. It is thought that he was from a wealthy family, as in Japan only the wealthy could afford to send their children to school. Eventually he became the secretary to Shinpei Goto, head of the department of health and welfare and later became the Mayor of Tokyo. The connections Usui Sensei made at the job helped him to become a successful businessman. Usui Sensei was also a member of the Rei Jyutu Ka, a metaphysical group dedicated to developing psychic abilities.

In 1914, Usui's personal and business life was failing. As a sensitive spiritualist, Usui Sensei spent a lot of time meditating at power spots on Mt. Kurama where he had received his early Buddhist training. In search for his answer of doing healing work without depleting his own energy he decided to travel to Mt. Kurama, where he enrolled in Isyu Guo; a twenty-one-day training course taught by the Tendai Buddhist Temple located there. We do not know for certain what he was required to do during this training, but more than likely fasting, meditation, chanting, and prayers were part of the practice. What we do know is that there is a small waterfall on Mt. Kurama where even today people go to meditate. This meditation involves standing under the waterfall and allowing the waters to strike and flow over the top of the head, a practice which is said to activate the crown chakra. Japanese Reiki Masters think that Usui Sensei may have used this meditation as part of his practice. In any case, it was during the Isyu Guo training that the great Reiki energy entered his crown chakra. This greatly enhanced his healing abilities and he realized he had received a wonderful new gift B the ability to give healing

to others without depleting his own energy.

Interesting parallels exist between the System of Healing Usui Sensei created and some of the symbols and philosophy practiced by the Kurama-Koyo Buddhist (formerly the Tendai Buddhists on Mt. Kurama.)

Usui Sensei used his new healing ability to help others, and for the next seven years, he worked with the poor people of Kyoto. In 1922, he moved to Tokyo and started a healing society, which he named Usui Reiki Ryoho Gakkai, which means "Usui Reiki Healing Society." He also opened a Reiki clinic in Harajuku, Aoyama, Tokyo. There he taught classes and gave treatments. The lowest degree of his training was called Shoden (First Degree) and was divided into four levels: Roku-To, Go-To, Yon-To, and San-To. (Note when Mrs. Takata taught this level, she combine all four levels into one. This is why she did four attunements for level one.) The next degree was called Okuden (Inner Teaching) and had two levels: Okuden-Zenki (first part), and Okuden-Koki (second part). The next degree was called Shinpiden (Mystery Teaching) which is what we call Master level. The Shinpiden level includes Shihan-Kaku (assistant teacher) and Shihan (venerable teacher). However, contrary to rumors, Usui Sensei had only four symbols, the same four we use in the West. Fumio Ogawa and other members of the Usui Reiki Ryoho Gakkai have verified this fact.

Several sources indicate that at first Usui sensei had no formal attunement process. The student received the ability to do Reiki simply by spending time with Usui Sensei, with the student intending to gain the ability and Usui Sensei intending that the student receive it. It was only after the Reiki movement grew, making it impractical for him to teach in such a personal way, that a formal attunement process similar to what we use today was developed. An interesting note is that Arjava Petter, author of the book Reiki Fire, received a Reiki attunement from a Reiki teacher belonging to the Usui Reiki Ryoho Gakkai that was remarkably different from what we are familiar with in the west. He said the teacher simply sang poetic songs while Arjava was sitting in front of him.

In 1923, the great Kanto earthquake devastated Tokyo. More than 140,000 people died and over half of the houses and buildings were reduced to rubble or burned. An overwhelming number of people were left homeless, injured, sick, and grieving. Usui Sensei felt a great compassion for the people of Kanto and began treating as many as he could with Reiki. This was a huge undertaking and the demand for Reiki became so great that he outgrew his clinic and in 1925 he built a bigger one in Nakano Tokyo. Because of this, his reputation as a healer spread all over Japan. He began to travel so he could teach and treat more people. During his travels across Japan, he directly taught more than 2000 students and initiated sixteen teachers. The Japanese government issued him a Kun San To award for doing honorable work to help others. While teaching in Fukuyama, he suffered a stroke and died on March 9, 1926. His grave is at Saihoji Temple, in Suginami, Tokyo.

There were many hands-on healing schools in Japan at the time Usui started his school. These other schools were not part of Usui Reiki. There may have been some connection between Reiki and MahiKari and Johrei as these two Japanese religions have healing as their central purpose and use the Usui master symbol in their practices.

After Usui Sensei died, his students erected a memorial next to his gravestone. Mr. J. Ushida took over as president of the Usui Reiki Ryoho Gakkai. Mr. Ushida was responsible for creating and erecting the Usui Memorial stone and ensuring that that the gravesite would be maintained. Mr. Ushida was followed by Mr. Lichi Taketomi, Mr. Yoshiharu Wantanabe, Mr. Mr. Toyochi Wanami, Ms. Kimiko Koyama and the current successor to Usui Sensei is Mr. Kondo who became president in 1998. Contrary to what we have been told in the West, there is no lineage bearer or Grand Master of the organization started by Usui Sensei, only the succession of presidents listed above.

The sixteen teachers initiated by Usui Sensei include Toshihiro Eguchi, Jusaburo Guida, Iichi Taketomi, Toyochi Wanami, Yoshiharu Wantanabe, Keizo Ogawa, J. Ushida, and Chjiro Hayashi. Contrary to one version of the Reiki story, Chujiro Hayashi was not the successor to Usui Sensei, but rather Mr. J. Ushida as previously mentioned. However, Chujiro Hayashi was a respected Master and had his own Reiki school and clinic in Tokyo. Hayashi kept records of his treatments and had printed class manual. He practiced and taught Reiki classes and many of his students received their Reiki training in return for working in his clinic. It was this clinic that Mrs. Takata received treatment and her Reiki training in 1935.

This information is verified by many sources of how Usui Sensei rediscovered Reiki. There are a number of other interesting stories and some additional information that have been received on the subject. Researching the story of Reiki is an adventure for many, and new facts will be discovered that will add to our understanding.

Reiki Precepts: Sensei's Code of Living

The following section is an excerpt from Paula Horan's [Empowerment Through Reiki](#)

Dr. Usui developed the five principles of Reiki shortly after he decided to leave the Beggars Quarter of Kyoto. It was at this time that he became ware of some important aspects of human nature. It was at this time that he became aware of some important aspects of human nature. Usui had begun his healing with the hope of giving the beggars the opportunity to become integrated with society. When several of them tried and failed at shouldering the responsibilities of everyday life, he began to realize the importance of a person's participation in his or her own life healing process. The person needs to want, and then ask for a change or healing to make a difference in his or her life. If the help of others was involved, there should also be an exchange of energy. By just giving away healings, he had further impressed the beggar pattern in many of them. He saw that people need to give back for what they receive, in order to maintain a sense of balance.

Dr. Usui discovered two very important factors:

A person who needs healing will ask for healing. It is not the job of the healer to try to help where healing is not wanted. Although healers may chose to donate services and make themselves known to others as a healer, it is important not to attempt to rescue others. People who are ready will come to you at the perfect time.

There should, however, be an equal exchange of energy for the healer's time. This prevents a feeling indebtedness for services rendered. When a client exchanges energy in

any form with the healer or teacher a balance equality is achieved. This also shows the value and respect for the healing and demonstrates a contribution on the client's behalf in acknowledging that the healing has taken place.

Dr. Usui also learned the importance of non-attachment to the results of his healings. It is possible that some of the beggars needed to live out their lives in the Beggars Quarter in order to learn certain lessons. Who are we to judge this as right or wrong? The same applies to disease B perhaps people Acreate@ disease on a subconscious level to enable them to learn certain lessons, or perhaps, even to die. To try to interfere with a premature healing might be a real transgression into a person's essential life process. It became very clear to Dr. Usui that it was not his job to Aheal the world@, but to show people how to help themselves. It was at this time that he realized that people needed guidelines to help them grow in understanding, and to help them shoulder greater responsibility for their own life situations. He then understood why all of the Great Religions concentrated on the healing of the Spirit, as it seemed that the causal factor of disease lay in a rift between the Mind and the Spirit.

To change one's situation in life, there had to be a change in attitude or perspective, as in what you think, it shall be. If, all is mind, as is the first premise of Hermetic Science, then what we choose to project with our mind is what we will manifest on a physical level. Thus, to project only thoughts of love and gratitude is to create a life filled with love and abundance.

All of these concepts became clear to Dr. Usui after his years of experience in the Beggars Quarter. He had seen many people come and go, and had seen many return to their old way. Usui decided to seek out people who really wanted to transform themselves. He knew that one should not waste precious time and energy sharing information or energy with those who are not interested or prepared to receive. The five principles that Usui taught emanate naturally from a person in his or her proper flow. At the same time, trying to live the principles also helps put a person in that flow, because again, what think, is truly Who You Are.

Usui Reiki Precepts

Just for today I will live the attitude of gratitude.

Just for today I will give thanks for my many blessings.

Just for today I will let go of anger.

Just for today I will let go of worry.

Just for today I will do my work honestly.

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

To live the attitude of gratitude and give thanks for my many blessings.

To live in gratitude is to live in abundance. When we are constantly in the attitude of gratitude, feeling thankful not only for what we have received but for what we know and trust will be constantly provided, we begin to magnetically attract abundance. Our normal state is that of abundance. It is only our connection with the collective unconscious belief in lack, and our own conditioning, which keeps us from accepting that which is truly ours. One of the fundamental concepts at the root of the major philosophical and religious systems in ancient times was that all-sufficiency. It was taught that to understand one's self was to understand God, which by going deep within, one could transmute fear into love, ignorance into wisdom, and lack into abundance.

If you focus on what you do not have, you will continue to experience lack. If you continue to be aware of the unlimited abundance all around you, and consistently feel the resulting gratitude, abundance will continue to be your state of affairs. There is nothing lacking on this planet, it is the distribution system that has gone awry due to our illusions about lack, not to mention Man's greed, again due to fear of not having enough.

To be in gratitude is to know at the core of your being that All is One, that separation is an illusion. Another important factor is to be able to accept the abundance that is rightfully your. If you feel subconsciously unworthy of the riches and wealth of the Universe, you will block the flow of abundance to you. Oftentimes, this consciousness keeps even those people who seem to follow and live in accord with the laws of Universal Harmony, away from the true success and prosperity, which they deserve.

The casual factor must be sought in each individual. In most cases, the channels through which affluences and harmony normally flow are either undeveloped or paralyzed. Reiki can assist in opening these channels to flow freely and naturally. Once this connection is made, success and prosperity will be obtained. In the realm of the Absolute, every action, every cause, results in a perfect effect, which is complete success. The only reason that most people do not achieve is that they are not aligned with it, or are closed to it. Begin now to live in abundance, and just for today, live the attitude of gratitude.

I will let go of anger.

Anger is an arrow; it points to our fears. It has roots in the feeling of guilt from having separated ourselves from Universal Consciousness. To anger is to desire control, which results from feeling out of control, out of synchronization with our divine life purpose. Some of us have allowed our ego to direct our life course, at the same time ignoring the inner flow of harmony. By allowing the ego to be affected by illusions of desires and expectations, we suffer untold grief.

When our expectations get the best of us, and we become angry because someone did not live up to our need and desires, we tend to forget that those we have drawn into our environment are mirrors. Every thought that we think sets up a cause, and the effect may come back when we least expect it. Truly, every situation is a mirror, a direct reflection of cause and effect, created by you. Those who happen to press your buttons or stimulate your weak points, are not really the cause of your anger. You draw each other in a mutual need to complete certain lessons. Be appreciative for the petty tyrants in your life because

it is through them that we discover the weak points of our ego.

By observing our reactions to others, we can determine what issues of attachment are still at work within our own psyches and begin to change negative patterns. When someone angers you, try to let go of the emotion in order to become more consciously aware of your reactions, and begin to master your emotions, you will discover it is impossible to stop anger in the middle of its expression, nor is it desirable to suppress it. Allow the anger to move through. Practice just being aware of the roots of your anger. Then, feel gratitude for having been given the opportunity to witness your weak points, and know that only growth can result.

Do not feel guilty for experiencing anger. We are triggered when we are attacked by the anger of others. We take things personally when things do not go our way. Hurt feelings often cause us to lash out in anger. While attempting to reprogram our old anger tapes, we must allow ourselves to release our emotions, and not hold it in. Sometimes, we can tone down our reactions by expressing, in a calm way, how someone's negative statement made us feel. If the person persists in a loud way, it is wise to regain your power by not reacting, but emanating love.

Anger is an energy which creates diseases in the body. It would be of great benefit for us to learn to transform this energy so we live happier, healthier lives. Just for today, let go of anger be in the attitude of gratitude.

I will let go of worry.

To worry is to forget that there is Divine or Universal purpose in everything. If we are truly in tune with the guidance of our Higher Selves, and live each day to the best of our ability, we are then aware that we have done everything in our power we possibly can, and the rest is up to the Universal Life Force.

Worry is a thought pattern which results from a feeling of separateness from the **"I AM"** consciousness (or Universal Wholeness). The basis of worry is fear. Fear will attract those energies which you fear to you. So, if you assume bad will happen, you are literally calling it to you, and it will come. When we claim our unity with the **"I AM"** consciousness, we can let go of these destructive thought patterns. Instead of entertaining fearful thoughts, we can take control and replace the thought with an affirmation or positive declaration.

To worry about the past is futile. We must remember that each person, including ourselves, does the best that they can in each of life's situations, in accordance with the knowledge or wisdom they have at any given moment. If you regret a past action of yours, realize that you reacted according to your resources; then be thankful for the lesson and move on. At the same time, realize that all injustices done to you in the past were done by others as a result of their conditioning. We can only wish them well and hope that they too have learned from their actions.

To worry about the future is futile. A saying to live by: Expect the best in life, and when you receive something you did not expect know and trust that it is best for you in the present situation. Even if what occurs seems very negative at the time, it is only a lesson. Somehow, you helped create that situation, even on a subconscious level, to learn. So feel

gratitude that it has come to pass, and that you are free; now move on. Surrender to your Higher Self, and try not to interfere with the Universal timing in life. Know that in your perfect flow there is synchronicity of events. As long as you have completed your part in the scheme of things, all else will be taken care of. Worrying results from illogical and irrational patterns of thought, creating in turn more limitations and a further separation in consciousness. Surrender today to your Higher Self, trust the Divine Plan, and release yourself from worry.

I will do my work honestly.

Of great importance to a harmonious life flow is honesty in dealing with oneself. To be honest with oneself is to face the truth in all things. Many of us live in a fantasy world when it comes to perceiving reality. When we deny the truth about reality and are ultimately face with truth, we may become severely disjoined. Sometimes the truth seems hard to deal with in our world, but if we really look deeply, examine our own behavior, and discover the purposes that various people and situations have in our lives, we will develop compassion for all.

To live in truth is to be aligned with your Higher Self's purpose. Living in truth is also the simplest, least complex way to live. Truth brings clarity. When we face life honestly, we can more clearly see the lessons that we are here to learn and complete them with much less effort. Living a life of illusion is much more complex. Denial then takes center focus, and soon a web of falsehood may so thoroughly binds us, to barricade us from the truth, that we may have difficulty finding our way out of the maze.

If you are honest with yourself, you will project honesty on to others. It then becomes easy to do unto others as you would have others do unto you. This truth is reinforced by love for yourself and others, which helps to create harmony in our lives. So, live in truth vitalized by love and integrity. Just for today, do your work honestly.

I will show love and respect for every living thing.

We are all of One Source. It is clear that all forms of life are interdependent. The destructive changes that have occurred in recent times on the planet have opened us up to this fact. In order to survive, we are discovering that we will have to drop our self-centered tendency to control nature, and learn to show love and respect for all life forms.

Through the study of physics, we know that we are all a collective energy from the same source. There is truly no solid matter, only different levels of vibration. All forms of matter vibrate at different energy levels, yet are all interconnected, because there are no solid barriers between them. So, when we accept all the various aspects of ourselves, it affects all others. And when we accept others, we feel this reflection in ourselves. As a result, any positive energy, whether directed at ourselves or others, helps to heal the whole planet. Each person animal, plant, and mineral is included in the whole. To show love and respect to all others is to love and respect ourselves and our Mother Earth

Hawayo Takata

The following is Mrs. Hawayo Takata's version of her early years leading up to her contact with Reiki at the Hayashi Clinic:

She stated that she was born on December 24, 1900, on the island of Kauai, Hawaii. Her parents were Japanese immigrants and her father worked in the sugar cane fields. She eventually married the bookkeeper of the plantation where she was employed. His name was Saichi Takata and they had two daughters. In October 1930, Saichi died at the age of 34, leaving Mrs. Takata to raise their two children.



In order to provide for her family, she had to work very hard with little rest. After five years, she developed severe abdominal pain and a lung condition, and she had a nervous breakdown. Soon after this one of her sisters died and it was Hawayo's responsibility to travel to Japan, where her parents had resettled, to deliver the new.

She also felt she could receive help for her health in Japan.

After informing her parents, she entered a hospital and stated that she was diagnosed with a tumor, gallstones, appendicitis, and asthma. She was told to prepare for an operation but opted to visit Dr. Hayashi's clinic instead.

Mrs. Takata was unfamiliar with Reiki but was impressed that the diagnosis of Reiki practitioners at the clinic closely matched the doctor's at the hospital. She began receiving treatments. Two Reiki practitioners would treat her each day. The heat from their hands was so strong, she said, that she thought they were secretly using some kind of equipment. Seeing the large sleeves of the Japanese kimono worn by one, she thought she had found the secret place of concealment. Grabbing his sleeves one day, she startled the practitioner, but, of course, found nothing. When she explained what she was doing, he began to laugh and then told her about Reiki and how it worked.

Mrs. Takata got progressively better and in four months was completely healed. She wanted to learn Reiki for herself. In the spring of 1936, she received First Degree Reiki from Dr. Hayashi. She then worked with him for a year and received Second Degree Reiki. Mrs. Takata returned to Hawaii in 1937, followed shortly thereafter by Dr. Hayashi and his daughter who came to help establish Reiki there. In February of 1938, Dr. Hayashi initiated Hawayo Takata as a Reiki Master.

Mrs. Takata practiced Reiki in Hawaii, establishing several clinics, one of which was located in Hilo on the Big Island. She gave treatments and initiated students up to Reiki II. She became a well-known healer and traveled to the U.S. mainland and other parts of the world teaching and giving treatments. She was a powerful healer who attributed her success to the fact that she did so much Reiki on each client. She would often do multiple treatments, each sometimes-lasting hours, and she often initiated members of a client's family so they could give Reiki to the client as well.

It was not until 1970 that Mrs. Takata began initiating Reiki Masters. She charged a fee of \$10,000 for Mastership even though the training took only one weekend. This high fee was not part of the Usui system, and she may have charged this fee as her way of creating a feeling of respect for Reiki. She said that one should never do treatments or provide training for free, but should always charge a fee or get something in return. She also said that one must study with just one Reiki teacher and stay with that teacher the rest of one's life. In addition, she did not allow her students to take notes or to tape record the classes and they were not allowed to make any written copies of the Reiki symbols. Everything had to be memorized. It is not certain why she said this or why she taught Reiki this way. What we do know from research in Japan and the research of others is that these rules are not part of the way Usui Sensei practiced Reiki. Somehow in the process of bringing Reiki to the West, changes occurred.

Before Mrs. Takata made her transition on December 11, 1980 she had initiated twenty-two Reiki Masters. These twenty-two Masters began teaching others. However, Mrs. Takata had made each one take a sacred oath to teach Reiki exactly as she had taught it. This made it difficult for most of them to change even to though some of her rules seemed to go against the nature of Reiki and made it more difficult to learn.

Reiki since Mrs. Takata

Reiki energy is very flexible and creative, treating each unique situation with a unique response and working freely with all other forms of healing. The Reiki energy itself provides a wonderful model for the practice of Reiki. This began to be acknowledged gradually after Mrs. Takata passed on. In the mid- 1980's, Iris Ishikura, one of Takata's Masters, began charging a more reasonable fee for the Master Level training. The Masters trained by Ishikura at this lower fee began training many other Masters. Out of this group, many were open to change and began allowing the wisdom of the Reiki energy to guide them in the way they should practice and teach Reiki. Because of this, restrictive rules began to fall away. Reiki classes became more open and supportive of the learning process. Workbooks were created, notes and tape recordings were allowed, reasonable fees were charged, and many began studying with more than one teacher. All this generated greater respect for Reiki. It also increased people's understanding of Reiki and improved their healing skills. With lower fees, the practice of Reiki began to grow quickly and spread all over the world. There are at least 300,000 Reiki Masters in the world today with well over 2,000,000 practitioners, and the numbers continue to grow!

Takata's Masters

According to the Reiki Alliance, Mrs. Takata Initiated 22 Reiki Masters between 1970 and her transition in 1980. Below is a list of the Reiki Masters she initiated.

George Araki

Barbara McCullough

Beth Gray

Ursula Baylow

Paul Mitchell

Iris Ishikura (deceased)

Fran Brown

Barbara Weber Ray

Ethel Lombardi
Virgina Samdahl
Dorothy Baba (deceased)
John Grey
Bethel Phaigh (deceased)
Particia Ewing
Takata's Sister

Wanja Twan
Phyllis Lei Furumoto
Mary McFaden
Rick Bockner
Harry Kuboi
Shinobu Saito
Barbara Brown

The above list of 22 is the list Madam Takata passed on to her sister. It was thought there might have been others. Information has been received about a Japanese Buddhist monk named Seiji Takamori who was traveling through Hawaii in the 1970's and received Reiki instruction and Master Initiation from Mrs. Takata. Now in his 60's he lives in Sri Lanka and spends most of his time meditating in a cave.

In receiving Reiki attunements, you become part of the following lineage and adds you to the list. There are now approximately 3,000,000 people practicing Reiki and 300,000 Reiki Masters around the world.

When you receive a Reiki attunement your name follows your Reiki teacher in continuing the Reiki Lineage.

Dr. Mikao Usui
Madam Takata
Arthur Robertson
Mararet L. Shelton
Leatryssa Margolis
Erika Bauernschmitt
Rhonda Casale

Dr. Hayashi
Iris Ishihura
Rick & Emma Ferguson
Kathleen Ann Milner
Diane Giarrusso-Barton
Marie Rientord
(Your Name)

Intentions: Power of Heart Center

Intentions are powerful! They are the catalyst for channeling healing energy to an area of concern. It is a spiritual opening that brings awareness of one's pure inner nature.

Where your intention goes energy flows, the power is within you. Intentions must be completely open to the healing process. The power of our heart is the golden thread linking all spiritual paths. With a loving heart comes healing and well-being for yourself and the universe.

Tune into your heart center, remember a loving experience, and expand that feeling throughout your entire body allowing unconditional love to flow freely within and through you. Where your intention goes energy flows.

SPECIFIC AFFIRMATIONS

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RIGHT ACTION ~ Everything I do, say, or think is governed by Divine Intelligence and inspired by Divine Wisdom. I am guided into right action. I am surrounded with friendship, love, and beauty. Enthusiastic joy, vitality, and inspiration are in everything I do. I am conscious of Divine Guidance; I accept complete happiness, total health, and increasing prosperity. I am aware of my partnership with the Infinite. I know that everything I do shall prosper.

HAPPINESS ~ Every thought of not being wanted or of being afraid, every thought of uncertainty and doubt, is cast out of my mind. I rely on God alone, in him I live, move and have my being. A sense of happiness, peace, and certainty flows through me. I have confidence in myself because I have confidence in God.

PROBLEMS ~ The Spirit within knows the answer to the problem which confronts me. I know that the answer is here and now. It is within my own mind because God is right where I am. I now turn from the problem to the Spirit, accepting the answer. In calm confidence, in perfect trust, in abiding faith, and with complete peace, I let go of the problem and receive the answer.

SUCCESS ~ I know exactly what to do in every situation. Every idea necessary to successful living is brought to my attention. The doorway to ever-increasing opportunities for self-expression is open before me. I am continually meeting new and larger experiences. Every day brings some greater good. Every day brings more blessings and greater self-expression. I am prospered in everything I do. There is no deferment, no delay, no obstruction or obstacle to impede the progress of right action.

ABUNDANCE ~ I identify myself with abundance; I surrender all fear and doubt. I let go of all uncertainty. I know there is no confusion, no lack of confidence. The Presence of God is with me. The Mind of God is my freedom. The Power of God is my power. The

Abundance of God fills my every good desire right now.

LOVE ~ Today I bestow the essence of love upon everything. Everyone I meet shall be lovely to me. My soul meets the soul of the Universe in everyone. This love is healing, touching everything into wholeness.

SECURITY ~ The Good is flowing through me. I am one with the rhythm of Life. There is nothing to be afraid of, there is nothing to be uncertain about, God is over all, in all, and through all. God is right where I am. I am at peace with the world in which I live. I am at home with the Divine Spirit in which I am immersed.

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I welcome your comments and suggestions and would enjoy hearing from you, drop me an email rhonda@rhondacasale.com.

Much Love & Light,

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