



# Reiki

For Body and Mind

REIKI FOR BODY AND MIND

The Origins of Reiki ..... 4

Dissolving Emotional Blocks and Healing the Body ..... 5

An Intelligent Energy ..... 5

Reiki for Emotional and Mental Balance ..... 5

Reiki and Animals: A Strange Effect of Reiki ..... 6

How to Choose Your Reiki Master ..... 9

The First Degree ..... 11

The Second Degree..... 12

Don't Expect Reiki to Fix Everything ..... 13

So What Can You Expect From Reiki?..... 13

Preparing For a Treatment..... 14

During Treatment..... 16

You Are Healed When You Heal ..... 16

Health: A Matter of Balance..... 17

The Reiki Principles ..... 18

When Reiki Doesn't Work ..... 19

Two Important Premises of Reiki..... 19

Conclusion ..... 20

**By: Your Power To Create**  
**And**  
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The wonders of Reiki can introduce several wonderful benefits into your life. With Reiki, you can reduce stress, let go of emotional turmoil, and heal many sicknesses – both yours and those of others.

However, you may be confused by the huge amount of information available on this simple healing technique.

Also, new rules are constantly being added from other healing systems, adding to the confusion.

This report is based on the original teachings of Dr. Mikao Usui, the Japanese professor and Shingon Buddhist priest who rediscovered this ancient system used by The Buddha.

## The Origins of Reiki

Reiki has its roots in India. From there it was passed to Tibet, China, and Japan. In the late 19th century, Dr. Mikao Usui, a Japanese doctor on a quest for spiritual healing, came upon a 1,100-year-old Buddhist manuscript detailing many healing methods.

After reading this manuscript, Dr. Usui adopted some practices from it to be used by anyone regardless of religion. The laying on of hands described in therein, he labeled 'Reiki' (Universal Life Force Energy).

Essentially, we're composed of energy. Attunement or empowerment through a Reiki Master enables us to recharge ourselves with this Universal Life Force Energy, which is everywhere.

“When you heal yourself and assist others with their self-healing, you heal the Earth. You do make a difference.” – Laurel Steinhice

### Dissolving Emotional Blocks and Healing the Body

On the emotional level, Reiki heals by dissolving the blocks we create through our negative judgments and thoughts. This “stuck” energy frequently appears as illness in the body.

For example, blocks can manifest as ulcers, headaches or stomach aches. Unexpressed anger and grief can cause tumors, while controlling attitudes can lead to rheumatoid arthritis.

### An Intelligent Energy

One of the amazing things about Reiki is that it's an intelligent energy and knows which areas of the body need healing. So if you place your hands on a person's head to heal a headache, the energy from your hands will also travel to other places where it's needed in that person's body.

### Reiki for Emotional and Mental Balance

Reiki is very effective for emotional and mental balance. Regular self treatments will ensure that you don't easily get stressed out. And with mental balance comes better memory and clarity.

A good Reiki healer can tell what emotional challenges you have and help you to heal them. For instance, a healer can point out negative thought patterns so that you can change your way of thinking. Intuition is also enhanced with the practice of Reiki.

“Our sorrows and wounds are healed only when we touch them with compassion.” – The Buddha

### Reiki and Animals: A Strange Effect of Reiki

A Reiki practitioner is a channel of the Universal Life Force. Therefore, he can't say that he has healed someone. People have to be open to the treatment even if they're on the skeptical side. Being open allows their bodies to instinctively draw the energy needed.

Many practitioners find that animals are more open to the energy than human beings. Animals don't have doubts.

Zack, a Reiki practitioner, has a dog that refuses his Reiki treatments. He says: “It's weird. When my dog has a tummy upset, I lay my hands on her stomach but she always tries to move away. And I thought animals have no blocks.”

While in general, animals are more open to Reiki, some don't like it. Perhaps they're able to feel the energy more acutely. If they're seriously ill, they may have their own plans about their transition and don't want anything to interfere.

Often, in cases of a terminal illness, animals know it's their time to pass on. The Reiki cannot stop that. So, a healer must know how sick the animal is before he attempts to heal.

However, regardless of whether the animal accepts healing or not, your act of kindness is a contribution toward the healing of the planet.

When an animal is in acute pain, it may be restless during the first few minutes when you begin healing because Reiki tends to intensify the pain. If the animal objects in some way, hover your hands over the animal instead of touching it directly or place your hands lightly on the creature while you talk to it soothingly. If you've been initiated into 2<sup>nd</sup> degree Reiki, you can use the Sei Hei Kei symbol to first calm the animal. Or as Dr. Hartman, a veterinarian, suggests in *The Reiki Handbook*, by Larry Arnold and Sandy Nevius, you can begin at the crown position. This has a calming effect on dogs and cats.

Hartman adds that for back injuries it's good to place the fingers pointing down the spine. Also, some animals may be too frightened to face you. In such cases, you can approach them looking in the same direction as they are, so they can't see you, and can only feel your hands.

A 2<sup>nd</sup> degree Reiki practitioner, Hartman has had some amazing healing experiences with animals. In one instance, he saved a critically ill dog from death

with two hours of continuous Reiki. He says there are many differences between treating animals and treating humans.

One of the important differences is in regard to the pacing of treatments. Humans initially require four consecutive days of treatment followed by perhaps three sessions a week. But animals generally need consecutive days of healing until they show a marked improvement.

“In a world older and more complete than ours they move finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren, they are not underlings; they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendor and travail of the earth.” – Henry Beston

### Animals and Reiki: Another Example

Deborah has a bunch of donkeys on her farm. When one of them critically injured a hind leg, shattering the bone, the limb developed gangrene. The vet’s verdict was to “put the animal down” as nothing could be done about the leg and the gangrene was spreading.



But Deborah wouldn't hear of it. She asked for a couple of weeks' time, during which she would send distant Reiki treatments to the animal and do a hands-on healing whenever possible.

After just two hands-on healings and 12 days of daily distant treatment, each session lasting 15 minutes, the bones grew back, the gangrene vanished, and the donkey began to run using the leg. As a bonus, he became friendlier. He became calmer, and readily allowed Deborah to heal him.

Interestingly, a few months after her Deborah's Reiki initiation, she noticed that the centers of her palms itched. The left palm developed a distinct dip in the center. She noticed the same sign in the palm of another woman who was a faith healer and had also cured some severe medical conditions.

Mystified, Deborah consulted a Reiki Master, who told her there was a vortex of energy issuing from the center of her palms. The palm "chakras" had opened up. The dip in her left palm remains. And when she's near someone seriously ill, her palms get hot.

"With all beings and all things we shall be relatives."

– Sioux Indian precept

## How to Choose Your Reiki Master

Look for a master in the lineage of Dr. Usui. This way you'll know that you're getting the original attunement described in the Buddhist manuscript he found, *The Tantra of the Lightning Flash That Heals the Body and Illumines the Mind*.

Finding a self-realized master is extremely difficult, but don't worry too much about it. The master is only the channel for the attunement. The power resides in the attunement itself.

However, do look for a joyful master who isn't proud about his healings. After all, he is only a channel for the healing energy.

A good Reiki master will not push his students to do second and third degree Reiki after the initial initiation is over. The student must feel ready for the next level after sufficient practice. The master should have at least three years of experience on the path.

Remember that there's no such thing as a "grand master" although there are some who refer to themselves this way. This only reflects their thirst for power and status.

One of the reasons for the emergence of "grand masters" is the fact that the third degree, originally only meant for those who want to attune others, was split into two levels - one for the spiritual boost provided to holders of the second degree through the receipt of the "master symbol," and the other for teaching the attunement. This was of course only a money-making ploy.

It's better to stay away from forms of Reiki that use fantasy symbols created by various people.

Here are four sources for attunements that are authentic:

- ℘ Traditional Reiki through Usui and his students Hayashi, Takata, and Takata's 22 students (provided they teach Reiki in its essential form and keep the transmission pure).
- ℘ Lineages traced back to Usui through Hayashi and his student, the Zen monk, Sensei Takeuchi.
- ℘ Men Chhos Rei Kei International, based on Dr. Usui's notes and the sutra that inspired him.
- ℘ Usui Reiki Ryobo Gakkei, the traditional Reiki practiced in Japan in an unbroken lineage.

## The First Degree

What's it like to study Reiki? The First Degree is given in a series of four attunements. There must be a gap of 24 hours between the second and third attunement.

The attunements can happen over a four-day or two-day period. You'll have to dedicate the entire day, so ensure you've taken leave from office and household duties.

At each level, your body needs 21 days to fully imbibe the attunements. After the first degree, you must practice on yourself and on others for a minimum of three months before moving on to the second degree.

The attunement is a beautiful, gentle ritual during which the master touches your palms and the soles of your feet and gently blows on them.

But the attunement doesn't give you anything you didn't have before. It just opens you up to more of the universal life force.

From this point on, Reiki will flow out of your hands and feet the moment you intend to heal. During the 21 days of cleansing after your first degree, your body will adjust itself to the new energy and your aura and chakras will clear. You should do a daily self healing during this period.

Deborah says that the only time she could actually feel the sap rising in a plant was after her First Degree during the cleansing and practice period. "It was like electricity," she says. "I certainly made my papaya tree grow tall and strong really fast with the Reiki. It gave me an abundance of fine fruit."

"The only work that will ultimately bring any good to any of us is  
the work of contributing to the healing of the world."

– Marianne Williamson

## The Second Degree

This level entails just one attunement. You are given three symbols that enable Reiki to transcend time and space. At this point, you can heal others through "distant healing."

Second Degree practitioners are encouraged to heal themselves on a mental and emotional level, so past hurts fall away from them. It's possible to break through behavior and thought patterns related to the protection of your ego.

### Don't Expect Reiki to Fix Everything

Valerie, a second degree practitioner, says, "I'm not sure you can heal emotional and mental wounds with Reiki. I don't think I was able to get rid of the block that my sad childhood created in me. I don't think about my childhood, but I know it affects me in some way.

I even made my husband and young son undergo the first degree attunements, but that did not save my marriage. My husband had a problem with alcohol and I thought Reiki would help cure him but he wasn't ready. My Reiki could not protect me from his abuse, but it did make me feel calmer."

Valerie was eventually able to free herself from her marriage, but it wasn't through Reiki. The point is that one must not expect the impossible from Reiki.

### So What Can You Expect From Reiki?

You can certainly expect to be able to channel healings on a physical level. You can calm minds and help heal diseases and sickness.

Releasing stress and tension and soothing the mind is the most important quality of Reiki, according to Dr. Usui. Medical experts say that getting rid of stress, which damages the immune system, prevents many illnesses.

With Reiki, you can also boost the energy of plants, energize the water you drink, heal animals, and more. Some even charge dead batteries with Reiki.

However, don't promise your patients that you can cure their ailment with Reiki or obtain any specific results. As Diane Stein says in her excellent book, *Essential Reiki*:

“The healer can only promise that Reiki benefits everyone that experiences it . . . Reiki relieves pain, speeds the healing process, stops bleeding, relaxes the receiver and balances the person's chakras and aura energy. Respiration slows during a Reiki session and blood pressure lowers; emotional calming occurs.”

Ultimately, Reiki is beneficial. However, Reiki itself knows in what way to benefit an individual. As a healer, you will want to focus on your intention and release attachment to results.

“Healing may not be so much about getting better, as about letting go of everything that isn't you - all of the expectations, all of the beliefs - and becoming who you are.”

– Rachel Naomi Remen

## Preparing For a Treatment

Before you give a treatment, here are some tips to ensure that your space is optimally set up for healing:

1. Create a quiet, comfortable, and soothing environment.
2. Provide a light blanket or sheet and a box of tissues for your patient within easy reach.
3. Have your patient take off his glasses, jacket, shoes, belt, vest, tie, scarf, and jewelry worn around the neck. Some people will also want to take off any jewelry that encircles the body, such as rings or bracelets. The clothing should not be too tight - no girdles or pantyhose.
4. Ask your patient to lie down and place a pillow beneath the head and also under the knees.
5. Find out if there's been any major surgery, injury, or ailments.
6. Ensure the patient's feet are not crossed.
7. Wash your hands before you begin. Keep your fingers together during the healing.
8. Give the whole body treatment (always done unless it's an emergency situation) before you focus on treating the ailment.

Some practitioners are fortunate enough to have a space dedicated to Reiki. If you are a massage therapist or somatic healer, this may be the case for you. However, it's certainly not necessary. Many highly effective treatments have been given on someone's living room floor!

## During Treatment

Your patient will feel heat from your hands. Sometimes they'll experience intense heat, although it isn't harmful to the skin. Reiki heat can be felt through casts and clothing. Usually, the heat will increase in accordance with the severity of the ailment.

Sometimes, a person can feel warmth from the healer's hands even when he's not being touched directly. And sometimes you may find that Reiki puts a patient to sleep. If this happens, let the person sleep. It will help the healing process.

“To heal from the inside out is the key.”

- Wynonna Judd

## You Are Healed When You Heal

This is one of the wonderful things about Reiki. When you heal someone, you get a healing in return. You'll never feel tired or depleted after a healing session because you're using universal life energy, not your own.



Since Reiki has built in protection, you don't take on the illness or condition of the one you heal.

## Health: A Matter of Balance

It's your responsibility to tell those you heal that most ailments are manifestations of inner disturbances and they should delve deep within themselves to root out the cause. If they're calm and balanced, they can most often avoid disease.

What is balance? It's remembering who we are - pieces of the divine, not separate from other beings, but one with them. Forgetting this Truth brings on disease, according to Barbara Ann Brennan, a well-known spiritual healer and author, who runs a school of healing in Long Island.

According to Diane Stein's Essential Reiki, certain emotions lead to certain diseases. What we feel becomes what we are made of, physically.

For example, arthritis is caused by a perfectionist attitude and criticism of self and others, while cancer comes from resentment, self pity and hopelessness. The problem of excess weight is linked to feelings of insecurity. Tumors are caused by a refusal to heal.

“A lot of people say they want to get out of pain, and I'm sure that's true, but they aren't willing to make healing a high priority. They aren't willing to look inside to see the source of their pain in order to deal with it.”

– Lindsay Wagner

## The Reiki Principles

The Reiki principles enhance spiritual insight and can lead to transformation. Even if you haven't received an attunement, try them out and see how they feel to you. Anyone can practice them, whether or not they practice Reiki.

- ☞ Just for today, I will give thanks for my many blessings.
- ☞ Just for today, I will not worry.
- ☞ Just for today, I will not be angry.
- ☞ Just for today, I will do my work honestly.
- ☞ Just for today, I will be kind to my neighbor and every living thing.

Aside from these principles, many things you desire for your life can be practiced “just for today.” See if you can add anything to this list that you've been seeking in your life, and give it a try today.

“I've experienced several different healing methodologies over the years - counseling, self-help seminars, and I've read a lot - but none of them will work unless you really want to heal.” – Lindsay Wagner

## When Reiki Doesn't Work

Sometimes you'll find that your Reiki has no effect on your patient. Remember: you're only a channel for the energy. As long as you keep your fingers together (so that the energy doesn't escape through the gaps) and touch the right places, the healing should work.

But sometimes the person you're treating could block the flow of energy with his resistance to healing. Yes, a person might tell you that he's ready for it, but at a subconscious level, he isn't.

Some Reiki masters say that smoking and taking any form of drugs can muddy the Reiki channel, so leading a healthy lifestyle will also make you a more powerful healer.

“The first wealth is health.”  
– Ralph Waldo Emerson

## Two Important Premises of Reiki

One of the important premises of Reiki is that it's not given free. You may wonder why the universal life energy which is present in everything must be paid for. The answer is that according to the universal law, there must be an exchange of energy to maintain the harmony of the universe.

Also, this exchange ensures that there are no obligations on the recipient's side. There is harmony, not imbalance.

Another important tenet of Reiki is that it must be asked for unless the recipient is in a condition where he can't request it.

You can, however, treat those you're directly responsible for without their requesting the healing. For instance, it's okay to treat your family members. It is, however, advisable to let them know your intentions.

In the case of a comatose or absent person, remember to say mentally: "You are free to accept or reject this healing as you will." This way you won't be imposing your will upon the person.

"To receive everything, one must open one's hands and give."

- Taisen Deshimaru

## Conclusion

Ultimately, Reiki comes through the healer, not from the healer. You are just a conduit for the energy. To be most effective in your practice of Reiki, find a master with verifiable lineage. Also, tend to your own health as it will make you a better healer.

Whether or not you have a Reiki attunement, the principles of Reiki can benefit you. Just for today, give them a try. You may be surprised at what you learn about yourself and your life!