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Usui Shiki Ryoho Reiki Manual

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By Craig Stewart Farquharson & Ian Sadler - Copyright © 2009

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What is reiki?

It's a method of energy healing using hands. It promotes healing and relaxation and a balanced subtle energy body.

Who invented it?

Good question. Mikao Usui began to use reiki in Japan. He taught his students to live peacefully, with humility and honesty. Here is his saying:

Just for today, do not worry
Just for today, do not be angry
Just for today, do not be lazy
Just for today, practice kindness
Just for today, be humble and grateful

Mikao Usui believed reiki was a divine gift that flowed through humans, especially if they learned to trust the force. An intention to heal was all it required. And one could learn to detect troubled areas on a patient, and devote some time there with the palms of the hands. A session would take 20 to 30 minutes at most. His students would gather for his empowering blessing (called a reiju) and demonstrate their scanning (called byosen) and spiritual attitudes. At first there were no official grades. There are three levels recognized now.

What is an attunement?

It's an initiation. A teacher has the intention to attune a beginner to reiki, and the force does the rest. You begin your path as a student with an attunement.

What are the grades in reiki?

1st degree. 2nd degree. Master. It is common for 1st degrees to learn hand positions and scanning. 2nd degrees learn the healing symbols and distance healing. Masters learn how to attune and teach, the Master symbol, and exorcisms.

What are the hand positions?

You don't need to use any official position. Reiki knows how to go where it is needed. Just touch the patient. In some countries you should lift your hands away from the person as you switch positions, otherwise it is deemed a "massage" and you must be licenced as a masseur to do this. If you are using all the positions, stay about two minutes in each place. There are reiki-timers with gentle gong sounds that can help beginners move along. There's always a tendency to slow down or speed up.

Try not to work from a cramped bent-over posture. Reiki tables are useful. Have foot stools so patients can climb up and down to the horizontal surface. Don't bend patient's necks with too-thick pillows. Wash your hands between patients. Let a patient recover for a few minutes after a session. Let patients cry or whatever during a session, if they have a release of emotion. It happens.

If you want, you can keep an assistant in the room to witness that you didn't inappropriately touch the patient, in case of lawsuits. Some reiki professional organizations offer low-cost malpractise insurance.

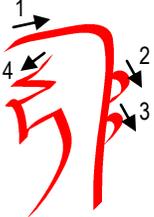
1. **hands over eyes touching brow** ... cup your palm so your fingers touch the forehead and the base of the palm rests on the cheek. Don't touch the sensitive eyes themselves.
2. **top of head to ears** ... Cup your hands with the base just above the ears, and the fingers reaching up to the crown ridge of the head, one hand per side.
3. **back of head** ... cup one palm over the forehead and the other behind the head where it curves down into the neck.
4. **throat** ... place hands somewhat near the throat, on the side of the chest, not the neck since you don't want pressure on the arteries and veins there. Or touch fingers gently to the front of the throat.
5. **chest** ... put both hands high on the chest, you don't have to touch personal areas, you can just hover inches away from the patient – or place one hand above the chest area and one hand below.
6. **solar plexus** ... put both hands where the ribs stop at the sternum.
7. **navel** ... put both hands on the belly or just below the navel.
8. **tailbone or hip girdle** ... put a hand on the sides of the hip bone and reiki will flow to the correct areas without you getting too personal. :

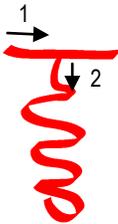
- 9. **knees** ... one hand on the front of the knee, one on the back.
- 10. **ankles** ... one hand on the front of the ankle, one on the back.
- 11. **soles of feet** ... one hand on the top of the foot, one hand on the sole of the foot. This is a very important energy point in qi gong called the Bubbling Well. Some healers only use this area.

What are the symbols?

Students use them to focus on patients. Teachers pass them during attunements. At Mt Kurama where Mikao Usui is said to have meditated 21 days and received reiki, there is a shrine in honor of the Sun, the Moon, and the Earth as represented by a cedar tree. The symbols may refer to these powers, or kami as they are known in Japan.

To use a symbol, quietly say its name while tracing its pattern in the air with your finger. Or upon the palm of your hand.

<p>cho ku rei "cho koo ray" put the power here, unblock energy channels, restore life, return to natural rhythms.</p>		
<p>sei hei ki "say hay kee" soothe emotional hurts, add compassion, calm a room.</p>		
<p>hon sha ze sho nen "hon sha ze sho nen" used in long distance healing - also used to heal across time itself, to early childhood for example</p>		<p>draw top to bottom on the order you see fit</p>

<p>dai ko myo "die ko meeo" attune, bring wisdom and light here, set the reiki permanently in this person</p>		<p>draw top to bottom on the order you see fit</p>
<p>sumo "doo mo" alternate form of dai ko myo, the student is the little curve that rides the big teacher curve and the lightning bolt is initiation - use raku if you use dumo</p>		
<p>raku "rah koo" used to separate student and teacher energy at end of an attunement, sudden wisdom</p>		
<p>Fire serpent – used to stimulate kundalini energy and open the intuition of a person</p>		
<p>Om – used to bless and calm a room, promotes gentle detachment and awareness of creation, sustenance and dissolving of the illusionary world in which we live.</p>		

What is scanning or byosen?

You move a palm over a patient, in the air, while letting impressions of warm or cold spots, tingling or pressure reach your mind. You are looking for areas of pain or disease. When you find one, simply intend to “turn on” reiki in your hands and put them down on the area for 2 to 5 minutes. Sometimes pain will stop in one place and begin in another. Move your hands to the new place where the patient directs. This is called “chasing the pain” in Quantum Touch healing but it works for Reiki too.

What is distance healing?

You can send reiki long distances. Here is one way. Write the patient’s name on a paper and hold it between your hands and intend reiki to go to that person. Use hon sha ze sho nen as well as the other symbols.

Here is another way. Take a teddy bear and intend it to be the patient. Now “heal” the bear and finally send the reiki on its way. Use raku to end the session.

How do you exorcise with reiki?

You can drive away bad vibrations from a room. Put your arm up horizontally, palm vertical, fingers up, and forcefully say “chokurei, drive away evil”.

Another way to cut evil from some item is to make a slicing motion with the side of your palm over it, several times, with the intention to sever the evil.

How do I hold my hands?

Cup your fingers together usually for gentle work. Claw fingers to comb forcefully. One finger can jab very strongly. You can alternate hands with those of another healer along a patient’s body. This is called a “reiki ladder” and is very effective.

There are three traditional hand postures from Indian tradition, known as mudras. The palm facing out, fingers up, means “stop false behaviour”. The palm out, fingers down, means “compassion and generosity, a gift”. The thumb touching the fingers except for the index which is up, means “wisdom”.

How do I attune someone?

Relax. Intend to attune that person. Put your hands on your student and let the reiki flow. It will bring with it the connection. Some teachers draw the symbols in the air over a student's head, heart and hands. You can also attune long distance using the techniques of long distance healing. A further method is to imagine the whole attunement energy forming a ball of light, and simply hovering in another dimension, waiting for students to "draw the ball down" into themselves. This is called the chi ball method, or "moment" method.

Attunements normally come with your "lineage" – the line of teachers before you, and a manual, and a certificate of achievement so the student knows which level he/she has been given.

It's okay to attune for free or for modest amounts of money.

What is a reiki share?

People who are attuned and practicing healing come together to exchange reiki. Teams can work on one person, following the leader. You are assigned various hand positions and switch when the leader does.

Can I use crystals in reiki?

Yes, if you like. Some people make a "grid" of crystals on a small table in their reiki treatment room. Some have a healing-box of crystals where they place a long distance patient's name on a piece of paper. Some use them in attuning.

How do I get stronger reiki?

Reiki is the strong one, not you. Just relax and trust it. Be calm and ease into the feeling of the light, happy, healing vibration, and allow it to flow through you. Do practice sending it through your hands. Do practice taking down attunements or empowerments, for this will strengthen your healing as well. Practise reaching into things with an imaginary hand to sense things.

What is the 21 day cleanse?

It became fashionable for students to feel the symptoms of a cold for 21 days after accepting an attunement, perhaps to make up for the fact that they didn't

“feel anything” from the teacher. This is frankly a myth. You don’t suffer anything bad. Reiki is only good for you. By the way, an attunement can be very strong and valid and sometimes you won’t feel much of anything. That’s okay. Do drink lots of water though. You don’t have to wait long times between reiki level attunements, either.

Can I keep my old religion and do reiki?

Yes, reiki is not a religion and does not promote gods or anything like that. There are some energy attunements to various gods that reiki masters write up, but that is not this basic usui reiki. And such gods are more like storybook figures to be examples of the energy.

Do I need a reiki booster?

No, it doesn’t fade. But you can get another Usui reiki if you want a different lineage or just for the good feeling of it.

What are some meditations used in reiki?

Calm bow to the universe

Put your palms together at heart level and bow slightly to honor yourself and the universe. This is called “gassho”.

Reiki shower

Breathe deeply and slowly and imagine a rainfall of light is washing down your whole body, very refreshing and cleansing. Be at peace.

Breathe through your hands

Breathe deeply and slowly. Imagine light enters your lungs along with the air. Now imagine light enters and leaves through your hands, as if they are “breathing”. This is very very useful.

Grounding your energy

Take a deep breath and hold it a bit, and exhale and hold a bit. Calm yourself. Feel energy running down your arms and out your palms to the ground. Touch the ground. Feel excess energy leave you and stand up quite calm and strong and refreshed.

Centering your essence

After grounding, close your eyes and imagine yourself smiling and rest in that feeling. This is where you are simply you. The essence of you. Hug and love this awareness.

Meeting another energy

After centering, close your eyes and reach out with your senses of hearing, sight, touch to things such as a tree, a big rock, a flower. Mentally say “hi”. Try and sense the friendly essence in the other being. Now reach out to the reiki energy dancing in the ground, in the sky, underneath all things, friendly and warm and healing. Say “hi”. Let it respond and hug you or flow and dance with you. This is a very useful exercise. You can learn to attune to any healing system this way, though you won’t get a lineage, naturally.

You can even sense energies nobody else has before, and write your own energy manuals and attunements.

When should I not use reiki?

Don’t use reiki to do people’s work for them. For example, students will ask you to send reiki so they can pass an exam they did not study for. You can help them relax but they must do the studying themselves.

Don’t interfere. Often a mother in law will ask you for reiki to control her daughter’s marriage, to improve it. But the people themselves have not asked for your help. Maybe they need to quarrel to sort out issues. At best, just send reiki to “help the situation for the good of everyone”.

Some people will ask you to break a hex. They think an enemy has bewitched them. Be careful. Surround yourself with a light of protection and then send cleansing reiki to free the person. If you are working in the same room, imagine the negative energy being thrown into a well that dissolves it into good energy.

Can reiki help with money and good luck? Yes, since relaxed humans tend to attract good fortune better than tense humans..

Are we doctors?

Don’t diagnose a disease or claim to cure it. We are not allowed to be doctors by law. All reiki practitioners can claim is to help relieve pain, help good health happen, and help in relaxation. Don’t touch people unless they permit. Work with your hands above them in the air. Technically reiki is a relaxation technique.

What is a disclaimer?

At the bottom of some reiki websites and manuals you will find small print that explains that people should keep on seeing their doctors and taking their pills, that reiki is not a substitute for medical care, but an additional way of support, and that patients requesting reiki should be over 18 years old. Also you should not claim you can “heal” someone – rather say reiki is a relaxation technique that promotes self healing.

It protects you from lawsuits.

Well... good luck! I wish you all the best with your new practice and reiki.

Craig S Farquharson & Ian Sadler, 2009