

# Usui Teate Reiki

**Practitioner Course  
Part One (First Degree)**

靈氣

改心身 白井靈氣療法教義

招福の秘法

萬病の靈藥

今日丈けは怒るな

心配すな感謝して

業をはげめ人に親切に

朝夕合掌して

心に念じ

口に唱へよ

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# Introduction

Welcome to Reiki and congratulations for taking a step that is going to lead to many positive changes in your life.

You may be reading this having received this manual in advance of the Reiki First Degree course, and if this is the case then I hope you enjoy reading about the history and background of Reiki, and the practical aspects of treating people.

If you are reading this having completed the First Degree course, you will have received the traditional Japanese empowerments necessary to give you a permanent connection with an unlimited source of healing energy. You will have the Reiki ability for life now, and the energy is available to you at all times. I do hope that you enjoyed the day, and now you have the exciting task of trying Reiki out on yourself and other people. Good luck with that, and make sure that you get lots of practice!

Over the 2-3 weeks following the course you are quite likely to go through a period of detoxification and cleansing and you may notice some emotional ups and downs. Beyond that, Reiki can make long-lasting positive changes in your life, and seems to affect your worldview and clarify your priorities for the better.

Once you have been attuned to Reiki, the best advice I can give you is to get your hands on as many people as possible. Practice helps to clear and strengthen the channels through which Reiki flows and with practice you will begin to develop more sensitivity to what is passing through your hands. You will begin to notice differences in the feel of your clients' energies. You will become more intuitive, and on the second part of the Practitioner course you will learn a way of opening yourself up more to your intuitive side.

If you can't find anyone to treat then make sure you treat yourself regularly, do your daily energy exercises, treat your cat, and treat your plants. Play around with the energy and see what happens. The more you use Reiki, the greater its effects on you.

## About This Manual

Reiki Master Taggart King has written the vast majority of this manual and Reiki Master Stephen Lovering has edited it where appropriate. Where information has come from other sources, this is stated clearly. I am particularly grateful for the generosity of Reiki Master Rick Rivard from Canada, who has made various translations of documents from Japan freely available to the Reiki community world-wide.

Reiki is a tradition that is passed on from master to student, the student becomes a master and passes it on to others and so on. The pages following this introduction show your Reiki lineage as far back as Mikao Usui, the originator of Reiki, and his photograph.

# Lineage

All Reiki practitioners can trace their 'spiritual lineage', following a trail of Reiki teachers back to the originator of Reiki, Mikao Usui.

Stephen Lovering also received empowerments from Taggart King who received his empowerments via Chris Marsh that pass on the energy of Usui through the intermediary of a 107-year-old Tendai Buddhist nun who trained with Usui. Incidentally, these people thus make up your lineage(s) too, through me!

## Lineage

Mikao Usui  
Chujiro Hayashi  
Hawayo Takata  
Beth Phaigh  
William Rand  
Alan Sweeney  
Dez Sellars  
Pamela Jordan  
Claire Timmis  
Stephen Lovering  
Paul D. Pritchard  
You!



Mikao Usui 1865 - 1926



# What is Reiki ?

In the West, Reiki is practised very much like an oriental version of spiritual healing, and is based on the channelling of a form of energy, or a spiritual energy. This energy can be referred to as 'chi', which you may have heard of. When you visit an acupuncturist they use needles to encourage energy to flow through a series of meridians or energy channels that run the length of your body; that energy is called 'chi'. You may have heard of a Japanese massage technique called Shiatsu, which uses finger pressure on acupuncture points to achieve a similar effect; the Japanese adopted the Chinese view of the body's energy system. You will probably have heard of Tai Chi (or maybe Chi Kung/QiGong), a graceful system of exercises that are designed to build up, or cultivate, your personal reserves of this energy, and the graceful movements that you make serve to circulate this energy smoothly throughout your body, breaking down any blockages and bringing things into balance on all levels. The energy is seen as animating all living things.

When we move from China to India, the same energy is referred to as 'prana', and breathing exercises and yoga techniques have been developed to again bring your energy system into balance. In India they do not think in terms of meridians, but of chakras: energy centres running the length of your body from the crown of your head to the base of your spine, seven main ones and further subsidiary ones in other locations.

The intention with all these energy techniques is that if you can harmonise your energy system, you are putting your body in the best possible position to heal itself on all levels: physical, mental, emotional and spiritual. In fact, the Chinese view is that chi not only flows through your body, but surrounds and engulfs you, too. For example, feng shui has been developed as a way of arranging your living environment to allow for the smooth flow of chi around you, eliminating areas where stagnant chi might accumulate, for example.

Reiki seems to deal with this same energy, to an extent.

## Spiritual Energy?

However, when you practice Reiki you are not just dealing with a 'cold' 'clinical' energy, the same energy that is manipulated by acupuncturists or controlled by practitioners of yoga or tai chi. There is more to Reiki than that. When you channel Reiki, it does not feel like a neutral energy that you are dealing with: it feels beautiful, and the more you practice Reiki, the more beautiful it becomes! Reiki has important similarities to conventional spiritual healing, particularly in terms of the things that people feel when they are having a Reiki treatment. Many people see the Reiki energy as having divine origins, and interpret the energy as divine love or divine light. Reiki opens you up to the divine, however you wish to interpret that; Reiki reinforces your individual connection to your deity, and it feels beautiful. In its Western form, Reiki is not attached to any religion or belief system, so it does not conflict with an individual's beliefs, or lack of beliefs. Reiki is

acceptable to atheists and believers alike, agnostics and Catholics, Moslems and Pagans.

## The Reiki Symbol



The Japanese characters making up the word 'Reiki' are usually translated in the West as meaning 'Universal Life Energy', but the characters can be translated as meaning 'soul energy', or 'aura' or 'mysterious spirit', or even 'spiritually guided life force energy'.

So when the name of the system was chosen, they weren't just thinking of a cold, clinical energy that you can move round the body by sticking needles into a person. They were thinking also of an energy that has a definite connection or resonance with a person's soul or spiritual side too.

Interestingly, the latest interpretation of the word 'Reiki' is that it can mean 'a system that has been arrived at through a moment of enlightenment', or "a gift given through satori", and we will talk more about the history and development of Reiki shortly.

To summarise, Reiki is a versatile healing system based on the channelling of energy at various frequencies, sometimes akin to dealing with the fundamental energy of oriental medicine, but sometimes more akin to channelling energy of divine origin for the benefit of a person's spirit or soul. It is both at the same time.

## Reiki and Chi Kung

In fact, the thing that approximates most closely to the Reiki ability is the practice of advanced Chi Kung (also known as qi gong or chi gong). Chi Kung is an energy cultivation technique similar to, but not the same as, Tai Chi. If you were to practice Chi Kung diligently for 20-30 years, you might be able to reach the level of Chi Kung Master. Chi Kung Masters are able to cultivate their personal levels of chi to such an extent that they are able to direct this externally to treat others. Such treatments are called 'projection healings'. There is at least one hospital in China that prescribes Chi Kung exercises to treat a variety of ailments. It has a team of Chi Kung Masters who treat people by directing chi externally, by aiming the energy at and channelling it into various acupuncture points on the patient's body. This ability is way beyond the reach of most individuals, and the Chi Kung practitioner has to practice the technique continually to build up energy reserves that are depleted in treating others. The Chi Kung Master's personal energy is given out in treating others.

The Reiki attunements seem to give this same 'Chi Kung' ability but with two important differences. You do not have to stand there for 20 years doing the exercises, and when you treat someone it is not your personal energy that you giving out. Reiki attunements connect you to an unlimited external source of healing energy that benefits you as you channel it into others.

The origins of Reiki have until quite recently been quite obscure, and plagued with misinformation, but ongoing research is giving us a better picture of how it was discovered and developed. That is what you can read about next.

## The History of Reiki

### Mikao Usui



Mikao Usui is the man responsible for developing the healing technique that is now known as 'Reiki'. He was born on August 15, 1865 in the village of Yago in the Yamagata district of Gifu prefecture, Japan, and he died on March 9th, 1926. Reiki seems to have come into being in about 1919.

Usui grew up at a time when Japanese society and culture was going through a period of rapid change. It was not until the 1850s that Japan opened itself up to the Western world; before that time Japan had been a closed society. It was the United States that finally forced Japan to open its borders and its economy to the outside world. This event led to a great flood of new ideas and traditions coming into Japan from all over the world.

Not only that, but Japan underwent a period of rapid industrialisation, transforming itself from a feudal society into an industrialised nation - able to compete with the West on an equal footing - within a period of only 30-40 years. Such a period of rapid change created a real climate of 'wanting to keep hold of traditional culture' and wanting to rekindle and maintain ancient traditions. Usui grew up during this period: Japan was a melting pot of new ideas, with many new spiritual systems and healing techniques being developed. Reiki was one of these systems.

Mikao Usui had an interesting life. As a child, he seems to have entered a Tendai Buddhist monastery near Mt. Kurama ("Horse Saddle Mountain"). He would have studied 'kiko' (the Japanese version of Chi Kung) to an advanced level - and maybe practised projection healings - and he was exposed to martial arts from about 12 years of age. In adulthood, he seems to have been a monk for a while - not a cloistered monk, but a monk who lives in the community - and worked as a businessman and as a diplomatic aide. It is during his time in diplomatic service

that he may have had the opportunity to travel to other countries, and it seems that he travelled to America, Europe and China.

Usui Sensei was interested in a great many things and seems to have studied voraciously. There was a large University library in Kyoto, and Japanese sources believe that he would have done most of his research there, where sacred texts from all over the world would have been held. He seems to have studied traditional Chinese medicine and Western medicine (though not on a formal basis), numerology and astrology, psychic and clairvoyant development, and he was a member of 'Rei Jyutsu Kai', which was a high-level spiritual development group.

But what prompted Usui to pursue all these studies? Well, according to Hiroshi Doi, a member of Usui's Reiki Association in Japan, Mikao Usui was wondering what the ultimate purpose of life was, and set out to try to understand this. After some time he finally experienced an enlightenment: the ultimate life purpose was 'Anshin Rytsu Mei' - the state of your mind being totally in peace, knowing what to do with your life, being bothered by nothing. Doi says that with this revelation, Usui researched harder, for 3 years, trying to achieve this goal. Finally, he turned to a Zen master for advice on how to attain this life purpose. The master replied "If you want to know; die!" Usui-sensei lost hope at this and thought, "My life is over". He then went to Mt. Kurama and decided to fast until he died.

Whether or not this story is completely accurate, it seems that Usui was looking for a way of knowing one's life's purpose and to be content, and despite all his exhaustive research, he could not find the answer to this question. He was prompted him to go to Mount Kurama and to carry out a 21-day meditation and fast called 'Lotus Repentance Meditation', which derives from Tendai Buddhism. Usui carried out the meditation and, according to his memorial stone, he experienced an enlightenment or 'sartori' that led to the development of Reiki, though there is some evidence that Usui had actually been teaching his spiritual system for several years before carrying out the meditation at Mount Kurama. One definition of the word 'Reiki' is 'a system that has come into being through a moment of enlightenment'. Originally, Usui referred to his system as 'teate' (pronounced tee-ah-tay') which means 'hand healing' or 'hand application'. The name 'Reiki' came later. In fact, there is a long tradition of 'palm healing' in Japan, and this is one of the traditions that Usui drew upon in creating what is now called Reiki.

Reiki is a technique or method that is based firmly on the esoteric principles that were represented in Japan in the early part of last century. It is based on the principles of Traditional Chinese Medicine and energy transfer techniques like Chi Kung. Even martial arts, at which Usui excelled, develop into healing systems at the highest levels. Reiki draws upon 'mystical' Tendai Buddhism and Shintoism in terms of the use of symbols within Reiki, and Tendai Buddhism in terms of the energy exercises and traditional empowerments that are now emerging from Japan. Usui brought together all these various strands in a unique way. His technique allows anyone to be connected permanently to a source of healing energy. Once attuned, you can channel this energy without having to dedicate yourself to many years of practice, and it is possible for anyone to learn how to bestow this ability on others through a simple connection ritual.

Reiki is generally promoted within the West as a healing system. However, it seems that the original impetus for the development of Reiki was the personal benefits that would be experienced if one could come to know one's true purpose in life and be content. It seems that there are further spiritual exercises within the original system of Reiki that have yet to be passed to the West. The healing benefits were a useful extra. In its original form, Reiki was a path to enlightenment.

Mount Kurama, where Usui experienced his satori, is a holy mountain. It is near Kyoto, the former capital of Japan, a place which I heard described on a recent television travel programme as being 'the spiritual heart of Japan' - a place with a thousand temples representing a whole range of deities. Mount Kurama is also important from a martial arts perspective, being the place where mountain spirits are said to have given the secrets of fighting to the Samurai.

According to Usui's Memorial stone, a translation of which you can read below, Usui was a very well-known and popular healer, and he taught a large number of students all over Japan. In 1922 Usui opened a 'seat of learning' in Tokyo, though there is evidence of him having taught as early as 1915. Most of his many students started out as patients. If they wanted to treat themselves in-between appointments then Usui would give them empowerments so that they were connected to Reiki permanently. If they wanted to take things further then they could begin an open-ended programme of training in the Reiki technique, and adopt Reiki as a spiritual path: a path to enlightenment. The system was all about giving healings to people, teaching people how to heal themselves, providing spiritual exercises and spiritual teachings. Usui's way of doing things seems quite open-ended, based on an ongoing commitment to weekly training sessions, rather in the way that martial arts is taught. This was soon to change: after his death his clinic was passed to three of his students, one of whom was a retired surgeon commander from the Imperial Navy: Dr Chujiro Hayashi.

## Dr. Chujiro Hayashi



Dr Hayashi received his Reiki Master training from Mikao Usui in about 1925, when he was 47 years old. He only trained with Usui for perhaps 9 months, so it is unlikely that he had been taught the full Reiki system. Although he achieved Mastership with Usui, it seems that Usui taught Reiki at different 'depths'. This short period of time would not be long enough for Dr Hayashi to have received the full Oriental system. Others took many years to achieve even the basic levels of Reiki with Usui. Dr Hayashi was responsible, with a couple of other Imperial Officers, for setting up the Usui Reiki Ryoho Gakkai (Usui's Reiki Healing System Association) after Usui's death, though he left after a while, it seems because of the many changes that the other officers were making to Usui's system. Though he had not learned everything from Usui, he wanted to remain

true to what he had learned, so he renamed the system and went out on his own. The other naval officers were also some of Usui's less experienced students.

Dr Hayashi seemed to have left out most of the spiritual aspects of Reiki from his teachings, and focused more on the healing potential of the system rather than the 'path to enlightenment'. The fact that he was a Christian, and his military and particularly his medical background, may have influenced this change of direction. He seemed to have introduced a more structured approach to the practice and teaching of Reiki. He used what appears to be a more complicated attunement process which involved the use of the Reiki symbols, which Usui's empowerments did not, his training courses were for a fixed period rather than being open-ended, and he developed a more complicated set of hand positions that could be used by multiple practitioners in his clinic. Dr Hayashi seems to have kept detailed records of the treatments that were given, and used this information to create his 'standard' hand positions for different ailments. However, he still expected his students to be able to use advanced scanning or intuitive techniques to work out their hand positions, with his 'standard' positions as a fallback position.

Usui's approach seems to be more simple and intuitive, with students making an open-ended commitment to regular weekly training sessions where they would receive spiritual empowerments and learn to allow the energy to guide their hands. Dr Hayashi would teach First Degree over a five-day structured course, with each day's training taking 90 minutes, and students would receive his more complicated attunements on four occasions during this training, by way of echoing Usui's weekly empowerment sessions. There seems to have been nothing significant in the number four: it was nice to do a few, and it probably fitted in nicely with his schedule.

It is said that Dr Hayashi wanted to pass Reiki on to someone who was not going to be called up to fight in the War, and fortunately a Japanese-American lady called Hawayo Takata turned up in his clinic...

## Hawayo Takata



Hawayo Takata was born in 1900 on the island of Kauai, Hawaii. She came to Dr Hayashi's clinic suffering from a number of serious medical conditions that were resolved through Reiki, but she was originally intending to receive conventional Western medical treatments for her tumour, gallstones and appendicitis. The story goes, though, that on the operating table (just before the surgery was about to start) Mrs Takata heard a voice that said "The operation is not necessary". She is said to have refused the operation, and asked her Doctor if he knew of any other way to restore her health. The doctor referred her to Dr. Hayashi and she began receiving a course of treatments.

Mrs Takata was quite sceptical about Reiki. She felt so much heat from the practitioners' hands that she was sure they were using some sort of electrical equipment - maybe little electric heaters secreted in the palms of their hands! She looked in the large sleeves of their Japanese kimonos, under the treatment table, but there was nothing there. Her scepticism turned into belief as her health problems resolved, and she decided that she wanted to learn Reiki for herself.

Dr Hayashi wanted to teach Reiki to another woman besides his wife, and since Mrs. Takata was so persistent he decided to teach her to Master level. This happened in 1938. Dr Hayashi gave Mrs Takata permission to teach Reiki in the West, and she did so in the USA. She was the 13th and probably the last Reiki Master that Dr. Hayashi initiated, and between 1970 and her death in 1980 Mrs Takata taught 22 Reiki Masters. Until quite recently, all Reiki practitioners in the Western world derived their Reiki from this lady, and could trace their 'lineage' through her to Dr Hayashi and Mikao Usui. You can see your lineage elsewhere in this manual.

The original twenty-two teachers have passed on the Reiki tradition, and Reiki has spread throughout North and South America, Europe, New Zealand and Australia to many parts of the world. It is almost impossible to estimate the number of Reiki Masters and practitioners in the world, but it must run into tens of thousands, and millions, respectively.

But it cannot have been easy for Mrs Takata, teaching a Japanese healing technique in the United States, after the Second World War, with memories of Pearl Harbour still in everyone's minds. The American population was not particularly well disposed towards anything connected with Japan. Nowadays people are exposed continually to magazine articles about feng shui, tai chi and other energy cultivation techniques, ideas of traditional Chinese medicine, meridians, chi and the like, and alternative medicine in general. When Mrs Takata was teaching Reiki, these ideas must have seemed to have come from another planet! Mrs Takata was trying to transmit her whole culture, and it was a totally alien one as far as her students were concerned.

For this reason, Hawayo Takata was forced to modify, simplify and change the Reiki that she had been taught by Chujiro Hayashi, in order for it to be acceptable to the Westerners that she dealt with. The Reiki that she had been taught by Dr Hayashi had already been modified by him after he had been taught by Mikao Usui. Not only did Mrs Takata have to modify the practices of Reiki, but she also felt obliged to fabricate a story about the history of Reiki to make it more acceptable to a hostile American public. Out went Mikao Usui, Tendai Buddhist, and in came Dr Mikao Usui, Christian theologian, who travelled the world on a great quest to discover a healing system that explained the healing miracles that Jesus performed. So stories about Usui being a Christian Doctor, going on a world-wide quest, and studying theology at various Universities along the way, are just fabrication. Despite this, they are repeated again and again in Reiki books, even ones that have been published recently.

As well as putting together a Reiki 'fable', Mrs Takata ended up being referred to as 'Grand Master' of Reiki, to make a distinction between herself and the Masters

that she taught. This is an office, position or title that was not envisioned by Mikao Usui. In fact Usui's original Reiki Association (the Usui Reiki Ryoho Gakkai) is still going strong in Japan and has had a list of presidents over the years. The idea of a Grand Master in Reiki is nonsense. Reiki is a gentle and powerful healing technique that can be passed as a gift from one person to another, and is not based on the idea of gurus or great masters to whom one has to pay homage. Unfortunately, some people in the Reiki community are greatly wedded to the idea of 'The Office of Grand Master' and the narrow and dogmatic view of Reiki that is approved by the current incumbent, Mrs Takata's grand-daughter, Phyllis Lei Furumoto.

## Reiki in Japan

Now the story turns full circle, and Western style Reiki has returned to its country of birth. At one stage people believed that Reiki had died out in Japan and that the only Reiki that remained in the world was the Western version. But Reiki Masters who moved to Japan in the 1980s discovered that there were Reiki practitioners there, and that there was a small, close-knit community of Reiki Masters who were continuing Mikao Usui's techniques in a largely unchanged form. I am referring to members of the Usui Reiki Ryoho Gakkai in Japan.

It is difficult to say exactly how, and by how much, their practice of Reiki differed from the intentions of its founder. The Gakkai is not so much a society as a support group with a small number of Masters who give almost daily support to their students. The 'Gakkai is not interested in bringing their teachings to the outside world, they do not advertise or promote themselves, and they are not interested in getting any bigger or more popular; they just want to be left alone. It is their decision not to advertise - continuing Usui's policy in this regard - which has led to Reiki being so little heard of in Japan until very recently. Now Japan is experiencing a big explosion of Reiki, but it is mostly Western-style Reiki! Over time I am sure that the two forms of Reiki will join and blend, combining the basic traditions of Usui Reiki as preserved by the 'Gakkai with the creative experimentation that characterises the Western approach to the Reiki system.

Incidentally, that is what the 'Integrated' Usui Teate Reiki course is designed to achieve! You will receive the Western information for historical perspective but the main focus is teaching Usui Teate in the Original way. In the west we don't have the dedication or time to be trained week after week as it was Originally taught, so this system has been brought up to date making adjustments for modern times.

You will be one of the few who have been taught like this and as such you will be receiving up to date knowledge and techniques which are generally not known in the west.



# The Usui Memorial

Below you can read a literal translation of the inscription on Mikao Usui's memorial stone. This translation was obtained by Stephen Iovring from Rick Rivard, a Reiki Master from Canada, whose generosity allows this information to be shared with you without having to worry about copyright infringement! Here are Rick's notes...

## Translation of the Usui Memorial at Saihoji Temple, Tokyo Japan

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This is a fairly literal translation of the Usui memorial, as we wanted you, the reader, to get as close a rendition to plain English as possible, without any paraphrasing. This allows you to decide how you would rephrase sentences and paragraphs. There are a few phrases that we haven't translated yet.

All comments in (brackets) are either our translations of previous kanji or our explanation of previous words. Please note: there are no full stops or paragraphs on the original, so we have added these in to make it easier to read. Also, as in all translations, we had several choices of words for each kanji, and tried to pick what we felt best. Our thanks to Melissa Riggall, Miyuki Arasawa, Yukio Miura and Mr. Hiroshi Doi for their corrections offered.

"Reihou Chouso Usui Sensei Kudoko No Hi"

Memorial of Reiki Founder Usui Sensei's Benevolence

It is called 'toku' that people experience by culture and training, and 'koh' that people practice teaching and the way to save people. ('koh' + 'toku' = 'kudoku'; Koh = distinguished service, honour, credit, achievement; Toku = a virtue, morality)

Only the person who has high virtue and does good deeds can be called a great founder and leader. From ancient times, among wise men, philosophers, geniuses and (a phrase that means 'very straight and having the right kind of integrity'), the founders of a new teaching or new religion are like that... We could say that Usui Sensei was one of them.

Usui "Sensei" (literally "he who comes before", thus teacher, or respected person) newly started the method that would change mind and body for better by using universal power. People hearing of his reputation and wanting to learn the method, or who wanted to have the therapy, gathered around from all over. It was truly prosperous.

Sensei's common name is Mikao and other name was Gyoho (perhaps his spiritual name). He was born in the Taniai-mura (village) in the Yamagata district of Gifu prefecture (Taniai is now part of Miyama Village). His ancestor's name is Tsunetane Chiba (a very famous Samurai who had played an active part as a military commander between the end of Heian Period and the beginning of Kamakura Period: 1180-1230). His father's name was Uzaemon (it was his popular name; his given name was Taneuji ). His mother's maiden name was Kawai.

Sensei was born in the first year of the Keio period, called Keio Gunnen (1865), on August 15th. From what is known, he was a talented and hard working student. His ability was far superior. After he grew up, he travelled to Europe, America and China to study. He wanted to be a success in life, but couldn't achieve it; often he was unlucky and in need. But he didn't give up and he disciplined himself to study more and more. One day he went to Kuramayama to start an asceticism (it says "shyu gyo" - a very strict process of spiritual training using meditation and fasting. (Another Japanese translation says "penance while fasting" ). On the beginning of the 21st day, suddenly he felt one large Reiki over his head and he comprehended the truth. At that moment he got Reiki "Ryoho" (healing method).

When he first tried this on himself, then tried this on his family, good results manifested instantly. Sensei said that it is much better to share this pleasure with the public at large than to keep this knowledge to our family (it was customary to keep such knowledge in the family to increase their power). So he moved his residence to Harajuku, Aoyama, Tokyo. There he founded "Gakkai" (a learning society) to teach and practice Reiki Ryoho in April of the 11th year of the Taisho period (1922). Many people came from far and wide and asked for the guidance and therapy, and even lined up outside of the building.

September of the twelfth year of the Taisho period (1923), there were many injured and sick people all over Tokyo because of the Kanto earthquake and fire. Sensei felt deep anxiety. Everyday he went around in the city to treat them. We could not count how many people were treated and saved by him. During this emergency situation, his relief activity was that of reaching out his hands of love to suffering people. His relief activity was generally like that.

After that, his learning place became too small. In February of the 14th year of the Taisho period (1925), he built and moved to a new one outside Tokyo in Nakano. (Nakano is now part of Tokyo, and is also the location of the Saihoji temple, his resting place). Because his fame had risen still more, he was invited to many places in Japan, often. In answering those requests, he went to Kure, then to Hiroshima, to Saga and reached Fukuyama. It was during his stay in Fukuyama that he unexpectedly got sick and died. He was 62 years old. (In Western terms, Sensei was 60 - born August 15, 1865; died March 9, 1926 according to his grave marker; however, in old Japan, you are "1" when born and turn another year older at the start of the new year).

His wife was from Suzuki family; her name was Sadako. They had a son and a daughter. The son's name was Fuji who carried on the Usui family (meaning the property, business, family name, etc. Born in 1908 or 1909, at the time of his father's death Fuji was 19 in Japanese years. We do know now that Fuji also taught Reiki in Taniai village).

Sensei was very mild, gentle and humble by nature. He was physically big and strong yet he kept smiling all the time. However, when something happened, he prepared towards a solution with firmness and patience. He had many talents. He liked to read, and his knowledge was very deep of history, biographies, medicine, theological books like Buddhism Kyoten (Buddhist bible) and bibles (scriptures),

psychology, jinsen no jitsu (god hermit technique), the science of direction, ju jitsu, incantations (the "spiritual way of removing sickness and evil from the body"), the science of divination, physiognomy (face reading) and the I Ching. I think that Sensei's training in these, and the culture which was based on this knowledge and experience, led to the key to perceiving Reiho (short for "Reiki Ryoho"). Everybody would agree with me.

Looking back, the main purpose of Reiho was not only to heal diseases, but also to have right mind and healthy body so that people would enjoy and experience happiness in life. Therefore when it comes to teaching, first let the student understand well the Meiji Emperor's admonitory, then in the morning and in the evening let them chant and have in mind the five precepts which are:

First we say, today don't get angry.

Secondly we say, don't worry.

Third we say, be thankful.

Fourth we say, endeavour your work.

Fifth we say, be kind to people.

This is truly a very important admonitory. This is the same way wise men and saints disciplined themselves since ancient times. Sensei named these the "secret methods of inviting happiness", "the spiritual medicine of many diseases" to clarify his purpose to teach. Moreover, his intention was that a teaching method should be as simple as possible and not difficult to understand.

Every morning and every evening, sit still in silence with your hands in prayer and chant the precepts, then a pure and healthy mind would be nurtured. It was the true meaning of this to practice this in daily life, using it. (i.e. put it into practical use) This is the reason why Reiho became so popular.

Recently the world condition has been in transition. There is not little change in people's thought. (i.e. it's changing a lot) Fortunately, if Reiho can be spread throughout the world, it must not be a little help (i.e. it's a big help) for people who have a confused mind or who do not have morality. Surely Reiho is not only for healing chronic diseases and bad habits.

The number of the students of Sensei's teaching reaches over 2,000 people already. Among them senior students who remained in Tokyo are carrying on Sensei's learning place (Dr. Hayashi took title to the school in November, 1926 and together with Mr. Taketomi and Mr. Ushida, re-located it to Shinano Machi in 1926, and ran it as a hospice) and the others in different provinces also are trying to spread Reiki as much as possible. Although Sensei died, Reiho has to be spread and to be known by many people in the long future. Aha! What a great thing that Sensei has done to have shared this Reiho, which he perceived himself, to the people unsparingly.

Now many students converged at this time and decided to build this memorial at Saihoji Temple in the Toyotama district (boundaries have changed and the Saihoji temple has been in Nakano district (1986) and is now in Suginami district) to make clear his benevolence and to spread Reiho to the people in the future. I was asked to write these words. Because I deeply appreciate his work and also I was moved by

those thinking to be honoured to be a student of Sensei, I accepted this work instead of refusing to do so. I would sincerely hope that people would not forget looking up to Usui Sensei with respect.

Edited by "ju-san-i" ("subordinate third rank, the Junior Third Court (Rank) -- an honorary title), Doctor of Literature, Masayuki Okada. Written (brush strokes) by Navy Rear Admiral, "ju-san-i kun-san-tou ko-yon-kyu" ("subordinate third rank, the Junior Third Court (Rank), 3rd order of merit, 4th class of service" -- again, an honorary title) Juzaburo Gyuda (also pronounced Ushida).

Second Year of Showa (1927), February

## Mikao Usui Talks about his System

Below you can read something that Mikao Usui said about his healing system. It comes from something called the Usui Reiki Hikkei, which is a 'manual' given to all students of the Usui Reiki Ryoho Gakkai. This translation was obtained by Stephen Lovering from Rick Rivard, a Reiki Master from Canada, whose generosity allows this information to be shared with you without having to worry about copyright infringement! A lot of the contents of Usui's manual are not actually original Usui techniques, despite what is claimed in a few prominent books on the subject, but the following sections do come from the man himself. Students were originally expected to prepare their own manuals, and they would write questions in the back, hand the manual to Usui, and Usui would write the answers. What you can read below is a compilation of questions and answers from a number of students' manuals, and the text that we have in the West comes from Mrs Kimiko Koyama (Hiroshi Doi's teacher), the 5th President of the 'Gakkai. Here are Rick's notes...

### Explanation of Instruction for the Public

By Founder of Usui Reiki Ryoho, Mikao Usui

Richard R. Rivard, B.Sc. Reiki Master / Teacher -- [www.threshold.ca](http://www.threshold.ca)  
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"It is an old custom to teach the method to only my descendant for keeping a wealth within a family. Especially the modern societies we live in, wish to share happiness of coexistence and co-prosperity. So I don't allow my family to keep the method to ourselves.

"My Usui Reiki Ryoho is an original, it's nothing like this in the world. So I would like to release this method to the public for everyone's benefit and hope for everyone's happiness. My Reiki Ryoho is an original method based on intuitive power in the universe. By this power, body gets healthy and enhances happiness of life and peaceful mind.

"Nowadays people need improvement and reconstruction inside and outside of life, so the reason for releasing my method to the public is to help people with illness of body and mind."

Q. What is Usui Reiki Ryoho?

A. Graciously I have received Meiji Emperor's last injunctions. For achieving my teachings, training and improving physically and spiritually and walking in a right path as a human being, first we have to heal our spirit. Secondly we have to keep our body healthy. If our spirit is healthy and conformed to the truth, body will get healthy naturally. Usui Reiki Ryoho's missions are to lead peaceful and happy life, heal others and improve happiness of others and ourselves.

Q. Is there any similarity to hypnotism, Kiai method, religious method or any other methods?

A. No, there is no similarity to any of those methods. This method is to help body and spirit with intuitive power, which I've received after long and hard training.

Q. Then, is it psychic method of treatment?

A. Yes, you could say that. But you could also say it is physical method of treatment. The reason why is Ki and light are emanated from healer's body, especially from eyes, mouth and hands. So if healer stares or breathes on or strokes with hands at the affected area such as toothache, colic pain, stomach-ache, neuralgia, bruises, cuts, burns and other swellings with pain will be gone. However a chronic disease is not easy, it's needed some time. But a patient will feel improvement at the first treatment. There is a fact more than a novel how to explain this phenomenon with modern medicine. If you see the fact you would understand. Even people who use sophistry can not ignore the fact.

Q. Do I have to believe in Usui Reiki Ryoho to get better result?

A. No. It's not like a psychological method of treatment or hypnosis or other kind of mental method. There is no need to have a consent or admiration. It doesn't matter if you doubt, reject or deny it. For example, it is effective to children and very ill people who are not aware of any consciousness, such as a doubt, rejection or denying. There may be one out of ten who believes in my method before a treatment. Most of them learn the benefit after first treatment then they believe in the method.

Q. Can any illness be cured by Usui Reiki Ryoho?

A. Any illness such as psychological or an organic disease can be cured by this method.

Q. Does Usui Reiki Ryoho only heal illness?

A. No. Usui Reiki Ryoho does not only heal illness. Mental illness such as agony, weakness, timidity, irresolution, nervousness and other bad habit can be corrected. Then you are able to lead happy life and heal others with mind of God or Buddha. That becomes principle object.

Q. How does Usui Reiki Ryoho work?

A. I've never been given this method by anybody nor studied to get psychic power to heal. I accidentally realised that I have received healing power when I felt the

air in mysterious way during fasting. So I have a hard time explaining exactly even I am the founder. Scholars and men of intelligence have been studying this phenomenon but modern science can't solve it. But I believe that day will come naturally.

Q. Does Usui Reiki Ryoho use any medicine and are there any side effects?

A. Never uses medical equipment. Staring at affected area, breathing onto it, stroking with hands, laying on of hands and patting lightly with hands are the way of treatment.

Q. Do I need to have knowledge of medicine?

A. My method is beyond a modern science so you do not need knowledge of medicine. If brain disease occurs, I treat a head. If it's a stomach-ache, I treat a stomach. If it's an eye disease, I treat eyes. You don't have to take bitter medicine or stand for hot moxa treatment. It takes short time for a treatment with staring at affected area or breathing onto it or laying on of hands or stroking with hands. These are the reason why my method is very original.

Q. What do famous medical scientists think of this method?

A. The famous medical scientists seem very reasonable. European medical scientists have severe criticism towards medicine.

To return to the subject, Dr. Nagai of Teikoku Medical University says, "we as doctors do diagnose, record and comprehend illnesses but we don't know how to treat them."

Dr. Kondo says, "it is not true that medical science made a great progress. It is the biggest fault in the modern medical science that we don't take notice of psychological affect.

Dr. Kuga says, "it is a fact that psychological therapy and other kind of healing treatment done by healers without doctor's training works better than doctors, depending on type of illnesses or patient's personality or application of treatment. Also the doctors who try to repel and exclude psychological healers without doctor's training are narrow-minded."

From Nihon Iji Shinpo

It is obvious fact that doctors, medical scientists and pharmacists recognise the effect of my method and become a pupil.

Q. What is the government's reaction?

A. On February 6<sup>th</sup>, 1922, at the Standing Committee on Budget of House of Representatives, a member of the Diet Dr. Matsushita asked for government's view about the fact that people who do not have doctor's training have been treating many patients with psychological or spiritual method of treatment.

Mr. Ushio, a government delegate says, "a little over 10 years ago people thought hypnosis is a work of long-nosed goblin but nowadays study has been done and it's applied to mentally ill patients. It is very difficult to solve human intellect with just science. Doctors follow the instruction how to treat patients by medical science, but it's not a medical treatment such as electric therapy or just touching with hands to all illnesses." So my Usui Reiki Ryoho does not violate the Medical Practitioners Law or Shin-Kyu (acupuncture and moxa treatment) Management Regulation.

Q. People would think that this kind of healing power is gifted to the selected people, not by training.

A. No, that isn't true. Every existence has healing power. Plants, trees, animals, fish and insects, but especially a human as the lord of creation has remarkable power. Usui Reiki Ryoho is materialised the healing power that human has.

Q. Then, can anybody receive Denju of Usui Reiki Ryoho?

A. Of course, a man, woman, young or old, people with knowledge or without knowledge, anybody who has a common sense can receive the power accurately in a short time and can heal selves and others. I have taught to more than one thousand people but no one is failed. Everyone is able to heal illness with just Shoden. You may think it is inscrutable to get the healing power in a short time but it is reasonable. It's the feature of my method that heals difficult illnesses easily.

Q. If I can heal others, can I heal myself?

A. If you can't heal yourself, how can you heal others.

Q. How can I receive Okuden?

A. Okuden includes Hasureiho, patting with hands method, stroking with hands method, pressing with hands method, telesthetic method and propensity method. I will teach it to people who have learned Shoden and who are good students, good conduct and enthusiasts.

Q. Is there higher level more than Okuden?

A. Yes, there is a level called Shinpiden.

# The Reiki Principles

The secret art of inviting happiness  
The miraculous medicine of all diseases

Just for today,  
Do not anger,  
Do not worry  
Be humble  
Be honest in your dealings with other people  
Be compassionate towards yourself and others

In every morning and evening Join your hand in prayer,  
pray these words to your heart and chant these words with your mouth:

"Usui Reiki Treatment (For) Improvement of body and mind"

The Founder, Usui Mikao

These Reiki 'precepts' are Mikao Usui's guidelines for living, and were taken from the code of conduct of the Meiji emperor, whom Usui seems to have greatly admired and respected. In practice the Reiki principles would be chanted three times by his students at their weekly training sessions, and every day, towards the end of their Hatsu Rei Ho. It was said that if a student wanted to progress on their spiritual path, they needed to receive Reiju empowerments on a regular basis, practice Hatsu Rei Ho, and live the Reiki principles as part of their lives.

The Emperor Meiji, who fulfilled the 'Meiji Restoration' in 1868, brought to an end a long period of military rule and replaced a feudal system that had lasted for more than 680 years. The Emperor was deeply concerned about the establishment of a national education system and the promotion of morality in order to build modern Japan. The "Imperial Rescript on Education" was issued to illustrate the moral principles that each citizen should follow. Although concerned with education and aimed at students and teachers, this rescript is thought to have been adopted by the Japanese people as an ethical principal to live by.

So in the original Japanese form of Reiki, first degree students would chant the Reiki precepts every day, and focus on living their lives in accordance with them. We can echo this practice for ourselves by contemplating the principles each day.

Put them on a post-it note and stick them on your fridge or your PC. Frame them and hang them on your wall. Mentally review them a couple of times each day. Maybe on Monday you might focus on being free from anger, on Tuesday you can be free from worry, on Wednesday you can remind yourself of the many blessings in your life, on Thursday you can make sure you are honest with yourself and others, on Friday you can forgive yourself and forgive others, you can care for others and care for yourself.

What do these principles mean to you? How can you apply them to your life?



# Poems of the Meiji Emperor: (Meiji Renno Gyosei)

What follows in this section are a small collection of the 125 special poems that Mikao Usui chose for his students to study and meditate upon as part of their Reiki training. The form of poetry is called 'waka' poetry and these poems were written by the Meiji emperor, who was the 122nd Emperor of Japan. The following information comes partly from Hiroshi Doi, a man who is a member of Usui's Reiki Association in Japan, and the person who brought some of Usui's original teachings to the West. These translated poems were obtained by Stephen Lovering from Rick Rivard, a Reiki Master from Canada, whose generosity allows this information to be shared with you without having to worry about copyright infringement! Here are Rick's notes, which begin with Hiroshi Doi's explanation...

"It is said that Emperor Meiji was a great psychic. His goodness was generated to all over the country like sun, his feeling was broad-minded and plentiful like the ocean, his will was strong, his belief was full of love and as broad as the land. In Meiji era, most politicians were so called great people who experienced much difficulties in the changing era from Edo SAMURAI period to Meiji democratic period, but they got strained and sweat when they were meeting Emperor Meiji, not by Emperor's authority but by Reiki power.

"USA president F. Roosevelt said, "Japanese people must be happy to have such a great Emperor. Japan will progress and develop with the Emperor Meiji." Emperor Meiji did not talk a lot but wrote a lot of WAKA poetry to express himself. These are recognised as great poetry in Japanese literature. Usui-sensei respected the Emperor Meiji, and selected 125 WAKA poetry as GYOSEI to use in Reiki lesson."

Here are some of the Poems:

You have a right pure soul if you have nothing to be ashamed of in front of God, whom you cannot see, who knows you all. I wish everyone had such soul.

I have consecutive unhappiness and pain that I cannot control. Easy to think that there is no God, I tend to think that the other person is to blame for it. Is this really blamed on other person? Am I always right without any fault? No, I can remember that I also have many faults. This is blamed on me, I know that this is the result I bring, and now I am free from ill feeling.

I stand at the spring green field, looking up at the clear blue sky, and I wish I could get the broad sky in my mind.

If you get a beautiful, bright and scratch-less jewel, without constant polishing and cleaning, it will lose its brightness by a little dust. So human heart also, beautiful and pure heart cannot be kept without constant polishing.

Human, that is manifestation of a God, should always have hope, bright and broad-minded heart as God has, whatever may happen.

Water does not oppose any vessels and it is stayed as the vessel form. Water seems to be obedient, flexible, and not self-assertive. However, water can break rocks with its consecutive concentrated drops. So people should also have flexibility for any situation such as thought and human relationship, and have consecutive concentration to do something important.

People have been liked pine tree because it is said that pine tree bring good luck. And people evaluate the shape and balance of pine tree, but the real worth is different. When the coldest winter came after the lapse of many years, pine trees could survive deep snow and storm though other trees died all. Pine trees showed their toughness and people evaluated the great pine trees.

Today I had nothing to do and I find that now is evening. I felt sorry for that at first, but I changed my mind that this is not so bad, is it? Yes, it is BAD because any moment is very precious for people and I waste my precious time today. Well, however, I should not regret my passed day for so long. Now I try to live my new day without regret.

A person's feeling is flowing out through a looking glass or mirror.

In this world all, from the sea to the plain, and the rest, the waves and nature have their own noise, sound.

At night when the waves get free and the flowers bloom, these silenced the disciples of the earth.

## 'Usui Teate' Reiki Courses

It was decided to call this integrated course 'Usui Teate Reiki' in order to make a distinction between this approach and the general way that Reiki is taught in this country.

On this course, and the Second Degree and Master courses, the Western approach to Reiki is blended with new and exciting techniques that have emerged from Japan in recent years. These techniques were developed the founder, Mikao Usui, but which were never taught in the West, or were not passed on in any sort of coherent form. You will have read elsewhere in this manual that Reiki was modified and changed a great deal during its journey to the West, through Dr Chujiro Hayashi and Mrs Hawayo Takata, and this integrated course attempts to complete the circle by bringing the teaching more in line with what seems to have been intended by Mikao Usui, while keeping the best of Western Reiki, with its creative use of the energy.

The information in this manual is partly based on the traditions of Western Reiki, as taught to Stephen Lovering by a variety of Western Masters, partly based on some

of the teachings of the Usui Reiki Ryoho Gakkai in Japan (Mikao Usui's Reiki Association) which have come to us through Frank Arjava Petter and Hiroshi Doi, and partly based on information coming from a group of Usui's surviving students, through Chris Marsh.

For your interest, here is some more information about these three people, each one bringing us closer to original Usui Reiki.

## Frank Arjava Petter

Frank Arjava Petter is a Western Reiki Master who lives and works in Japan. You may already know of him because he is the author of two popular and controversial books about the history of Reiki. The books are as follows:

'Reiki Fire'	Lotus Light, Shangri-La	Pub 1997
'Reiki - the Legacy of Dr Usui'	Lotus Light, Shangri-La	Pub 1998

Petter has spent time gaining the trust of Reiki practitioners in Japan, and has built up contacts with members of the Usui Reiki Ryoho Gakkai ('Usui's Reiki Healing System Association' - the Japanese association that carries Usui's name and was set after his death by some of his students). He has also made contact with traditional Japanese Reiki practitioners from other Reiki 'streams' in Japan, people who are carrying on Reiki traditions that derive from Usui, but are separate from the Gakkai. So Petter's researches are quite broad, encompassing the teachings of the Gakkai and other Usui Reiki traditions in Japan. Petter has been made privy to some of the inner teachings of the Gakkai and has been allowed access to some of their written training materials that derive from Usui. Petter has also looked widely for the origins of the Reiki symbols, having investigated the practices of Japanese mystical Buddhism and Shintoism.

Stephen Lovering was lucky enough to have spent two days training with Frank Arjava Petter and his wife Chetna Koyabashi in the Autumn of 1999; they are lovely people. Their researches and contacts with traditional Usui Reiki practitioners in Japan have revealed a lot of the background to the 'real' story of Usui Reiki and the original Reiki techniques. It has to be said though that Petter is very much an observer looking in on something that he will never be a part of. His researches, while wide-ranging and very interesting, do not seem to me to produce a coherent whole: they seem incomplete. Any Westerner going along to the Gakkai and asking to be taken on as a First Degree trainee would be politely refused. So even now Usui's Reiki Association in Japan is still working behind doors that are largely closed to the Western world and Western Reiki practitioners.

What we do not have at this stage is an authorised Reiki Master from the Gakkai coming to the West to say 'this is what we do, here are our teaching methods, here are our techniques, and here are our training materials'. What we do have is the next best thing, in the form Hiroshi Doi, Reiki Master trainee of the Usui Reiki Ryoho Gakkai, and we can learn a great deal from him about the teachings of the Gakkai.

## Hiroshi Doi

Hiroshi Doi is a member of the Usui Reiki Ryoho Gakkai in Japan, but he is not at Shinpiden (Master) level. He was taught by Mrs Kimiko Koyama, 5<sup>th</sup> President of the Gakkai, so his lineage would be: Mikao Usui, Kanichi Taketomi, Kimiko Koyama, Hiroshi Doi, and he has been through the Gakkai's training to at least Second Degree level. Thus Doi has detailed knowledge of the way that Reiki is taught by the Gakkai to this level. It is said that he may have been trained informally in Master techniques by Mrs Koyama, but it also seems that he received Master training via a Gakkai Master who split from what is now the Gakkai, after their headquarters was bombed in World War II. The lineage is said to be: Mikao Usui, Kanichi Taketomi, Ayako Sasaki, Hiroshi Ohta, Hiroshi Doi.

The exact position of Doi within the Gakkai is not clear: he may have been acknowledged by the Gakkai as having reached Master status, although he has not received official Master training with the current incarnation of the Gakkai. I have also been told that Mr Doi has been offered Mastership with the current Gakkai. However, this would involve a vow of silence and I understand that Doi would have to undertake to teach only Gakkai students, so he has had to decline the offer.

In addition to his studies within the Gakkai, whatever form they have taken, Mr Doi has trained as a Reiki Master in the Western tradition. One lineage is said to be: Mikao Usui, Chijiro Hayashi, Ms. Chiyoko Yamaguchi, Hiroshi Doi, and Doi also says that he has trained with Ms Mieko Mitsui from the USA, and Manaso who derives his Reiki from Bagwan in India. Doi runs his own school of Reiki in Japan ('Gendai' Reiki, which means modern/contemporary Reiki). His school teaches a form of Reiki that is rooted in the practices of the Gakkai, but developed and modified by Doi, and he uses Western Reiki techniques and other healing techniques when he thinks that they work well. He has learned over 30 different healing techniques! Doi has had a book published about his 'Gendai' Reiki, and he is the first Japanese person trained in Gakkai techniques to come to the West to share his knowledge.

Further information about the 'Gakkai is that once WWII was over and the Americans were occupying the country, the senior Gakkai members - who were mostly Imperial Officers - were prevented from coming together to meet (this being seen as a risk to National Security by the Americans). The 'Gakkai only reformed many years later, then consisting largely of second generation Masters, and it may be that some of the earlier teachings and practices were lost. So the 'Gakkai may not have all the answers, and other sources of information have brought us a lot closer to original Usui Reiki.

In Autumn 1999 Doi presented a seminar in Vancouver, Canada. He was able to teach a whole raft of Reiki techniques that had not survived in the West, or were never taught or passed on in the West in any sort of coherent form. Only a few people from the UK attended that seminar, and although Stephen Lovering was not one of them, he is lucky enough to have benefited from the knowledge that he presented.

## Chris Marsh

Chris Marsh is a Reiki Master from the North East of England who has spent a prolonged period in Japan over the last 30 years. He is the only Western Master (Shihan) of a Japanese fighting art, he is a Tendai Buddhist, and he can speak and read Japanese. Because of his status within Japan - which has come through his involvement in a traditional martial art at the highest level - and through a family connection between his elderly martial arts teacher and people that were very close to Usui, doors have opened to him that have remained closed to other Westerners. He has made contact with traditional Usui Reiki practitioners who have not spoken to anyone else in the Western world. These are people who trained with Usui, made Reiki part of their lives, and passed what they had learned on to their children in an unchanged form. He is in contact with a group of surviving students of Mikao Usui: a group of people between 104 and 117 years old who are prepared to share some of Usui's practices. These contacts take us beyond the 'Gakkai', to Usui's original method. Stephen Lovering has been in contact with Chris since January 2000 and has trained one-to-one with him; he is happy for Stephen to pass on what he was taught by Chris (through these manuals).

Chris does not wish to become a world figure within Reiki, and his contacts do not want to be identified. They want to be left alone, and we should respect their wishes.

So through a strange series of coincidences Stephen found himself in the position of being one of the few people in the UK able to teach Hatsurei Ho, Reiji Ho, Byosen, the Reiki Kotodama and Reiju. That is changing rapidly now, since he has been running 'update' courses for the benefit of other practitioners and Masters from all over the country since February 2000. Other people are running a few courses on these lines as well. I think that the more people who can be put in touch with traditional, fundamental techniques of Usui Reiki, the better.

The 'Integrated' Usui Teate Reiki course takes Western-style Reiki back to its traditional Japanese 'roots'. I say this because the techniques that have been incorporated in the Reiki First Degree (Shoden), Second Degree (Okuden) and Master (Shinpiden) courses are techniques that seem to have been continued and preserved by the Usui Reiki Ryoho Gakkai since the inception of Reiki, and by other traditional Reiki streams in Japan. The techniques are making a real difference to people, and I am so excited to be able to pass them on to you. We have come closer to the origins of Reiki than ever before.

# The Original Japanese form of Reiki

The original Japanese form of Reiki is very different from the way that it has ended up being practised in the West, and we are even now only scratching the surface when it comes to understanding the depth and enormity of Usui's system. The original form of Reiki, called Usui Teate, was a spiritual path: a path to enlightenment, based on committing yourself to carrying out meditations and self-healings, receiving regular spiritual empowerments, and receiving training in an open ended fashion, rather like the way that martial arts is taught in the West today: you keep turning up and slowly developing your skills, and when it is thought that you have progressed sufficiently, then you are allowed to move on to the next level of training.

So the purpose of Usui Teate was to achieve satori (enlightenment), to find one's spiritual path, to heal oneself and to heal others

The system was rooted in Tendai Buddhism and Shintoism, with Tendai Buddhism providing spiritual teachings and Shintoism contributing methods of controlling and working with the energies. The system was based on living and practising the Reiki precepts. The vast majority of Usui's students started out as his clients. He would routinely give people empowerments so that they could treat themselves in between appointments, and if they wanted to take things further then they could start formal training with him.

Usui's first degree training - called 'Shoden', which means first teachings - was all about opening to the energy through receiving many Reiju empowerments, cleansing and self-healing.

The student would receive treatments from Usui, practice self-healing, practice and chant and live the Reiki affirmations, and practice energy exercises designed to make them a clear and strong channel for Reiki. Students would focus on developing their sensitivity to the energy and learn to work intuitively, and when they were thought to be sufficiently sensitive, or sufficiently intuitive, then they would be invited to go on to higher levels of training.

# What you will feel when treating others

We can generalise to a certain extent about the sorts of sensations that Reiki people experience when treating themselves and others. Generally, you will notice a lot more going on in your hands when you treat other people, compared to what you will feel when you treat yourself. Self-treatments are usually a lot more subtle and gentle.

## Here are the main sensations

- Tingling in the palms of your hands, or fingers, or both.
- Heat in the palms of your hands, or fingers, or both.
- Tingling that becomes hot if there is a lot of energy flowing.
- Heat that starts to tingle if there is a lot of energy flowing.

## Less common sensations

- Coolness, though this can have different meanings for different people.
- Magnetic attraction or repulsion.
- Some sort of vibration or pulsing, or a 'breeze' blowing under your hand.
- An experience of 'colour' of some sort, in your hands, or in your head, as the energy flows.
- Something that is difficult to explain, but you know what it is when it is happening!
- Not very much at all.

This last outcome mentioned above is infrequent. My first Reiki teacher said that she had attuned one person who feels nothing at all when she gives Reiki treatments - as far as her hands are concerned, nothing is happening. However, when she treats people they experience all the sensations that are common to people having Reiki treatments, and they experience all the benefits that Reiki can produce.

I have attuned a couple of people who did not feel very much at all after Reiki First Degree. One lady in particular was not convinced that much was going on (though her husband was: seeing coloured lights, feeling loads of heat from her hands, falling asleep after 15 minutes, and asking for Reiki at every possible opportunity!). When she went through Reiki Second Degree, all the more 'standard' feelings came through for her, and she felt greatly reassured. I have found that the Japanese Empowerments that I now use seem to enhance people's sensitivity to the energy very early on, more so than Western attunements.

How much you get out of Reiki depends on what you are prepared to invest in it: practice your Hatsurei Ho, do regular self-treatments in the early stages, and treat lots of people; you will find that the energy will get stronger.

## **The Early Stages**

When you first practice Reiki, it is possible that you will feel simple tingling from your hands (or heat, or whatever sensation is 'the one' for you), with no great variation in its intensity. With practice, though, you will develop more sensitivity in your hands and you will be able to feel variations or gradations in the sensations you experience, as the energy flows to a greater or lesser degree. Some people are quite sensitive from the first moment. There is a lot of individual variation. The importance of being able to detect variations in the flow of energy is that if you can feel that there is a lot of energy flowing into a particular area of the body, you should leave your hands there for a lot longer than the average 3-5 minutes. After a while you will feel the flow of energy subsiding, as that area of the body has taken as much as it can on that occasion, and you know that it is ok to move on.

## **Aches and Pains**

Occasionally you may find that your hands ache when channelling Reiki in a particular hand position, and sometimes the tingling can extend into your forearms. This is indicative of intense energy flow. Pain is uncommon; tingling in the forearms is more common.

## **Nausea and Queasiness**

Infrequently, when placing your hands on the solar plexus area, you may start to feel nauseous. This seems to relate to long-term emotional turmoil, or unresolved issues which are held in the solar plexus area of the person you are treating. The nausea relates to the release of the emotional problem. The feeling will subside once you have moved your hands away from the area, but while you are treating that area you will just have to put up with it! Very occasionally you may have to stop a treatment because of the intensity of this reaction, but it has happened to me only once in the last three years of treating people, and the effect is transient. This may never happen to you!

## **Coolness**

Sometimes you may feel a coolness in a particular hand position (make sure it is not just your client exhaling through their nose onto your hand!), or you may feel a coarseness, or harshness, in the energy. This seems to me to relate to physical trauma - for example I only felt it over the site of a recent mastectomy, but the sensation of coolness seems to have different implications for different people. You may not be the same as me, and you will have to work out for yourself what it means for you.

## **An Absence of Sensations**

Finally, you may feel like your hands have 'switched off'. Usually you can feel tingling (or heat or whatever) in most places, and when it stops altogether it



usually relates to an emotional block. I have felt this only in the heart area, for example in the case of a young girl who had been through a bad relationship break-up. When I came to the heart area I could feel no sensations in my hand. In this situation, just like when you feel a 'hot-spot', you should stay there for longer to give an opportunity for the Reiki energy to deal with the block. After two treatments, the girl spent the next day crying and the block was released. She went back to being an open, demonstrative person, and went through Reiki First and Second Degree herself!

## What people feel when they are being treated

The sensations experienced by people having a Reiki treatment vary enormously, and there is no 'correct' set of experiences, but you can generalise to an extent. There seems to be endless individual variation, but I must say that men seem to notice or experience a lot less than most women, who seem a lot more 'in touch' with their bodies.

The most common feelings are these:

- Relaxation, sometimes very deep relaxation.

It is not uncommon for people to fall asleep and start snoring within 15-20 minutes (usually men!). People quite often drift in and out of consciousness and are surprised that so much time has elapsed on the treatment table. It is quite common for people to make some involuntary twitches, too, as you might do when you go off to sleep sometimes. People may become more relaxed on a subsequent treatment session when compared to the first. This is either because the energy penetrates more deeply on subsequent sessions, or people are more relaxed with you as a therapist after the first session, or a bit of both.

- Heat or warmth from your hands, which sometimes seem amazingly hot to the recipient.

This is commonly felt over the forehead, and people have described feeling like they were under an angle-poise lamp or an electric heater. Frequently the recipient's sensation of intense heat will follow the sensations you are getting in your hands, so if there is a lot going on in your hands, and thus a lot of energy flowing, the recipient will feel a lot of heat. Interestingly, your hands are not actually getting hot, so it is not 'temperature' heat that the recipient is feeling. The only way the body seems able to interpret or experience the energy is as heat: if your hands were really that hot, you would have to be treated in a casualty department for burns! Interestingly, a small minority of people experience the energy as coldness, but this is not common at all.

- Seeing colours.

Some people see a 'light show' against their closed eyelids, sometimes rainbow colours, sometimes individual colours like violet or green, sometimes a flickering white light. Blue, and violet/purple/mauve, are quite common, the latter being the traditional colour associated with the healing energy. This colour can be seen quite often by the practitioner too.

Men's experiences are usually limited to the first two, occasionally the third, but there are more.

- Floating or sinking.

People describe feeling as if they are floating, or sinking, or both, or 'melting' into the treatment table, or they may feel as if they have no limbs at all or as if their limbs have turned to wood or stone.

- 'Movement' or 'drawing'.

There can be a feeling of something travelling along the length of the body or the limbs, by way of tingling or heat sensations, or a localised spot can feel as if it is 'drawing'. When there are back problems, holding the ankles can result in a feeling of heat extending up the back/spine, for example.

- Disorientation

Sometimes there is a feeling of the head swimming or of 'movement' along a dark tunnel when you are treating the head, especially the temples.

- Memories coming to the surface.

One lady recalled different stages of her life dependent on what hand position was being held. One lady who had an extended series of treatments seemed to be going through a past life experience, with each 'episode' carrying on from where the last one left off in the previous treatment.

- Pressure or difficulty in breathing.

Not a very common reaction, but it can happen sometimes. This may happen when you are treating the throat area, and usually ties in with a person's inability to express themselves. The effect is transitory, and occurs as the energy is starting to deal with the problem, but it can be a little worrying for the recipient.

- A feeling of intense cold.

Not a very common reaction, but it can happen sometimes. This seems to tie in with a big shift of energy on the part of the recipient. Once or twice I have had to

interrupt a treatment to go and get a blanket to cover someone up, so it would be a good idea to have one to hand just in case.

- Emotional release.

This is quite common and if it is going to happen it is likely to happen on the first treatment, with maybe some repercussions into the second treatment, possibly the third. As an emotional problem is being dealt with by the Reiki energy, perhaps the release of an emotional block, or the release of a long-standing unresolved issue, a quite 'primal' welling-up of emotion can occur. The recipient is not usually thinking of anything in particular, but the pure emotion is released, and lets this be known as it goes past! A change in the breathing rate, eyes 'filling up', or a tear running down a cheek, are quite common, and can even happen in men sometimes.

It is a positive step though, since the block or problem is being pushed to the surface and dissipated, and it is usually experienced as a positive thing too. Reiki can reach deep and even deal with childhood emotional issues dating back many decades; this would be likely to take a lot of treatments though, and most short courses of treatment would not necessarily have the opportunity to deal with this.

When someone has an emotional release in front of you it can be a little disturbing at first. If they seem quite distressed, do not stop the treatment, but you can go back to the head of the table and rest your hands on the shoulders for a while until things have subsided. They will be fine, and the release just seems to happen for a few minutes during the course of the treatment. By the end of the session they will have retained their composure.

In extreme cases, the person may be emotional for a few days after a treatment, as the block is dealt with and released.

- 'Physical release'.

There is a physical counterpart to the emotional release, and this usually shows itself as an intensification of a physical problem while being treated, or shortly afterwards. For example, I have treated some people with arthritis who felt their joint pains get worse during their Reiki treatment, but the pains eased subsequently; they then came back for another treatment, whereupon the pains would intensify during the treatment, and improve again subsequently.

It is quite common for people to experience a 'healing crisis' when being treated homoeopathically, for example, where the symptoms intensify before they are dissipated, but with Reiki any such healing crisis seems to be short-lived and not very intense. Reiki seems to 'damp down' such a reaction in most people, but not all.

# The Effects of Reiki attunements

This is the information that Stephen was given by his first Reiki Master, Diane Whittle, when he learned Reiki First Degree in the Western style...

“Reiki is a powerful spiritual experience and consequently is not taught as other healing techniques are taught. The ability to attune to the Reiki frequency is passed from Master to student during an attunement process, which opens the Crown, Heart and Palm chakras. This process also creates a link between the Master and the student.

The process is a direct channel from the Rei, or Universal God Force, giving the student exactly what they require. This explains why students report widely differing experiences during the attunement process. The process, although conducted by the Master, is attended by Reiki guides and helpers. Some students experience visions, or receive messages, healing, or past life remembrances during this very special time.

Although only one attunement is necessary to open the student to the energy, many Masters will give more. This can strengthen the energy given and add to the value and refinement of the attunement. Further attunements during a student's life can produce a clearer channel and therefore an increase in the psychic sensitivity and consciousness of the individual.

'Traditional' (*i.e. Western-style*) Usui Reiki First Degree uses a four-stage attunement, which has the effect of gently opening the channels of the student to the energy. The first three attunements will open the healing chakras and the fourth is seen as sealing the energy completely, though it is simply a repeat of the third attunement. Once given, the ability to channel Reiki is for life and will be an ever-present ability, even if the energy is dormant for a length of time.

Reiki attunements begin a spiritual cleansing of the physical body as well as the mind and emotions. It is usual for students to go through a release of emotional energy and to begin to see a refinement of their belief structures and feelings.”

Since those words were written, Western Reiki has been through an exciting period of change for many people. More and more information has come through from Japan from a variety of different sources about the original techniques that were set down by Mikao Usui. These techniques have been preserved to an extent by his Reiki Association, the Usui Reiki Ryoho Gakkai, and in a more pure form by some surviving students of Usui who are separate from the 'Gakkai. The 'attunements' that you receive on this Integrated Reiki course are traditional 'Reiju empowerments' which are close to the way that the Reiki ability is passed on in the original form of Reiki. There are close similarities between these empowerments and empowerments used within Tendai Buddhism too, as I understand it.

## General Effects

For people undergoing a course of Reiki treatments, there is something that they experience that I like to call 'the Reiki effect': a set of effects that the energy tends to produce in most people, whether they came along with a pain in their big toe, or depression. The 'Reiki effect' is as follows, making people feel:

1. More laid back, calm and serene
2. Better able to cope
3. More positive
4. Less affected by stressful people and stressful situations

These effects are perhaps the first ones that you will notice once you have been attuned to Reiki, not necessarily earth shattering in their intensity or by way of an overnight transformation. This sometimes happens, but a definite and noticeable difference in the way you feel about things is more likely to be noticed in hindsight rather than day-to-day.

You are connected permanently to a source of beautiful healing energy that works on you, in the background, all the time. When you practice Hatsurei Ho, carry out self-treatments or treat someone else you intensify the effect that the energy has on you. You won't end up walking around with a big inane grin on your face all the time, but you should feel a definite difference that will be with you always, a background feeling that 'everything is going to be alright'.

## 'Clearing Out'

It is traditional within Reiki to think in terms of a 21-day period of clearing out or cleansing, as the energy starts to work on you as its first priority. Common reactions are to have a 'Reiki cold' or other respiratory infection, an occasional surprising migraine, or to feel quite tired and sleepy for some days during the 2-3 week period after attunement. Emotional ups and downs are quite common, and you may find that you are seeing things in 'Technicolor' for a while, with colours taking on an amazing intensity. For some, Reiki leads to a period of dissatisfaction, leading you to think carefully about your life and your priorities. For the most part Reiki works gently, and seems to have built-in mechanisms to prevent the 'clearing out' period from being particularly eventful.

## Powerful Reactions on the Day

Once you have been attuned to Reiki, the first priority for the energy is YOU! Depending on what you bring along to the training day to be dealt with, Reiki will rush in to try and bring things into balance. If you are basically fine on the physical, mental and emotional level then the energy will not have a great deal to do, but if you have a lot to be sorted out, then the energy will rush in like a tidal wave and get things moving! This is the reason why a small number of people have strong reactions to the attunements. For most people they are a lovely experience

on the day of the course, bringing feelings of great peace and tranquillity, but for a very small minority they can produce a healing crisis, as problems are brought to the surface so that they can be dissipated.

For example:

One lady spent the afternoon being sick, and spent the next day in bed with a migraine headache. Interestingly, her migraines usually went on for at least three days, yet she was able to get rid of this one in a few hours by doing Reiki self-treatments.

One lady was an 'emotional wreck' by lunchtime, beside herself and inconsolable, but by the end of the day she was fine, energised, and with the feeling that a great weight had been lifted from her.

One lady had been in a bad motor accident a few years ago, having broken her neck, dislocated her shoulders, stove in her chest and shattered her pelvis. During the attunements some of the pain of her injuries started to come back to her, preventing her from moving her neck. The experience released itself by the end of the day.

However, these three examples are three cases out of over 360 attunements (September 2001), so they are highly unlikely to happen to you. You are more likely to experience an immediately positive reaction, like the people mentioned below...

## **Resolving Health Problems**

On a number of occasions, people have experienced an immediate resolution of an ongoing health problem. Here are a few examples:

### **Scoliosis**

Tracy was in her mid-20s and her back pain was no longer being controlled by the eight painkillers that she took each day. She was thinking of trying a T.E.N.S. machine which blocks pain impulses through a series of electrodes that you place on the skin in the affected area. Tracy didn't have any Reiki treatments, but the week after being attuned to Reiki First Degree she was able to cut her painkillers down to 2 per day, and that was enough to control the pain. Six months later she was pain free.

### **Back Pain**

Anne came on the Reiki First Degree course having experienced long-term back pain which necessitated her having to take painkillers most days. The pain disappeared on the day of the course, and the following week she only needed to take painkillers a couple of times. This trend has continued for her.

## **Plantar Fasciitis**

Plantar fasciitis is a painful condition in the foot. Sue had been in daily pain for 10 months before taking her First Degree course. The day after First Degree the pain disappeared and has not returned, much to the astonishment of the Consultant she visited!

It is not uncommon for people to come along to their Reiki Second Degree course a month after going through First Degree, to report a definite improvement in their conditions, and recent examples include depression and I.B.S. (Irritable Bowel Syndrome)

# The effect of Reiki on patients: Case Histories

Over the years it seems that Reiki has worked with most conditions and problems, even very serious ones, but all the evidence is patchy and anecdotal: there are no proper 'clinical trials' as far as I am aware, and I think it is unlikely that there will be. In this section I am going to talk about some different cases of people who have received treatments from Reiki Master Taggart King, to give you an idea of what is possible, based on his experience of treating people with a wide range of conditions and problems.

Sometimes when a treatment has been successful it is useful to ask the patient to write a letter of recommendation for you, so we have included some of these so you can hear what they have to say too. Obviously I don't have personal experience of all conditions and diseases, but it appears to me that Reiki should work, and has worked, with most things. In Taggart's experience the majority of people who come to see him have their problems sorted out so long as they stay for a full course of treatments.

Four healing sessions at weekly intervals seems to be enough to deal with most cases of stress, tension, anxiety, sleeplessness - even where this has been continuing for a long time, even for years. Emotional blocks and emotional turmoil, feelings of being unable to cope, seem to shift just as quickly. Physical problems can take longer, but there has been success with things like long term back pain, sciatica, post-operative pain, and the pain of arthritis and scoliosis.

## **Physical Problems**

### **Sports Injury**

I (Taggart King) treated an aerobics instructor had been doing a lot of 'high impact' aerobics. This had resulted in her developing stress fractures in both lower legs and painful knees. When I treated her I felt huge amounts of tingling over her knees and lower legs, and spent a large portion of the treatment working on that area. It had become so painful for Keily that she could barely walk, let alone do her job. After two Reiki treatments over consecutive days she was able to go back to the gymnasium, and ran for two miles on the treadmill without pain. This amazed me because I had only just been through Reiki First Degree and was wondering whether it was all a load of nonsense. It slowly dawned on me that there might be something in this Reiki business! This is what Keily had to say:

Dear Taggart,

I am writing to thank you for all the time and effort you have spent on treatments for my legs. Reiki was a totally new experience for me up to about a month or so ago, and I really didn't know what to expect to begin with. But I didn't have anything to lose because all the other treatments I had had to try to cure my shin splints hadn't worked at all.

They had become so painful that I was unable to participate in any high impact sport and because it is my profession it came to pose quite a large problem - but after a number of treatments they now seem to have completely vanished.

I can't put it down to anything else but Reiki! A month ago putting weight on my legs was painful, let alone exercising as I am used to, but now I feel confident that I could do what I want without any problems.

Miss K.Heard, Braintree, Essex    December 1997

### **Long term back pain**

James had suffered with back problems for decades. He had worked on a farm when he was a teenager, and had done huge amounts of heavy lifting without taking care to do the lifting properly. As a result, any heavy work led to his back 'going out'. He had received treatments from an osteopath, which gave some relief, and he had been taught various exercises to do, but it was a real problem for him. James does a lot of work in his large garden growing food, and has a couple of fields where he was doing heavy work grubbing up tree roots etc. The first couple of times I treated him, he had been doing heavy digging the day before, and his back had 'gone' each time. Within half an hour of completing the Reiki session, his back 'clicked in' of its own accord. After half a dozen treatments, the problem seemed to have disappeared and over the next year James did a lot of heavy work renovating a house, without any back problems. This is what he had to say:

Dear Taggart,

I am writing to thank you for your help in solving my problem. I have to say that I had just learned to live with it until you suggested the Reiki solution.



To think that after all these years and the worry, all it took was some mystical mumbo-jumbo and hand waving. It's a puzzle to me. How it works defies my logic, but the fact that it has for me is indisputable.

My back usually became painful after a few hours heavy work, something would come out of line. If I didn't stop, rest and do some special exercises until my spine would click then I knew I would be in for three or four painful days, until I could click things back. An osteopath had explained that my problem was muscular, the muscles causing the spine to distort. He claimed that stress probably caused the muscles to tension up.

After just four sessions it became much easier to 'click back in'; now a few months later I have done some tremendously hard and heavy work and my back seems to have stopped clicking out altogether.

So thank you once again for all your help. I would recommend Reiki to anyone. I don't think that there is much doubt that it has helped me.

Kind regards,

Mr J Wheatley, Bulmer, Suffolk June 1998

## **A Painful Limp**

David had a painful limp. He had been to a Doctor and had tried a variety of conventional treatments including physiotherapy, but to no avail. This was a real problem for David because he had several large dogs that he loved to take for long walks in the countryside. His painful limp prevented him from doing this.

Five treatments seemed to improve things quite a lot, and I bumped into him six months later, doing Christmas shopping in Sainsburys in December 1998. The limp had gone, and not returned, and most of the pain had disappeared. He now walks his dogs happily again!

## **Postoperative Pain**

Helen had undergone an operation on her face and cheek, to remove the Parotid (salivary) gland. The problem in carrying out this operation is that the main facial nerve and its various branches travel through this gland, so when the gland is surgically removed the surgeon has to dissect out the gland very carefully in the hope of leaving the facial nerve undamaged. It is quite common for the facial nerve to be damaged as a result of this operation, and this can lead to long-term facial pain, which is what had happened here. Helen had tried acupuncture, and had experienced some limited improvement in her condition, but she was far from happy. Her face hurt all the time, and the pain was made worse by talking or eating - the facial movements seemed to trigger off an increase in the pain that she was experiencing.

When I treated her, the hand that was over the affected area went crazy, with extremely intense tingling, tingles extending into my forearm, and pain in my hand that led me to move my hand elsewhere for a while, and treat the face in short bursts. We carried out perhaps 4-5 treatments, and Reiki made a real difference:

the pain lessened greatly, and was no longer made worse by eating and talking. Helen happily went out socialising with her friends in December 1998.

## **Scoliosis**

Scoliosis is a degenerative back problem that causes ongoing pain. Georgina worked in a Health Food shop where I was running healing sessions, and she popped in for occasional 20-minute 'blasts' of Reiki, when I was in-between bookings. She said that the pains she experienced had lessened generally, though they had not disappeared.

### **Low Energy Levels: ME (myalgic encephalomyelitis)**

Janet had M.E. for 3 years and when I first saw her in April 1999 she was grey and lifeless and in a lot of pain. Over the year that I treated her I have seen her pains disappear by the end of the first treatment session and not return, I have seen her energy levels rise dramatically, and her self-confidence and feelings of self-worth improve greatly. Over her course of treatments, Reiki has helped her to release emotional problems reaching back to childhood, and she seems a different woman: bright and perky, enthusiastic and positive, calm and serene, with a real stillness and confidence. She says that she feels that she no longer has M.E., and feels better than she did before she had M.E., because the energy has dealt with all the 'emotional baggage' that she had been carrying around for all of her adult life.

Janet has now gone through Reiki First and Second Degree, and now Reiki Mastership, and this has helped to accelerate her progression back to health.

This is what Janet had to say in Autumn 1999:

My son and I have M.E. and my daughter is recovering from a long-lasting virus. The situation was hard for the whole family and I had reached a low point when a friend suggested Reiki. I dug out a newspaper article I had been given 12 months earlier about Taggart King. I had no real knowledge of Reiki but the results that were to follow far exceeded any hopes I might have had.

The first treatments brought about a great improvement in the aches and pains in my arms, legs and back, and a boost in energy levels. With further treatments specifically to treat M.E., migraine headaches reduced, sleep improved, energy levels and good spirits were sustained and a gradual process of recovery was underway. As well as the great physical improvements, the Reiki treatments that Taggart has given me have helped me relax, sleep, be patient, laugh, lose the anger and stress the illness has imposed, and brought the sparkle back into my life.

Mrs J Butchart, Essex

September 1999

Note: Janet's treatments started with weekly sessions for 6 weeks, followed by further treatments at fortnightly, three-weekly and monthly intervals. The treatments were carried out using a special technique taught on the Second Degree course that is designed to boost personal energy levels.

## Mental and Emotional problems

Margaret came for a Reiki treatment just to give it a try to see what would happen, and was quite sceptical. She decided on the treatment on impulse. It made a tremendous difference to her, and she ended up going through all the Reiki training up to Master Level. This is what she said:

Dear Taggart,

I would like to take the time to tell you about the changes that Reiki has brought about in my life.

I came into the shop in Florence Walk to purchase some potato flour, smelt the incense you were using and asked the assistant what was going on. I was informed about Reiki and although I had never heard of it in my life I decided to give it a try. I had been feeling depressed, listless, sleepless and generally under the weather for some time. As well as this I was living under a great deal of stress and had been like that for four years since my husband's death.

After the first hour-long session I felt strangely calm and relaxed and slept that night for the first time in weeks. After a few days I began to feel more energetic and started running and exercising.

Each subsequent session left me feeling calmer than I'd felt in years. After four sessions I can honestly say that I am a much more relaxed, balanced, energetic person. I sleep soundly almost every night and I am able to cope with everyday worries and problems in a way that I never thought possible.

Thanks to you and your influence I am learning to become a Reiki healer myself. Much love and thanks.

Mrs M. Taylor. Bishop's Stortford, Herts March 1998

Yvonne was suffering from a great deal of stress and worry revolving around her daughter's relationship, and problems with the attitude and behaviour of her daughter's future mother-in-law. It was all getting too much for her and her daughter, so they came to see me in quite a desperate state. I treated both mother and daughter, and both felt that they could view things more positively, take control, and cope in a difficult situation. This is what Yvonne had to say:

Dear Taggart,

I would like to thank you for the difference you and the Reiki treatment has made to the lives of my daughter Annie and I.

I can hardly believe the difference between the tense, weepy and insecure person I was when I first came to you, and the more relaxed and confident lady I am now.

My confidence continues to grow, as does the feeling that I can now 'listen' to my body, relax and help make it and my mind better.

I would not hesitate to recommend you to my friends and acquaintances.  
Once again, a big thank you. Kindest regards

Mrs Y Freestone, Sawston, Cambs June 1998

Ewan came to see me because he was suffering from a great deal of stress at work. He works as a money trader in the City, spending his day on several telephones and yelling at people. Most traders burn out in their 20s and have to change job, but Ewan was still doing it in his mid-30s. He found that he could not sleep properly, he could not wind down on weekends, and 'bad days' would take him days and days to recover from.

While treating him I experienced a huge wave of nausea as the stress and emotional effects of his job were released (an occasional sensation that you may experience when giving a treatment - fortunately not a very common one). After five treatments, Ewan is sleeping better and does not find that stressful days take him a long time to get over. There are limits to what Reiki can achieve if a person's lifestyle is 'toxic'. Reiki can make long-term positive changes, but in the end Ewan's problems will only be solved by changing jobs.

## **Anorexia**

I had the opportunity to treat a teenager who was suffering from anorexia. I only carried out four treatments, and I was not able to follow her up subsequently, but Reiki produced a marked effect even over that short period of time. This young lady had put her life on hold, deferred her A-Levels, and despite having been through the conventional method for dealing with her problem, things had still not been resolved. Though she had lots of ideas about what she wanted to do, she woke up not looking forward to each day and was too fearful to put any plans into effect.

However after just a couple of treatments she started coming back into the world: she started working in the afternoons as a primary school classroom assistant (her mother was a teacher); though she was fearful of doing this, she managed to get over her resistance and actually do something. She enjoyed herself, felt good about herself, and started looking forward to each day.

## **Multiple Addictions**

I treated a lady who had been addicted to painkillers, sleeping pills and tranquillisers for many years. She had decided that 'enough was enough' and tipped all her pills down the toilet, and she came to see me in the middle of her 'cold

turkey' phase. Amazingly, after her first treatment she also gave up smoking - though this has relapsed subsequently. Now Lesley's self-confidence has changed quite remarkably. She seems to be enjoying life, and has fallen in love. A friend of hers who I spoke to said that she was amazed with the changes that Lesley's treatments had brought.

## **Miscellaneous: A whole range of problems**

Brooks had an auto-immune condition that gave her joint pains, she had low energy levels, and sciatica. She was extremely stressed at work and going through a difficult period with her ex-husband (a Director of the company she still worked for). Over a course of 6-7 treatments the sciatica disappeared, the joint aches eased, and energy levels rose. Brooks started to redecorate her house, something she just would not have done before because she ached and had no energy. She felt a lot better about her work, with all the office politics and bitchiness washing over her instead of getting her down as it had done, and her encounters with her ex-husband were no longer the problem they had been. This is what she said:

Dear Taggart,

I came to see you by chance originally, suffering a long-term chronic illness, with an open mind, prepared to try anything once. I have had five sessions with you now and I am managing my condition so very much better and feel fitter and healthier than I have for years. The most marked effect is on my 'spirit'. My stress level has decreased dramatically and I feel so calm, and more able to cope. I don't know what you do or why it works, but I am so glad that I came to you. Kindest regards,

Mrs B.Crossman. Finchingfield, Essex    March 1998

Note: Brooks went on to learn Reiki First and Second Degree, and the last time I saw her she reported that she no longer had the 'abnormal protein' that characterised her autoimmune condition.

## **Treating a Dog**

Tracy (mentioned above) met me when she was looking for someone to treat her dog. The dog had some sort of developmental disorder in its back leg which led to the leg crossing over the other one. The muscles were wasting and the dog was not putting pressure on it. I carried out four 20-minute treatments and Reiki made a real difference over a short space of time. Interestingly, whereas the dog would usually ricochet off the walls when someone new came to visit, within a couple of minutes she was flopped out on my lap snoring, and I felt a great deal of tingling over her rear leg. This is what Tracy said about it:

I met Taggart when I was looking for a healer for my dog, 'Star'. She had a misplaced patella, and although she is not in any pain, her right back leg was crossed over her other back leg, and she was walking with a terrible limp. The vets told me that there was nothing they could do for her.

After 2 sessions with Taggart, Star was beginning to sit like a normal dog, instead of sweeping her leg under her; after 6 sessions she now sits properly all the time, she runs using all four legs, and she doesn't cross them at all anymore.

Thank you Taggart for all you've done for my 'Star'.

Miss T Burrow, Braintree, Essex August 1998

# Using Reiki with other Therapies

## 'Hands-On' Therapies

Reiki not only complements other therapies and disciplines, but also increases the effectiveness of other therapies. Even at First Degree level, Reiki will add a great deal of power to any hands-on healing, for example Massage, Aromatherapy, Reflexology, and Indian Head Massage. Second Degree is the 'practitioner' level though; there is a lot more to Reiki than you can learn in just one day!

Reflexologists that I have taught report being able to feel Reiki flowing through the palms of their hands, as Reiki flows into the client during the Reflexology treatment, and some have said that their treatments seem more effective now. My first Reiki teacher started out as a Reflexologist, and told me that she believed Reiki was more powerful.

Aromatherapists that I have taught have reported that their treatments seem more effective, and that their style has changed, becoming more slow and gentle.

Finally, Reiki seems to compensate for that feeling of being 'drained' that affects many complementary therapists involved in hands-on therapies. Reiki boosts and invigorates you as you treat others, and helps to protect you from 'picking up' symptoms from the people that you are working on - an occasional complication for hands-on therapists.

## Spiritual Healing

Spiritual healers that I have taught have found that Reiki greatly increases the power that they experience, and a Reiki Master friend of mine - who started out practising conventional spiritual healing - said that she is so grateful to Reiki for the powerful connection to the energy that Reiki has given her.

## Crystal Healing

Crystal Healers too will find that crystals store the Reiki energy and this can then be used to enhance the quality of the crystal's power for healing. Crystals should be 'charged' by being held in both hands and allowing the Reiki to flow through for about 5-10 minutes. Further infusions of Reiki energy are necessary to maintain the crystal as a Reiki 'conductor'.

# Make Your Reiki Strong

## 'Hatsu Rei Ho'

The Reiki Empowerments give everyone a baseline ability, so you all start off on the same footing. However, how effective or how 'clear' a channel you are depends on what you do with the energy. It is very important to get regular practice, particularly in the first few weeks after being attuned, by doing self-treatments and treating other people, but from Japan has come a series of energy exercises specially designed to be used by Reiki people. These exercises are called 'Hatsu Rei Ho'.

'Hatsu Rei Ho' originates in Tendai Buddhism, and the exercises have correspondences with Tibetan Buddhist purification rituals, Taoist or meridian massage, and QiGong too. They are used within traditional Japanese Reiki, as practised by Mikao Usui's Reiki Association in Japan, and it was only in Autumn 1999 that the techniques were revealed in the Western world by a man called Hiroshi Doi who is a member of Usui's Association, the Usui Reiki Ryoho Gakkai. Hatsu Rei Ho is designed to be carried out every day for about 10 minutes, and is the basis of the practice of traditional Reiki in Japan. It is something that is done conscientiously at all levels: First Degree, Second Degree and Master levels.

The Japanese word 'Ho' means 'technique', so you will find it attached to a number of Reiki techniques. 'Hatsu Rei' means 'start up Reiki', and 'Hatsu Rei Ho' can be taken as meaning a technique to start up and strengthen your Reiki. This method, together with the Reiju empowerments that you received on the First Degree course, are the basic techniques of Usui's Reiki training as it is practised in Japan today. Reiju is used for transmitting the Reiki ability to another person, and Hatsu Rei Ho is used to strengthen that connection and to purify the Reiki energy that passes through the student. Hatsu Rei Ho is begun as soon as the student starts training with the Gakkai, and students would receive Reiju empowerments every week, to enhance their intuitive abilities and accelerate their spiritual development. I make Reiju empowerments available to all my students (ask for details).

It was taught that it is not enough simply to receive a Reiki empowerment, although the Reiki ability will never leave you. If a student wanted to progress on their spiritual path, they needed to do three things:

Continue to receive Reiju empowerments on a regular basis  
Practice Hatsu Rei Ho daily  
Live the 'Reiki Principles' as part of their life



This is How to do Hatsu Rei Ho

### **Stage One: Relax**

Relax and close your eyes, and place your hands palms down on your lap. Focus your attention on your Dantien point: an energy centre two fingerbreadths (3-5 cm) below your tummy button and 1/3 of the way into your body.

### **Stage Two: Mokunen (Focusing)**

Say to yourself "I'm going to start Hatsu Rei now".

### **Stage Three: Kenyoku**

This means 'Dry Bathing' or 'Brushing Off'

Kenyoku can be seen as a way of getting rid of negative energy. It has correspondences with Taoist massage, or meridian massage. Here is what to do:

Place the fingertips of your right hand near the top of the left shoulder, where the collarbone meets the bulge of the shoulder. The hand is lying flat on your chest.

Draw your flat hand down and across the chest in a straight line, over the base of the sternum (where your breastbone stops and your abdomen starts, in the midline) and down to the right hip. Exhale as you do this.

Do the same on the right side, using your left hand. Draw your left hand from the right shoulder, in a straight line across the sternum, to the left hip, and again exhale as you make the downward movement.

Do the same on the left side again (like you did at the start), so you will have carried out movements with your right hand, left hand, and right hand again.

Now put your right fingertips on the outer edge of the left shoulder, at the top of your slightly outstretched left arm, with your fingertips pointing sideways away from your body.

Move your right hand, flattened, along the outside of your arm, all the way to the fingertips and beyond, all the while keeping the left arm straight. Exhale as you do this.

Repeat this process on the right side, with the left hand placed on the right shoulder, and move it down the right arm to the fingertips and beyond. Exhale as you do this.

Repeat the process on the left side again, so you will have carried out movements with your right hand, left hand, and right hand again, like before.

## **Stage Four: Connect to Reiki**

Raise your hands high up in the air on either side of your head, with your palms facing the sky and your fingers pointing towards the midline. Connect to Reiki by visualising energy or white light cascading into your hands and running through your arms into your body. Feel the sensations. As you become aware of Reiki flowing, slowly lower your hands. This position is the first of the 'Eight Brocades' in QiGong: connecting heaven and earth.

## **Stage Five: Joshin Kokkyu Ho**

This means 'Technique for Purification of the Spirit' or 'Soul Cleansing Breathing Method'

This is a meditation that focuses on the Dantien point.

Put your hands on your lap with your palms facing upwards and breathe naturally through your nose. Focus on your Dantien point and relax.

When you breathe in, visualise energy or light flooding into your crown chakra and passing into your Dantien and, as you pause before exhaling, feel that energy expand throughout your body, melting all your tensions.

When you breathe out, imagine that the energy floods out of your body in all directions as far as infinity.

You should soon feel energy/tingling in your hands and even in your feet, as the meditation progresses!

## **Stage Six: Gassho**

Gassho means 'hands together', and the correct position to hold is to have your hands together in front of your chest (like praying hands) a little higher than your heart, so that you could breathe out onto your fingertips if you wanted to.

Hold this position for meditation.

An important aspect of this meditation is that you should focus your awareness on the point where your middle fingers touch. You might try putting your tongue up to touch the roof of your mouth with each in-breath, and release the tongue on each out-breath, and see if this makes any difference to your experience of this stage.

## **Stage Seven: Seishin Toitsu**

This means 'Continued Meditation-Concentration'

This is when Reiju is given by teachers.

Stay in the Gassho position.

When you breathe in, visualise energy or light flooding into your hands and passing into your Dantien: breathe in through your hands. Feel the energy accumulating and building there.

When you breathe out, visualise that the energy stored in your Dantien floods out through your hands.

## **Stage Eight: Gokai Sansho**

Say 5 Principles aloud three times.

Just for today  
Do not anger  
Do not worry  
Be grateful  
Work hard (meditative practice)  
Be kind to people

Maybe you would like to mentally review the principles, and dwell on their meaning for you.

## **Stage Nine: Mokunen**

Put your hands back on to your laps with your palms down. Say to yourself that "I've finished Hatsu Rei Ho now" to your sub-conscious.  
Open your eyes and shake your hands up/down/left/right for a few seconds.

## **Other uses for parts of Hatsu Rei Ho**

### **Kenyoku (Dry Bathing)**

Kenyoku can be carried out at the beginning and end of every treatment by way of disconnecting you from your surroundings, disconnecting you from your patient, and disconnecting you from your thoughts. It can be used to protect yourself from worrisome or stressful situations, to stop things from bothering you, to stop you from 'bringing work home'.

### **Joshin Kokkyu Ho**

You can use a variation of this technique before you start a treatment, by way of 'getting the energy flowing', and during a treatment to increase the flow of Reiki through you. Try visualising that the energy is not flowing out of you in all directions, but just through your hands and feet, to get things flowing nicely before you start a treatment. Then just send the Reiki through your hands once you are treating someone. Try this variation of Joshin Kokkyu Ho throughout a treatment, or only on selected areas, for example 'hotspots', where there is a greater need for energy.

Also, you can use a variation of this technique to send Reiki through your body to areas of need - without using your hands on yourself. For example, draw energy into your Dantien, feel it intensify, and then move the energy to your forehead, or your back, or your stomach, and see what you notice.

## **Gassho**

Frank Arjava Petter recommends that this method can be usefully carried out for 20-30 minutes each day, in the morning or evening. At the end of your long Gassho session, Petter recommends that you 'enjoy the silence in your heart'.

## **Other ways of Making your Reiki Strong**

Apart from carrying out Hatsu Rei Ho, and treating yourself regularly, there are other ways that you can ensure that you are a clear channel for the energy.

### **Treat Other People**

Whenever you treat another person you are sending Reiki through your energy channels, and the more you do this the more smoothly and intensely the energy will flow, particularly in the early stages after having been attuned.

The first time I treated five people in a day I was so, so clam, content, serene... I almost floated home. Treating others can be an extremely relaxing experience, and you may find that you have difficulty keeping awake yourself!

### **Practice Other Energy Cultivation Techniques**

Oriental energy cultivation techniques like Tai Chi and QiGong deal with essentially the same sort of energy as Reiki practitioners. Reiki people who practice these systems are likely to be more effective channels than Reiki people who don't, all other things being equal.

If you already practice Tai Chi or QiGong you are likely to experience the energy flow more intensely once you have been attuned to Reiki. Reiki practitioners who take up these techniques are likely to be more sensitive to the energies they are working with than their non-Reiki compatriots at the same stage as them.

Yoga again deals with essentially the same energy that is channelled when you practice Reiki, and being attuned to Reiki can enhance your experience of this energy exercise system also.

# 'Self-Treatments'

## General

The great thing about Reiki is that you can treat yourself, as well as treating other people! Not only are you connected permanently to a source of beautiful healing energy, but also you can intensify the energy's effects on you by treating yourself regularly. Until very recently, when Hatsu Rei Ho was rediscovered, carrying out self-treatments was one of the few ways that Western Reiki practitioners had to ensure that they were a clear channel for the energy. It is still a very important way to make sure that the energy is flowing smoothly and intensely through your energy channels.

You will find a balance that feels right for you, but it is important that you give yourself Reiki on a daily basis in the first few weeks after being attuned, and that is a good habit to get into long-term. You have just had new 'energy plumbing' installed and you need to flush the system through to make sure that your new energy channels are clear.

When you are giving Reiki treatments you are channelling energy, and so you receive a Reiki treatment, in effect, whenever you treat someone else. It is unlikely, however, that you will be giving Reiki treatments every day, so self-treatments can be used as a way of making sure that you get a decent exposure to the energy every day, and you may decide to self-treat on days when you are not treating others. It is up to you.

There are two approaches to doing self-treatments that you can read about here: the 'Original' Usui self-treatment method and the 'Western-style' self-treatment method. People are finding that the original Usui method is more versatile and more intense, though you can try out both approaches to see what feels best for you.

## 'Original' Usui Self-treatments

The original method for giving a self-treatment is something quite new for Western Reiki, and has only come through to the West in the year 2001. People are finding that this approach seems more powerful and feels more intense.

This is what you do...

Sit comfortably on a chair and close your eyes.

Imagine a carbon copy of you sitting in front of you, maybe on the floor, with its back towards you.

Imagine that you are treating yourself, by resting your imaginary hands in a series of hand positions on the head (see the diagrams below).

Imagine yourself holding each imaginary hand position for about 5-6 minutes.

While holding each hand position, focus on imagining yourself channelling Reiki through your hands into the imaginary you that is sitting in front of you.

By focusing your intent so strongly, by visualising and imagining consistently, the energy seems to flow very strongly. If you have a problem with visualisation, do not worry. It may come with practice. However, you can simply 'intend' that the energy is passing into you at a certain point, and it will do so, without you having to visualise clearly.

As you do this, you may feel 'hands' on your head. If it is simpler for you, you can imagine an 'imaginary you' standing up behind you and sending Reiki into the five hand positions. Try both approaches to see what is better for you.

The standard hand positions are as follows.



1. Front of forehead along the hairline, with your hands held with fingertips touching each other in the midline, and your palms facing towards you.

2. Hands hovering by the temples.



3. One hand cupping the back of the head, with the other hand resting on the forehead.

4. Both hands at the back of the neck/base of skull. The thumbs are joined from the tips to the base, and are pointing upwards. The rest of the palm and the fingers gently curve round the sides of the base of the skull/upper neck.



5. Rest both hands on the crown, overlapping one another.



These hand movements (facing, opposed, away from you) are mudras from a specific Boddhisattva, a senior disciple of the Buddha who was renowned for his healing abilities: someone called Binzuru. These hand positions are invoking the healing powers of Binzuru at an unconscious level.



One big advantage of the 'original' self-treatment method is that it is something that you can do unobtrusively when sitting with your eyes closed anywhere: on a train or a bus, as a passenger in a car, or waiting in the departure lounge of an airport.

If you don't have 25-30 minutes to do the full session, then just cut down on the amount of time you spend in each imaginary hand position, but do go through the sequence of five.

What is exciting about this technique is that it demonstrates that Reiki will simply follow your thoughts, it will follow your focus. You simply use a visualisation to focus your intent in a particular way, and Reiki does what you intend!

## **Western Self-treatments**

Western-style self-treatments are based on resting your real hands in a series of standard hand positions on your head, shoulders and torso, and letting Reiki flow into you. You can see the hand positions for giving yourself a Reiki treatment in the diagrams below, but they are not set in stone: they just give good overall coverage of the head and torso. In practice you will find your own preferred combinations, based on what you find comfortable, and based on where you need to send the energy. This is you, so you can put your hands wherever seems appropriate!

You are not obliged to always do a full self-treatment, going through every hand position and treating yourself for 30 minutes. You can do 'informal' self-treatments using very few hand positions, for whatever period of time you have available. It doesn't have to be 'all or nothing'.

If you have just sprained your ankle, then just treat your ankle!

While you are relaxing for a few minutes, or even watching television, you could have hands on your heart, solar plexus, stomach - see what feels most comfortable. While it is better to treat yourself in an un-distracted state, because the energy will flow more intensely, some self-treatment is better than no self-treatment and it can be fitted into the busiest routine if you want it to be.

If there are parts of the body that you would like to treat, but you cannot get your hands to them because they are awkward to reach, then there are a few choices:

Imagine that your hands are resting on the part of the body that you cannot quite reach, and imagine energy flowing into you from the imaginary hands.

Rest your hands on your navel, and imagine that Reiki energy builds up in that area and then flows through your body to the area of need.

Imagine that you are drawing energy down through the crown of your head, and that the energy flows through your body directly to the area of need, without using your hands. This can be done anywhere, anytime.

Most people find it easiest to carry out Western-style self-treatments first thing in the morning upon waking up, or last thing at night in bed, before falling asleep. It might even be worth waking up a little earlier each day to ensure that time is available for a self-treatment! Alternatively, what better way to get you off to sleep! Many people use self-treatment as a way of getting themselves off to sleep. One lady wondered if there was a problem in never using hand-positions below the heart, because whenever she got to the heart area she would fall asleep!

Here are the hand positions:

Shoulders

Temples

Crown

Back of Head/Back of Neck

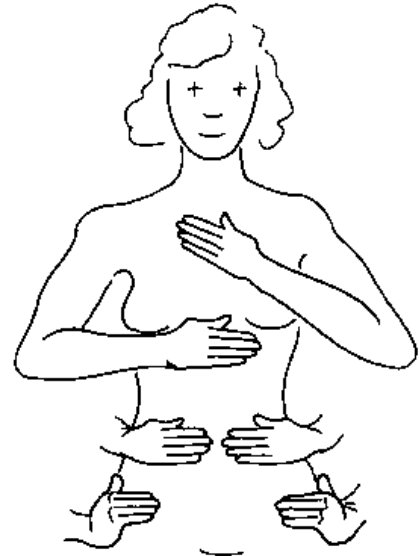
Front of Face

Throat

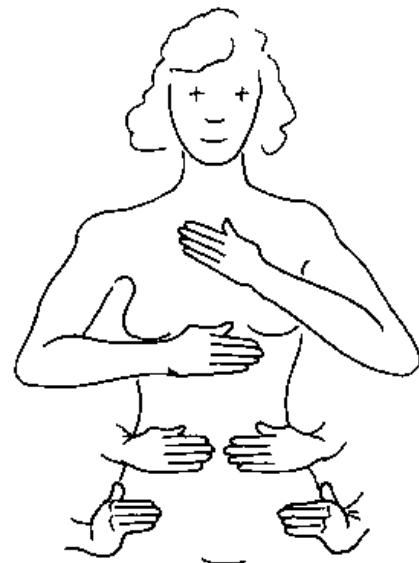
Heart and Solar Plexus

Navel

Hips



As an alternative to these 'Western' hand positions on the head, you might like to try and use the 'Usui' hand positions on yourself, and this is what that would look like:





A few disadvantages of the Western system are:

You can't do this sort of self-treatment in a public place without attracting a certain amount of attention to yourself, and you may not have room for the contortions if you are on a crowded train.

Some of the hand positions can feel uncomfortable to hold for any length of time. A lot of people feel very little when doing Western self-treatments (that doesn't mean that nothing is happening, just that you aren't so aware of it happening, but it can be a little disheartening in the early stages).

There is a tendency to fall asleep quite quickly, and you tend to 'drift off' rather than keeping your mind on the job at hand, which seems to lessen the flow of energy when compared to the original method.

## **Combining Japanese and Western approaches**

It is possible to combine the Japanese and Western approaches to an extent. The Japanese approach emphasises to us that you do not have to rest your hands on yourself to do a self-treatment: your intention is enough. If you intend (through your visualisation) that Reiki enters your head from a particular point then it does so. Reiki will follow your thoughts and your intention.

To combine the two approaches, sit with your hands resting on your heart and solar plexus (the most comforting of the Western self-treatment hand positions) and visualise imaginary hands going through the standard five hand positions described above.

## **The effects of Self-treatments**

You can read in the section 'The effects of Reiki attunements' about the effects that Reiki is likely to produce in your life. You can intensify these effects and maximise the benefits that are available to you through Reiki by treating yourself on a regular basis, and by treating others too.

# Giving Reiki Treatments

## General

Once you have been attuned to Reiki, you only have to place your hands on someone and the energy will flow automatically. It is important that in the first few weeks after you receive your first Empowerment you give Reiki as much as possible, both to yourself and to others. This helps the energy to flow smoothly through the 'new plumbing' that is installed in your body's energy-system.

Reiki flows automatically to the areas of need. It knows where to go to a large extent. If you try to 'force' the process by 'willing' the recipient to get better, your ego starts to get in the way and there may be a general lessening of the power available. You can 'draw down energy from above', though, in a neutral and detached way, to help increase the flow of Reiki. Remember that you are a channel for the energy and that you are not the source of the healing. This explains why treatments do not drain you at all, but actively replenish and invigorate you. It is not your energy that you are dealing with. Just trust that Reiki will work, and let it do what it needs to do.

## Full Treatments

A full Reiki treatment will normally last for about an hour. Start with the shoulders for about 10 minutes and then spend about 4-5 minutes in each of the hand positions. If you can feel a lot of energy passing through your hands in a particular position then you can hold that position for longer, perhaps a lot longer if you feel it is necessary. You will usually find that after a while the intensity of the sensations in your hands will decrease, when the area has taken as much Reiki as it can for that session. The best results are obtained when you are calm and relaxed, becoming at one with the energy. If you are giving a treatment while having an animated conversation with someone, you will not produce the best results because the energy will not flow so strongly.

## Intuitive working

When you have had some regular practice in treating other people, Reiki may begin to guide you to the right areas of the body to treat if you are open to the possibility of working intuitively. This is not essential though. Don't worry if you end up doing most treatments following the 'standard' hand positions, because it will still work! We talk about working intuitively on the Second Degree course, and learn a specific technique from Japan that opens you up to intuitive working, so your hands are drawn by what seem to be 'invisible magnets' to the right places to treat.

However, if you have in your mind an impression that your hands ought to be in a particular position then don't think about it, don't analyse it: just do it! If you have a word come into your head that gives you a position to work on, then follow that message. If you feel like your hands are 'drifting' on their own, just let them and be

guided by them, while keeping in mind the need for propriety when treating others, particularly ladies.

## **Results of Treatments**

It is important that you do not become too attached to results, and to trust that the client is receiving what they need. Remember that you cannot mess up a Reiki treatment, you cannot leave a person worse off than they were to begin with, and you are not responsible for the results. Reiki First Degree works very simply: when you touch, the energy flows and produces a healing effect; when you take your hands away, the energy stops flowing into the person: 'hands on, Reiki on - hands off, Reiki off'!

Approach treatments with a neutral state of mind and do not try to 'force it' or impose your preferred solution on the situation. Simply let the energy flow and trust that it is going to the right place.

## **A Conducive Atmosphere**

Treatments should usually be conducted in a relaxing area where both practitioner and recipient feel comfortable and have minimal outside noise and distractions. Make sure that the room is warm, turn the lights down and have some relaxing music playing. Maybe light some candles and burn some incense. If the client wishes to talk with the practitioner, the treatment will still work. However, it is best if conversation is kept to a minimum because Reiki will flow better if you are calm and not distracted. Usually the Reiki energy relaxes the client so well that this ceases to be an issue once the head positions are completed!

Given the spiritual nature of the healing it is possible for some practitioners to access intuitive information about the client when they are giving the treatment. You should be very wary of passing this information on during the treatment because this could cause the client to become less relaxed, or even anxious. Some people would see such feedback as an intrusion, so discretion should be used. You may not be helping by passing such information on, and particularly in the early stages it is not easy to tell the difference between intuition and imagination!

## **Practical Aspects of Treating someone**

Reiki treatments are generally carried out with the client lying down on a treatment table. This method is probably the most satisfactory for practitioner and client: the client can relax totally and drift in and out of consciousness without falling out of a chair, for example, and the practitioner can get themselves comfortable either standing or in the seated position. If you don't have a treatment table, then you can improvise by using a bed or a settee, but that is not likely to be very comfortable for you. Perhaps the best compromise of all would be to use a dining table with blankets on it to make it less uncomfortable for the recipient. I know a few people for whom this is quite acceptable. You could also try treating someone on a reclining garden chair, with you seated on a stool. If you are

intending to deal with the general public then a proper treatment table is indispensable, and I include details of suppliers in the Second Degree manual.

You can, of course, treat people in the sitting position, with the client sitting on a dining chair, and this is the way that most conventional spiritual healers do their work, as I understand it. You can stand in order to reach the head positions, and would kneel to reach the torso and legs. It will still be comfortable for the recipient, but they will not be able to relax as much as they would if laid out on a treatment table; it's not too bad for the practitioner.

## **Treating 'both sides'**

Most treatments will only be carried out on the front of a person. I do not believe that you need to turn them over and 'do their backs' as well, unless they have a specific back problem, in which case you can use the hand positions that are detailed below. Either just treat their back, or try starting the treatment with them laying face down, and after a while you can flip them over (not literally!) and continue with a shortened treatment on their fronts.

## **Brief Treatments**

Although we usually talk in terms of carrying out a full treatment on people, over a course of 4-6 treatment sessions, you can give people 'short bursts' and just put your hands where it hurts. If someone has a sports injury or an arthritic knee, then just put your hands on or around the affected part if you are short of time. The energy will not have an opportunity to deal with the recipient's entire energy system, and heal at all levels, but it should deal with the immediate problem, and that may be all that is wanted.

## **Detailed Instructions**

### **Introduction**

Remember, there are three things that you should do before starting a treatment:

'Tune yourself in' to your client. Imagine a 'closeness' between yourself and the person that you are about to treat. Feel your energy field and that of your client beginning to merge.

Dedicate the treatment to the 'highest good' or 'highest healing good' of your client or to the 'highest good of all concerned'. This practice is recommended on the basis that every person has karma or destiny, and you do not want the treatment to interfere with whatever whoever has in store for your client.

Connect to Reiki in the way that you learned when you practised Hatsu Rei Ho, by raising your hands palms uppermost to the skies, and feel energy cascading through your hands, through your arms, into your body. As you feel that strong connection, you can proceed to lower your arms. This stage is not essential, though it is nice to do; an alternative would be to stand with your elbows bent, hands out to the sides with your palms uppermost, level with your waist, and imagine that energy is flooding down into your palms and into your crown. Or you could stand with your hand still in the prayer position and remind yourself of your strong connection to Reiki through your crown, and feel the energy flood down through your crown to your Dantien, and your hands filling with energy.

## Feeling the Energy Field

Before I have my students start the hands-on treatment, I recommend that they do a couple of things to develop the sensitivity of their hands to the energy field of their clients, and to the flow of Reiki. Here is the first exercise:

As you lower your arms from the 'connecting' position, hover your hands above the client's body and slowly 'bounce' your hands nearer and nearer the body until you can feel the person's energy field. You are looking to experience a feeling of pressure, density, a layer, some feeling of resistance or 'bounciness', a squashy marshmallow of energy. Move your hands up, and bring them down again to reconfirm that the layer is in the same place. Now move along a little and repeat the process. Is the energy field that you can feel the same distance away from the body all the way along the length of the body? Are there areas where the 'layer' is closer to the body than in other places? Does the 'layer' feel different in different places? How does it feel different? What conclusions can you draw from this information?

The level of the person's energy field can give you some indication of their energy needs. For example, in the case of a nurse who had done two long shifts and was very tired, but who had a good strong constitution, we found that the energy field was a good distance away from the body over the head and torso, but the energy field was depleted over the legs. In a lady with depression, the energy field plummeted very close to the body in the head area. In a lady with chronic fatigue, the energy field was very difficult to detect at all.

Can you feel smaller undulations in the energy field, and what might they mean?

You can actually 'boost' or 'energise' the client's energy field at this stage if you want to: hover your hands over the person and imagine that Reiki is flooding through your hands and 'filling up' the energy field. Feel your hands move slowly away from the body as the energy field floods with Reiki. Move your hands to hover over another part of their body, and flood that section of the energy field too. Once you have done this a few times, try to feel the energy field again. What do you notice? Is the energy field now further away from the body compared to what it was like to begin with?

## Scanning

Scanning is a standard part of Western Reiki. People 'scan' at the start of a treatment to 'get the lie of the land', detecting areas of need, so that they have an idea of where they will need to spend more time during the treatment. People scan at the end of a treatment to see what effect Reiki has had on the energy being drawn by areas of the body that were prominent at the start. Some people scan to find the best places to put their hands, rather than following standard hand positions. Some people use a combination of standard hand positions, and hand positions discovered through scanning, different for each person treated.

To practice scanning, hover your hand or hands over the person's body. Perhaps it would be better to start using one hand only. Now move your hand(s) slowly over the body - not deathly slow: you can be quite brisk. Focus your attention on the sensations that you are experiencing in your palm and fingers and notice if there are any changes or intensification in what you are feeling.

If you feel an area where there is more energy flowing - you may feel more fizzing or tingling, more heat, pulsing, magnetic effects, heaviness etc. - then move your hand back to that area from different angles. Do you get the same feeling again and again? How large is the area that is drawing more energy? Is it the size of a 50p coin, or is it a broad band?

Try comparing symmetrical areas of the body: the shoulders, hips, knees, and ankles. Hover your hands for a little while over one knee and notice how that feels, and then do the same on the other side. What differences are there? Is one knee drawing more energy than the other is? Does this tie in with any problems that the client is experiencing: a current problem, or a past injury?

With repetition, your hands will become progressively more sensitive to the flow of energy, and this is useful information. Through scanning you can find out where you are going to spend more time during the treatment, and you can check to see what effect your treatment has had on the amount of energy being drawn by those areas of the body. Scanning can suggest to you hand positions that are not part of the 'standard' sequence that you are taught to start off with. Whereas you may start treating people by resting your hands in each position for a certain number of minutes according to the clock, you can let your hands tell you when it is right to move on, as the flow of energy subsides in each treatment position.

Practice scanning whenever you treat someone, and your sensitivity will develop.

When scanning, you should not get yourself into the frame of mind where you are thinking continually 'what is wrong here?', 'what have you got wrong here?'. Reiki can rush in to deal with perfectly normal and ordinary physiological processes: if you have had a big lunch then Reiki will rush into the stomach area to support digestion; they haven't got a stomach ulcer, Reiki is just supporting a normal function. If you feel lots of energy rushing into the client's head, you are probably picking up on a busy mind or a tendency to headaches maybe. You can quite often pick up which side is ovulating through the sensations you are getting your hands; no problem, just a normal process that Reiki is supporting. People who exercise are

continually damaging their muscles and joints and the body simply repairs that damage as a matter of routine, and Reiki will rush in to support this natural process.

Reiki will also deal with things that seem to have been dealt with a long time ago. So although a person may have twisted their ankle months ago and everything is now fine, there seems to be some trace of the problem at some level that still needs to be dealt with, and Reiki will deal with it.

Reiki can deal with things that have not happened yet. Many people believe that problems begin on the mental and emotional planes, and that it is only if these imbalances are not dealt with that they will condense into a physical symptom. On this basis, you may be resolving things that were 'on the boil' and might have materialised at some stage in the future.

Reiki works on all levels, so it is not just the physical body part under your hands that is being dealt with: it deals with mental and emotional correspondences of the various organs, it deals with spiritual aspects of a person, it deals with chakras and meridians too. Sometimes it is simple: a person has a kidney stone, so there's a lot going on in the kidney area, but it isn't always that straightforward. Quite often you will be able to tell which knee is giving the person a problem, or you will pick up things happening on an emotional level in the solar plexus, for example, but don't worry about it. Simply trust that it is going to the right place, even if you don't know what is being dealt with.

Someone can come for a Reiki treatment and not tell you what the problem is, and that will not have any effect on the quality of the treatment you give because you simply follow the flow of energy.

## **The Treatment Itself**

Go to the first treatment position (shoulders), gently rest your hand on the shoulders and say to yourself "Reiki On", which is a little ritual that says to you 'I am doing Reiki now; let me be in the right frame of mind to channel Reiki'.

As you go through the hand positions, keep your fingers together. You don't have to strain to do this, but just rest them together. Spreading your fingers apart sends a more gentle, diffuse stream of Reiki. Don't worry too much about 'wandering thumbs'; the important thing is to keep your fingers together.

The hand positions for giving Reiki treatments to people are shown below, you can look at diagrams showing the hand positions for treating people laying in the conventional 'supine' position, treating people who are sitting in a chair, and treating people's backs. Remember that these hand positions are just guidelines.

## Hand Positions: Supine Treatments

Here is a basic scheme. I have not included arms and hands in this, but treat them if that seems appropriate. You could rest one hand on the shoulder/elbow, and the other on the wrist/hold their hand. This can feel really comforting. You could also treat the Liver and Spleen areas when you are working on the torso.

You do not have to always treat symmetrical parts of the body. If you need to keep a straight back then you could treat the navel/hip, or liver/hip, and the upper leg/knee on one side of the body, and then do the same on the other side of the body.

Shoulders

Temples

Crown

Back of Head

Front of Face

Throat

Heart & Solar Plexus

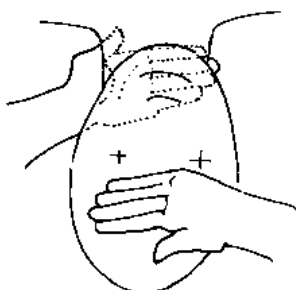
Navel

Hips

Upper Leg

Knees

Ankles



If you like, you can treat the front and back of the head at the same time, using the hand-position shown to the left of this text:



## Hand Positions: Seated Treatments

Here is a basic scheme. I have not included arms and hands in this, but treat them if that seems appropriate. You could rest one hand on the shoulder/elbow, and the other on the wrist/hold their hand. This can feel really comforting. You could also treat the Liver and Spleen areas when you are working on the torso, if you like.

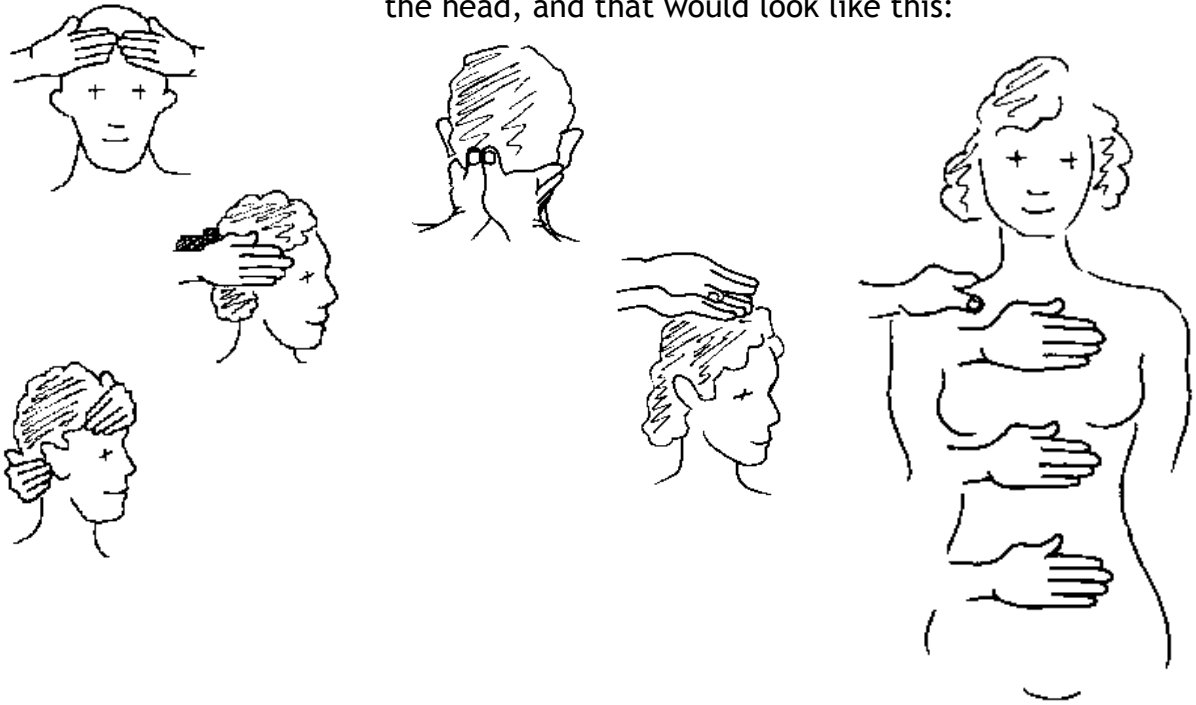
When treating the heart, solar plexus and navel, you could rest one hand on the shoulder all the time, and treat these areas with the other hand. Alternatively, you could treat these positions from the front and back of the body at the same time, and this would be made easier if the recipient was sitting in a 'Director's Chair' with a cloth back.



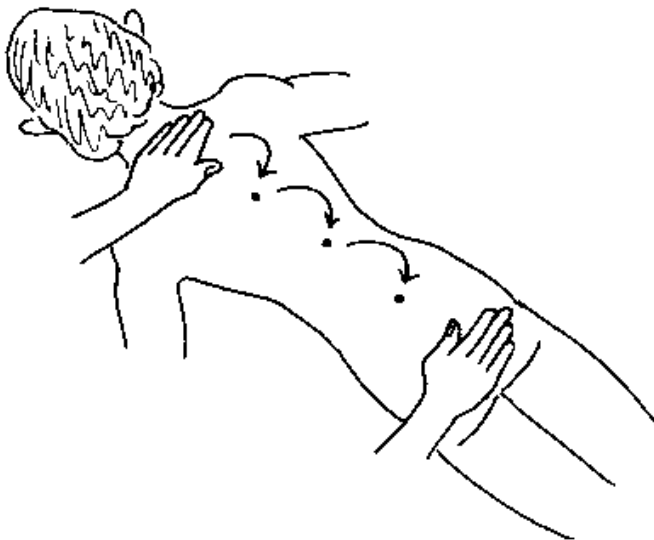
Shoulders  
Temples  
Crown  
Back of Head and  
the Forehead  
Throat  
Heart  
Solar Plexus  
Navel  
Hips  
Upper Leg  
Knees  
Ankle



The above used 'Western' hand positions on the head and neck, but you could of course use the 'Usui' hand positions on the head, and that would look like this:



## Hand Positions: Treating Backs



I only treat backs if a person has a specific back problem, treating the person face down to begin with, and then continuing with a shortened treatment in the supine position.

Start with your hands resting on the back of the neck and the base of the spine for a while, and let Reiki flow up and down their back. Most back problems tend to be lower back problems,

and you can find the problem area by scanning.

Assuming the problem is in the lower back, keep the lower hand in place, and every few minutes move the upper hand closer and closer to the lower hand, until it's resting on the problem area.

Then you can spend quite a while with both hands on or near the problem area, in various positions. For example, above/below, or at either side. When treating the back, you can focus Reiki on the Kidneys and Shoulders if you like.

## **Ending the Treatment**

Once you have completed the treatment (finishing with the ankles usually), then there are two more things that you have to remember:

Smooth down the aura. On the basis that you have been disrupting the recipient's energy field for the last hour, now is the time to settle everything down again and smooth things over. Make a number of sweeps over the recipient's body, moving from crown to feet (not the other direction). Intend that you are smoothing the energy field all round the client's body, front and back. Imagine that you are moving a hula-hoop along the length of the person's body, smoothing the energy down 360 degrees around their body, as you move your hands from the crown to the feet. This technique is described in other texts as a way of 'energising' the aura, so is a good way to finish a treatment.

'Disconnect'. At the beginning you tuned yourself in to the recipient, so now is the time to do the reverse, because you do not want to 'pick up' their problems and carry them away with you, though this doesn't seem to happen very much at all with Reiki in practice. Most people will shake their hands or rub their hands together, or blow through them, or a combination of the above. Find something that feels right, that you will do every time, that says to you 'I have disconnected, I am quite separate from you now'. Reiki does seem to have in-built protections, so the problem is more a theoretical than a practical one, but you should be careful. You can use the 'Ken'yoku' stage of Hatsurei Ho if you like, on the basis that it gets rid of negative and 'disconnects' you.

## **Some Guidelines**

Here are a dozen guidelines and suggestions that were given to me...

Check your body hygiene - do you need to use deodorant or brush your teeth?

Wash your hands before and after giving a Reiki treatment if you can.

Suggest your client takes off their shoes, glasses, and loosen their clothes if needed

Both your legs, and your client's legs, should be uncrossed. It is said that crossing the legs inhibits the proper flow of energy through the body's

meridian system. As I understand it, Acupuncturists insist that their clients do not cross their legs for this reason.

Make sure your client is warm and comfortable on the treatment table. You might consider keeping a blanket handy, and you can place pillows under the person's knees to help support their lower back.

Place your hands on your client slowly and gently and remove them in the same way. Keep your hands still when holding each position. Otherwise it would be distracting to your client.

Keep your fingers together as much as you can, but don't make your hands ache in the process and don't worry too much about it, or about errant thumbs!

When your hands are over your client's face, be careful not to press on their eyelids or against their nostrils. I always carry out the head positions with my hands about an inch away from the skin because I think it is a more pleasant experience for the recipient - better than having someone's hands plastered all over their face.

When working on your client's head, be careful not to breathe on their face. Turn your head away slightly to breathe, as a matter of course.

When working on the client's neck, take care not to let the weight of your hands rest on their throat. Again, I have my hands about an inch or so off the skin, resting on the collarbones, or place my hands along the collarbones.

Do not lean on your client or apply undue pressure. This is Reiki, not massage!

Do not try to force the outcome; just let the energy flow.

## **The Hand Positions, Thoughts & Emotions**

If you feel a lot of Reiki flowing into a particular area of the body, then this can have a particular significance, and not just relate to the physical organ that is under your hands. Chinese medicine attaches particular states of mind and emotions to different meridians and 'organs'. There are also seven energy centres along the centre of the body, running from the crown to the base of the spine. These energy centres are called 'chakras' and also have their own sets of correspondences in terms of body systems, states of mind and emotions. Reiki will work on the organs/meridians of Traditional Chinese Medicine (TCM) as well as the Indian system of Chakras.

Here are some correspondences that I have noticed myself. If there is a lot of energy flowing into these positions, it seems to tie in (though not always) with the characteristics given...

- Crown            Headaches, maybe depression/low spirits.
  
- Temples        Busy mind, endless thinking about things, can't shut the mind up.  
                     Can't get to sleep properly because the mind won't keep quiet.
  
- Throat saying    Inability to express themselves properly, holding back and not what the need/ought to say to people close to them.
  
- Heart            Current emotional feelings being held back.  
 If there seems to be no energy going into the heart, then this may be an emotional block, where someone has shut off emotionally to protect themselves.
  
- Solar Plexus    More long-term emotional turmoil or unresolved issues being kept firmly under control. It easier to put a lid on these feelings, but they're still there, grinding away. Reiki will take the lid off them so they can be released.

Emotions are associated with various organs according to Traditional Chinese Medicine, and I have mentioned them below. You do not need to learn them, you do not need to pay attention to them, and you do not need to talk about them to people that you treat, speculating out loud about what might be going on with them! They are included to demonstrate that your emotions do not just reside in your heart, but are all over your body. In TCM, each of the five 'elements' is represented by a couple of organs (and their meridians). An imbalance in your Wood element might mean that you are angry all the time, or that you are suppressing anger, and anger is seen as residing in the Liver, an organ of 'Wood'...

Element	Organ	Emotion
Wood Element	Liver	Anger
Fire Element	Heart	Joy
Earth Element	Stomach	Sympathy
Metal Element	Lungs	Grief
Water Element	Kidneys	Fear

# Distant Healing

Although distant healing is usually taught on the Second Degree course, where you learn a specific symbol that allows you to make a strong distant connection, it is perfectly possible at First Degree level.

Here is a simple scheme:

1. Close your eyes and say to yourself 'this is to be a distant healing for the highest good of Jane Smith (or whoever). Imagine the person in their natural surroundings, or flick through a few memories of them, to make a strong connection with them.
2. Use the imaginary hand positions that you used when carrying out the Usui self-treatment method, but instead of imagining yourself sitting in front of you, imagine the person sitting in front of you.
3. Go through each hand position for about 2-3 minutes, channelling energy through your imaginary hands into the imaginary person sitting in front of you.

If you would like to get some feedback from the recipient, get them to sit down at a prearranged time over number of consecutive evenings, with their eyes closed and in a room with few distractions... and see what they notice. Send Reiki for 15 minutes Monday - Friday, say, see what they felt at the time, and see how they feel generally after a week's worth.

## Treating Plants and Animals

### Plants

Plants seem to respond well to Reiki. If you are growing something from seed then hold the seeds in one hand and cup the other hand over the top. Cut flowers can be given Reiki by holding your hands above the flowers as if you were blessing them, which is of course what happens.

Potted plants seem to respond better by having their roots treated, so you treat them by holding the pot between your hands.

Trees seem to accept Reiki through their trunks and are said to respond well to Reiki hugs. They are said to be amazing reservoirs of Universal Energy and as such reciprocate by giving an energy back to the giver.

Why not do some experiments... grow some plants from seed, giving Reiki to one group and not to the other. See what happens. Try giving some Reiki to your salad: does it seem somehow brighter and more colourful? Cut an orange in half and place the two halves face down on plates in the kitchen; Reiki one half and not the other, and note their rate of decomposition.

## Animals

Animals benefit from Reiki treatments as well as humans and plants, and some Reiki practitioners specialise in treating animals, for example horses. Do be wary of courses advertising 'animal Reiki' - which you are supposed not to be able to use on humans - because Reiki is Reiki, whether you treat a human, an animal or a plant. When treating animals, it is recommended that you start by giving Reiki behind the ears, at the base of the skull, because this is said to have the effect of calming the animal.

The size of the animal is unimportant, since each will receive the energy they need. Reiki will be as effective with a mouse as it will a horse, and don't worry about making small animals explode, because Reiki will only supply as much energy as an organism needs: any excess will just go somewhere else!

I have had only one experience of treating animals: a dog with a developmental disorder in a hind knee joint, leading to wasting of the leg. The leg also crossed over the other hind leg and the dog would not put weight on it. After six 20-minute Reiki sessions the dog now stands on its hind legs with both hind legs parallel to each other, and uses both hind legs for walking and running. See the section 'The effect of Reiki treatments' for details.

One important thing to also consider when treating animals, is your legal position in the country you are working in. In some countries it is actually illegal to perform animal treatments unless you are also a fully qualified veterinary surgeon.

## Final Thoughts

This brings us to the end of the first manual. You should take time to practice the techniques as often as possible for some time before moving to the next level. This will ensure that you remain a strong and clear channel for the Reiki energy.

If you encounter any problems or have any questions, please contact your Reiki teacher.