

Reiki 101 The Essentials of Reiki - Main Report Executive Summary

Reiki is a complementary and alternative medicine (CAM). It is widely accepted in modern medical circles for its many physical and neurological health benefits. Reiki 101 - The Essentials of Reiki gives a basic understanding of this simple and ancient healing method, with a chapter by chapter outline detailed below.

Chapter 1 – What Is Reiki

Reiki (pronounced RAY-key) is a form of qi (pronounced CHEE) work, or energy work. The word Qi means life energy or vital force. As such, Reiki is a form of strengthening and enhancing your energy and spirit, by which physical, mental and spiritual healing takes place. A healer, or teacher, delivers positive healing energy through his or her hands, which either lightly touch or hover above your body.

Chapter 2 – The Levels of Reiki

There are 3 major levels of Reiki healing – Level 1, Level 2 and Master. In certain forms of Reiki, there are multiple Master levels. A Level 1 knowledge is sufficient for self-healing, while Level 2 is required to begin healing others. A Master is adept at all types of Reiki healing, including Distance Healing.

Chapter 3 – How to Get Started with Reiki

You should begin by receiving an initial Reiki attunement. This is where your learning and education both begin. You learn that there are 7 chakras (energy centers) throughout your body. Some Reiki practitioners believe in 12 or 14 meridians (energy centers) as opposed to chakras.

If your energy flows improperly, you experience physical and mental problems and health conditions. Your Reiki healer can explain your chakras or meridians, your physical, mental and spiritual connections to each, and the appropriate Reiki hand positions to heal them.

Chapter 4 – The Pros and Cons of Reiki

The advantages of Reiki include:

- Few to zero side effects
- No shots or medications
- Greater peace of mind, health and healing
- High levels of energy and vitality
- Works for young and old alike, as well as pets
- Encourages clean living
- Can be used on yourself or to help others
- A recognized complementary therapy to traditional treatment

Some disadvantages of Reiki include:

- A possible difficulty finding a qualified Reiki master
- The time it takes to learn and master this healing method
- Possibly difficult lifestyle changes
- Financial cost

Chapter 5 – The Health Benefits of Reiki

Reiki healing is extremely powerful. Practiced regularly, and incorporated into a healthy lifestyle which preaches Reiki principles, these are just a few of the benefits you can expect:

- High energy levels
- A healthy heart
- Stress, anxiety and depression relief

- Improved sleep quality
- Mental clarity
- Healthy weight maintenance
- Better personal relationships
- Overall health and well-being, both physically and mentally

Chapter 6 – A Typical Reiki Session

Most sessions run from 45 to 60 minutes. When first starting out, sessions will be given 3 days in a row, followed by an 18 day period of rest. Your treatment area should be clean, comfortable and distraction free. Wear loose clothing, removing all shoes, jewelry and eyeglasses. Take a shower or bath beforehand, cleaning yourself well. Assume a comfortable prone position, and remember the 5 main Reiki principles:

- 1 – Just for today, I will let go of worry.
- 2 – Just for today, I will let go of anger.
- 3 – Just for today, I will give thanks for my many blessings.
- 4 – Just for today, I will do my work honestly.
- 5 – Just for today, I will be kind to my neighbors and all living beings.

Chapter 7 – The Reiki Hand positions for Healing Yourself

The Reiki hand positions relate to your 1) head, 2) body, 3) back and 4) legs and feet. They are referred to as a capital letter followed by a number.

- H1 through H4 - head positions
- B1 through B6 – body positions
- BA1 through BA4 - back positions
- L1 through L3 - leg positions

Chapter 8 – The Reiki Symbols

The 3 Reiki symbols are explained, as well as their healing benefits. They are:

- 1 – The Power symbol (Choku Rei)
- 2 – The Mental/Emotional symbol (Sei He Ki)
- 3 – The Distance symbol (Hon Sha Ze Sho Nen)

Chapter 9 – What to Look for in a Reiki Master

You will need to choose between a Japanese versus a Western style of Reiki healing. The Japanese approach works better if you want to target a specific health issue. The Western style of Reiki generally enhances your life in many areas, rather than targeting a specific condition. When choosing a Reiki master, ask the following questions:

- How long has the master been studying, and under what teachers?
- Have they earned any certifications or qualifications?
- What testimonials can they provide, and what fees are involved?
- Are there any supporting materials offered, and exactly what is covered in the course?
- Do you have to travel to your healer, or does your healer come to you?

Conclusion

Reiki is a widely recognized alternative method for many mental and physical benefits of a properly charged life force energy. You can treat yourself or seek out a Reiki master, Reiki works on people and pets, and no drugs or medicines are involved.