



# **BE THE REIKI MASTER**



**DISCOVER THE 1000 YEAR OLD REIKI SCIENCE  
TO HEAL YOURSELF AND OTHERS AT HOME**

**[REIKI MASTER'S TECHNIQUES REVEALED INSIDE]**



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## Introduction

Does it feel like, no matter what we do, no matter how advanced we get when it comes to science and medicine, we're just getting sicker? Not a day passes by without the media telling us there is a rise in cancer, in heart problems, stroke, diabetes....

It almost seems that, no sooner that we hear the fanfare of a disease being 'conquered' or 'eradicated,' just 5 minutes later we hear that some other virus, syndrome or condition is on the rise.

And that's just the physical ailments. It's a known fact that mental and emotional health issues are on the rise. With all of our medical advances and cutting-edge hospitals, why does it feel like we're not getting any healthier?

We're not saying that our ancestors didn't have their fair share of diseases to battle against. But they certainly didn't have the knowledge and modern medicine that we now have at our disposal.

So why does it feel like we're not getting any healthier?

A quick glance at the census of any first world country will show that we are all living longer...much longer than our forefathers did just a handful of centuries ago. Which is undeniable proof that we must be getting healthier...

However, what we define as 'healthy' has certainly shifted drastically in the last century. Much like how we define beauty has shifted (a few hundred years ago, to be considered 'good looking' was to simply have all one's own teeth), what we consider 'healthy' has also changed.

Whereas our ancestors would have defined healthy as being without disease, we now consider healthy as feeling balanced, not just from the physical point of view, but also our mental and emotional states.

And it's when we sense imbalance that we feel 'unhealthy.' The most telling manifestation of unhealthiness in the modern world is stress.

The European Agency for Safety and Health at Work reported that over half of the 550 million working days lost annually in the U.S.A from absenteeism were stress related.

And over 75% of U.S. employers believe that workers now have more on-the-job stress than a generation ago.

It's this never-ending stressful life in the 21<sup>st</sup> century that is the malevolent reason as to why, despite all of our revolutionary medicines and state-of-the-art hospitals, we don't feel healthier and happier.

Stress is the insidious generator of mental and emotional health problems, such as anxiety, depression, eating disorders and personality disorders.

But it's also a key catalyst in physical ailments, such as irritable bowel syndrome, gastritis, alopecia, eczema, psoriasis, impotence and other sexual dysfunctions, menstrual problems, fertility problems, heart disease, high blood pressure, stroke and even cancers.

Yes we can look at all the statistics showing us that, compared to just a few generations ago, we are living longer. But we don't FEEL healthier and happier...

And there lies the conundrum of modern medicine. We are most certainly healthier than we have ever been before in terms of how long we live...

But we're more stressed, miserable and 'disconnected' than we've even been! Given the choice, we'd all rather have a shorter life full of health and happiness, than a long, stressed out, painful existence.

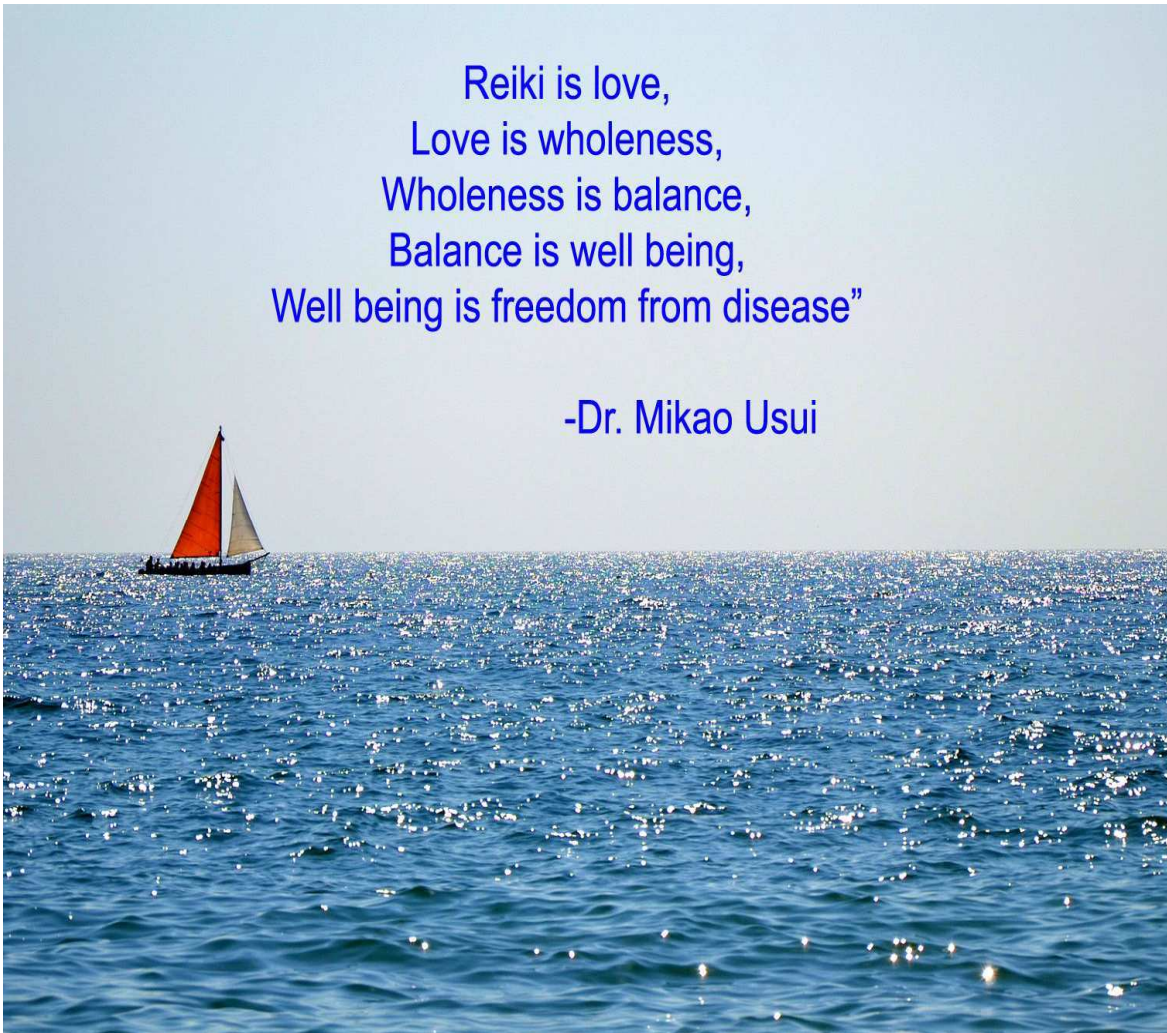
But what if there was a way to have both? A long life that's also full of abundant health and happiness...

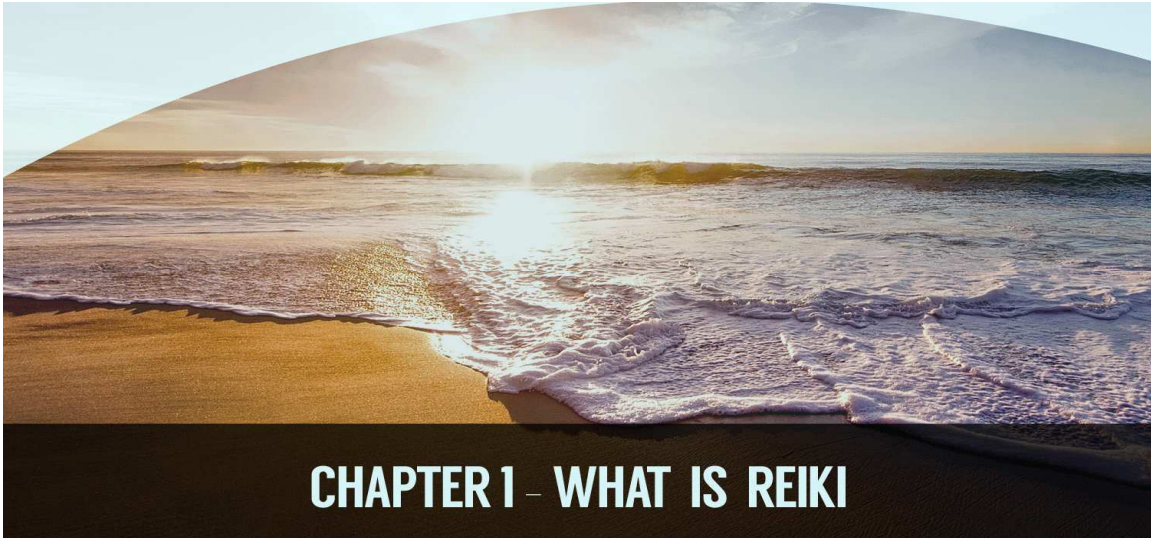
This is where the science of Reiki comes in.

The founder of Reiki distills the power of Reiki in just one paragraph:

Reiki is love,  
Love is wholeness,  
Wholeness is balance,  
Balance is well being,  
Well being is freedom from disease”

-Dr. Mikao Usui





## CHAPTER 1 - WHAT IS REIKI

**“Reiki is the best vibration for helping someone to relax well and deeply. Relaxation is the key to human health and recovery because it initiates our natural and innate healing abilities. It is when we are truly relaxed that true healing can take place.”**

**~~Chyna Honey**



Reiki or ‘universal life force’ is a healing system that originates from Japan. Reiki practitioners use their hands to guide this life force (or “Ki”) and transfer it to where it is most needed, be that within their own bodies, or into the body of another person.

Reiki practitioners can do this because they learn to use the 5 principles of Reiki to channel this universal life force into wherever they see fit, to remove disease and pain.

However, Reiki isn’t just about healing and being healed through the power of touch. It’s also concerned with creating physical, emotional and mental balance...

In other words, it’s about a holistic approach to health. It’s not just about healing what is already dysfunctional. It’s about making sure that, once healed; you remain in balance for the rest of your life, so you don’t suffer the same, or different, dysfunctions again.

This is a key difference when compared to the approach of conventional medicine. Generally, we wait until something goes wrong before we see the doctor, or go to the hospital.

Conventional medicine, from the most life-threatening situations to the smallest of ailments, concerns itself with ‘fixing’ what is wrong. Something has to go wrong first.

Yes, Reiki is about healing ailments, but it’s also about giving you the secret to a life free of pain and disease thereafter.

Unlike conventional medicine, it’s not about treating different issues with separate, disjointed medications.

Reiki is about harnessing the universal life force to heal ourselves as whole beings, from our physical bodies to our emotional and mental states.

## **A Brief History Of Reiki**

The first recorded mention of Reiki is in Japan, and it dates back to 1001 AD. The word Reiki comes from 2 separate words:

Rei = universal (also translates into ‘God’s wisdom’)

Ki = life force, or life energy

The concept of a universal life force is not just embedded into Japanese culture, but it spans across the globe.

It is known as “prana” in Hinduism and Buddhism, and it is what all yoga breathing techniques center around. It’s known as “qi” or “chi” in China, which is the energy associated with Qigong and Tai Chi, and it is also known as “mana” in Hawaiian culture.

Reiki was introduced as a full healing system in 1922 by Dr Mikao Usui, the founder of Reiki.

Also known as Usui Sensei (sensei means ‘the one who teaches’), he was born in Japan to a Buddhist family, and was schooled in a traditional Buddhist monastery. During his lifetime, he mastered Samurai swordsmanship, Kiko (the Japanese version of Qigong), and was interested in many different types of medicine, religions and spirituality, such as Taoism and Shinto.

Usui Sensei devoted his life to finding a way of healing himself and others in a way that was natural, did not need expensive medicine and equipment, had no side effects, and could never cause any harm.

He knew, from his Buddhist upbringing, that there is a universal life force that connects everyone and everything. He also realized that other religions and belief systems also talked about this life force, but it just went by different names.

Usui Sensei didn’t believe in restricting himself to one religion or system of beliefs. He was on a mission to find a definitive system of healing, and if that meant he needed to become well read in a wide variety of belief systems, then so be it.

It’s this open-minded approach that makes Reiki accessible to anyone, no matter what religion or beliefs you have (or indeed, if you have no beliefs).

He traveled to China and to the West to study their medicines. Later, once he came back to Japan, he became a Tendai Buddhist monk, and developed a definitive system of healing, forged from everything he had learnt so far.

A prolific healer, he taught Reiki to over 2000 people in his lifetime, people who then went on to heal and teach tens of thousands. There are now millions of people around the world who benefit from Reiki.

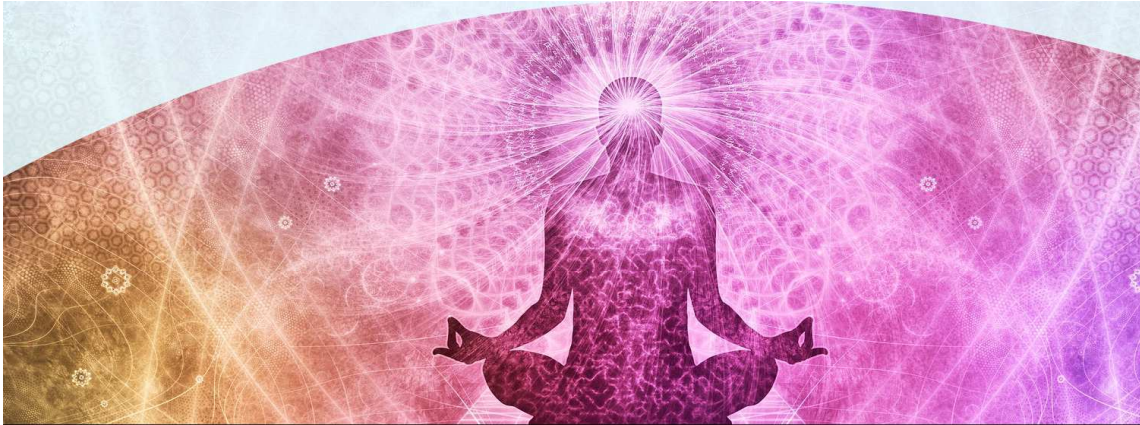
One of the people he taught Reiki to was Dr Chujiro Hayashi, a former naval officer who became a healer, once he met Usui Sensei.

Dr Hayashi is noted for being the person who introduced additional hand positions, which covered more of the human body, and therefore allowed more comprehensive healing, all with the blessing of Usui Sensei.

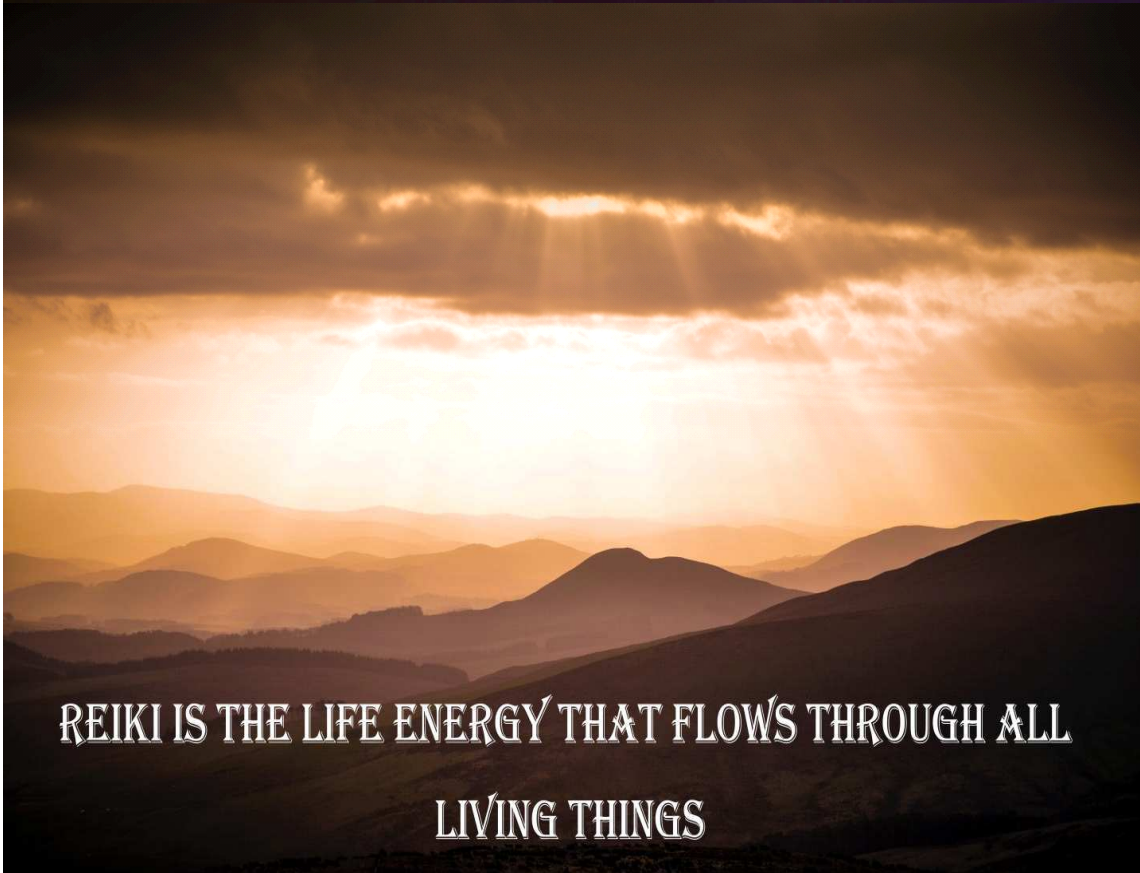


One of Dr Hayashi's students was Mrs Hawayo Takata, a Japanese-American lady who originally sought Dr Hayashi's help to heal her own ailments, and then became so enamored with the power of Reiki, she started healing others.

Mrs Takata is credited for being the person who brought Reiki to the West, and making the teachings more accessible to the West.



## CHAPTER 2 - BASIC CONCEPTS OF REIKI



REIKI IS THE LIFE ENERGY THAT FLOWS THROUGH ALL  
LIVING THINGS

- **The Flow Of Universal Life Force:**

Reiki practitioners believe that there is a universal energy (Ki) that flows in and out of every living thing, be they humans, animals or plants. It's an invisible net that connects all of us.



This life force surges and ebbs, depending on what we do and even how we think. When you have high levels of Ki, you feel energized and full of life. When you retain high levels of Ki for long periods, your immune system strengthens, and you build a natural ability to ward off disease.

Conversely, low levels of Ki lead to lethargy, confusion and depression. And low Ki over longer periods leads to sickness and disease.

We can receive Ki from nutritious food, clean air, sleep and sunshine. We can also receive high doses of Ki from doing activities that specifically harness Ki, such as yoga, meditation and Reiki.

How much Ki any of us needs is dependent on each individual, but one aspect holds true; the older you are, the more Ki you need on a regular basis.

A great metaphor is to think of your body as a mobile phone. When you buy a new phone, you'll find the battery charges up easily, and the power lasts for days at a time, without the need to recharge.

As the phone gets older, it takes longer to charge up to full power, and the power seems to deplete much faster, to the point that you need to charge up your phone more than once a day.

In the same way, the older you are, the more easily you lose your Ki, and the more Ki you need to get from different sources.

It's why young people seem to be able to party through the night on little sleep, drink lots of alcohol, and survive on nutrient-lacking fast food, without any real adverse effects on their health.

It's why just a couple of glasses of wine, or not sleeping well for a few nights, can really affect an older person.

The older you are, the more important it becomes to eat well, sleep well and do positive activities that ensure you have a strong, regular gush of Ki flowing into your body.

The good news is, Reiki, along with meditation, is one of the most efficient ways of getting super-high doses of Ki.

- **Relaxation Is Essential To A Disease-Free Life:**

A key tenet of Reiki is the belief that stress is the real root cause of all ailments, from the common cold to the most life-threatening of cancers.

And that true relaxation of the body, mind and soul is the cure. The modern world is very stressful, and even relaxation is packaged up as something to be sold to us, whether that's in the form of holidays, spa days etc.

Not that there's anything wrong with relaxing spas and breaks, but we think of relaxation as something that is to be enjoyed for a day here and there, or for a couple of weeks a year on holiday.



In fact, deep relaxation is something that we need on a daily basis. Relaxation allows Ki to flow through us in abundance. Lack of daily relaxation leads to blockages in the flow of Ki.

Meet anyone who practices daily relaxation, through Reiki, meditation, yoga, mindfulness etc., and you'll meet one of the healthiest, happiest people alive!

Reiki practitioners think of relaxation differently to the average person. They don't see it as a 'nice to have.' Instead, it is as essential to them as their daily food and water.

The average person thinks of stress as a mental and emotional ailment that manifests itself in forms such as anxiety, depression or panic attacks. Ask anyone who understands Reiki, and they will tell you that stress is the cause of all ailments, even physical.

Many of us either know or have heard of a couple who simply could not conceive a child, and chose to adopt, only to become pregnant after adoption. Once the stress of trying to conceive is over, nature can miraculously take over.

However, once you've allowed Reiki into your life, you'll realize that cases like these are not miracles. It's simply Ki being allowed to flow in abundance again because of decreased stress.

Reiki is the ultimate way of inducing pure relaxation for your mind, body and soul on a daily basis, eradicating stress, and the root cause of all illnesses.

- **We Are What We Think:**

Another key aspect of Reiki is the belief that how we think affects not only our mental and emotional wellbeing, but has a direct impact on our physical health.

Reiki practitioners believe that disease is present in seed form inside all of us. A good way to visualize disease is to think of it as a seed which, without any soil, water and sunshine, will remain a seed. But, given the right environment, it can grow fast, take root, and become a persistent weed.

Disease is exactly like a stubborn weed. When we have low levels of Ki for long periods, we inadvertently create the perfect conditions for this disease seed to germinate.

Left unchecked, it grows like a weed into our subconscious and conscious thoughts, and then into our emotions. This will manifest itself as low mood, depressive thoughts, anxiety, anger or irritability.

Left unchecked at this stage, it grows further, and takes on a physical form in the way of pain and disease.

As you can see above, you have several opportunities to kill the 'weed' before it becomes a massive problem.

When tackling garden weeds, any avid gardener will tell you they're best tackled as soon as possible. The more knowledgeable the gardener, the faster the weeds are spotted and dealt with, before they have the chance to run wild and kill precious flowers or produce.

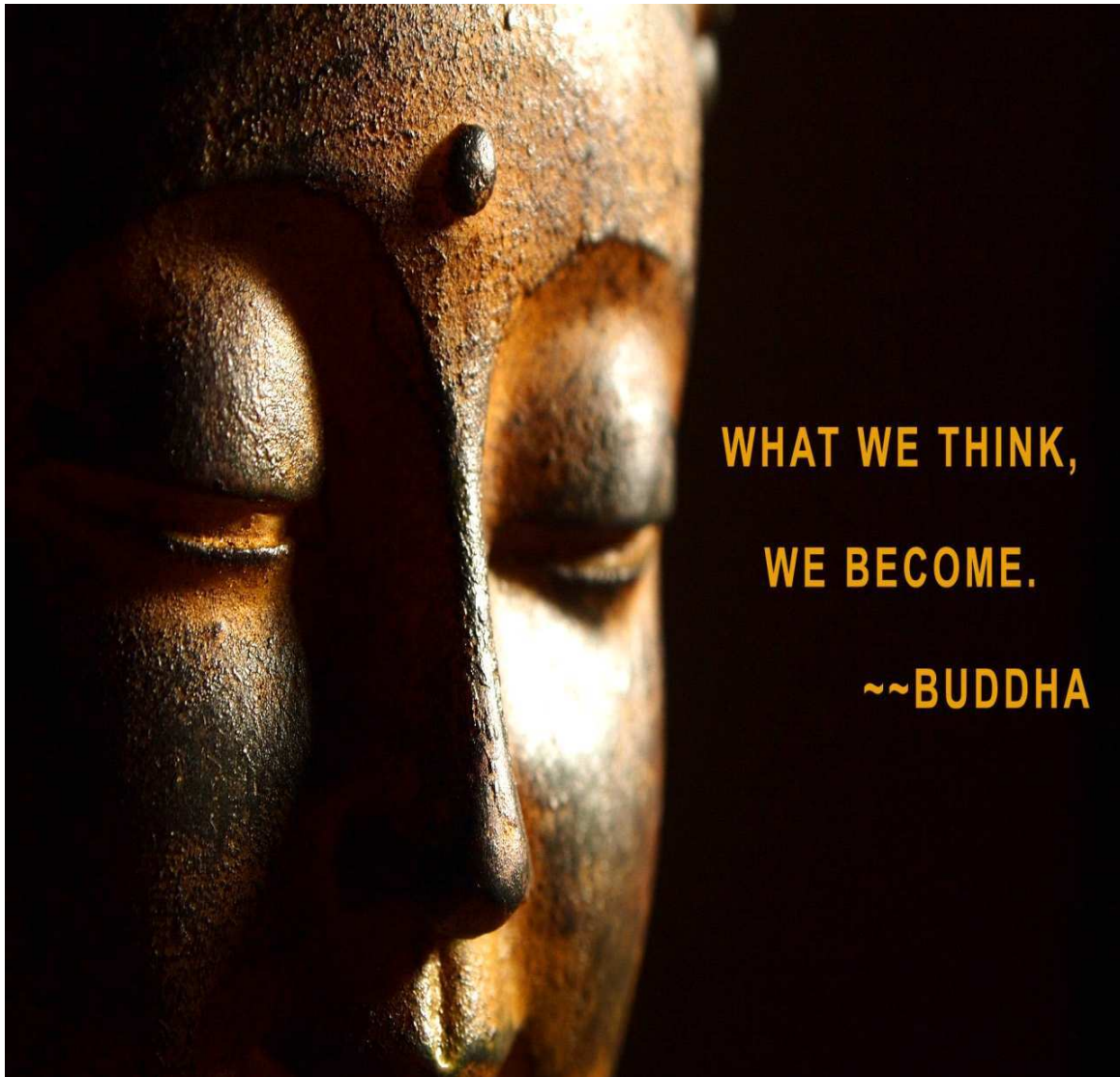
In the same way, through Reiki, you will learn to recognize when a seed is trying to grow, and you will learn how to 'nip it in the bud' so to speak, much before it grows into a physical ailment, and even before it negatively affects your emotional or mental state.

But more than that, as explained before, Reiki is not just concerned with healing your current ailments; it's about preventing future ailments.

Remember, having low levels of Ki for long periods creates the perfect environment for the seed of disease to grow.

Low levels of Ki can occur when we don't eat well or sleep well for long periods, or go through prolonged periods of stress, but it can also occur purely because of the way we think.

Someone with a naturally pessimistic nature will have lower levels of Ki than someone with a naturally optimistic nature



The power of positive thinking is backed up by science. Studies spanning over 30 years in Canada looked at patients' attitudes to recovering after surgery. Time and again it was proved that, the better a patient's expectations of recovery, they better and faster they physically recovered.

This was across a wide range of clinical conditions, from lower back pain to heart surgery.

If a patient felt optimistic about their chances of recovering well from surgery or treatment, not only did they recover much more quickly, they also felt less pain, and had fewer complications.

Patients who were pessimistic about their chances of recovery, and their quality of life, did not recover as fast, with many reporting more pain and secondary issues.



Please note. This is not to say that people should be blamed for their diseases! Many people are pessimistic because life hasn't always been kind to them. We're all a product of our past.

No, this is not about apportioning blame. But it's about understanding how powerful your mind is, and how you become what you think.

You can't always control what happens in your life, but you CAN control how you act and react to life.

Through Reiki, you will be able to 'retune' your mind, understand the power of your thoughts, and channel your thoughts positively, so you energize your mind, body and soul with Ki, rather than thinking negatively, which depletes your Ki.

- **The Power Of Touch:**

A well-known study in the USA showed that babies who were not held, touched and hugged enough would literally stop growing and die, even when they were given everything else they needed to survive, such as proper nutrition, warmth, clean air and water.

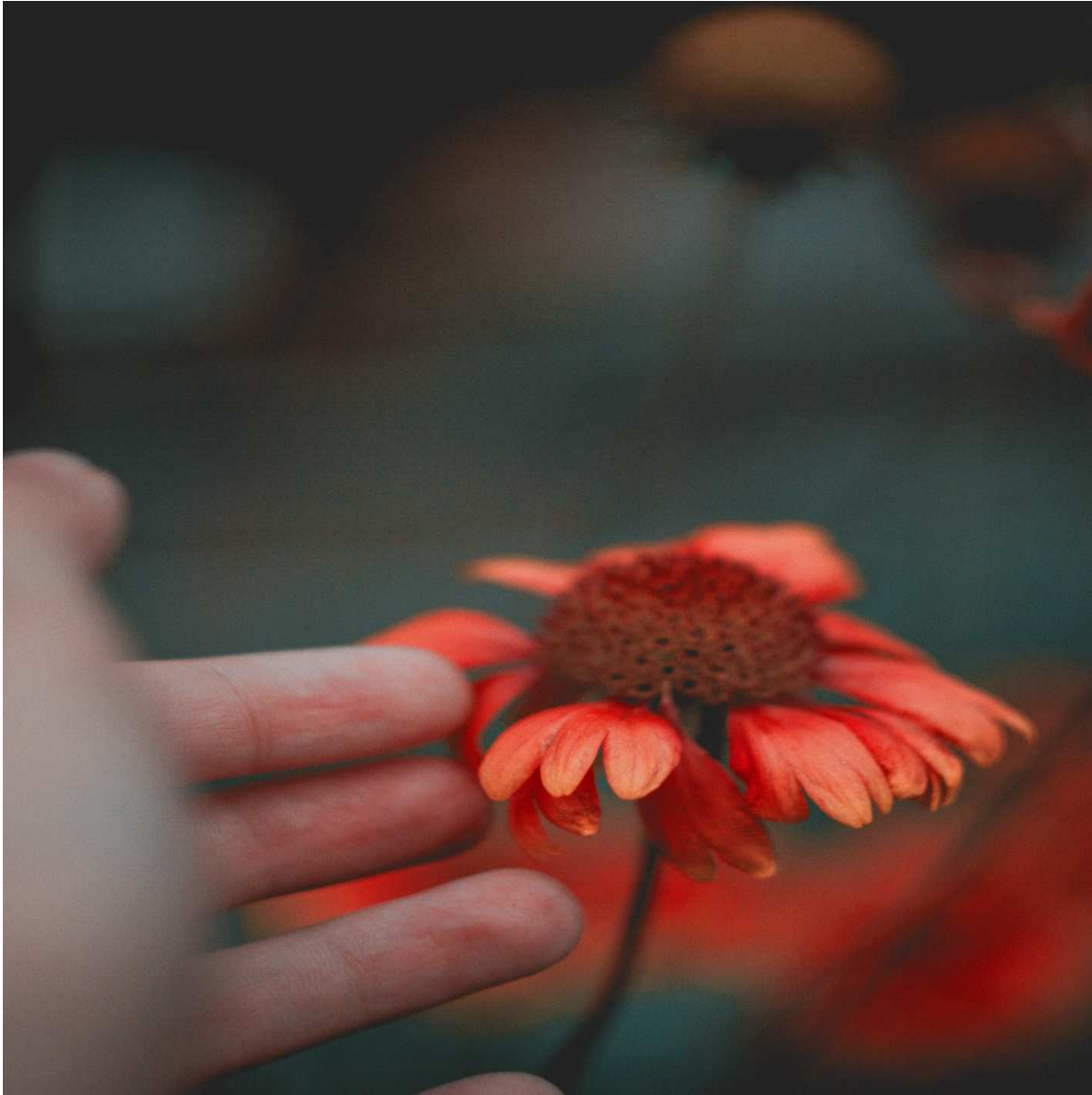
It's difficult to think of touch as something that is as important to us as water, food or air. We can imagine what it feels like to starve to death, or have our air supply cut off so we suffocate...

But to not touch and be touched... it doesn't seem as essential. However, Reiki practitioners, as well as massage therapists, have long known that touch is as vital to us as the air we breathe, the water we drink, or the food we eat.

Certainly, we can last a lot longer without touch compared to just a few days without food or water, or a few minutes without air...

But touch is so essential to our life force (Ki) that, without it, we can die. Separate studies around the world have shown that touch can alleviate depressions, reduce pain, decrease blood pressure, calm down the heart rate, and improve the immune system.

Touch can also improve the memory of Alzheimer's patients, speed up the recovery time from surgery, aid digestion, and even boost the survival rates of patients with life-threatening illnesses.



And it's been proven without a doubt that people who have regular contact with young children and / or animals have healthier immune systems, purely because they get so much more regular touch than they would if just surrounded by adults.

Reiki practitioners will not find any of the above surprising. In a world where we're becoming increasingly deprived of touch, touching through Reiki, whether you're practicing Reiki on yourself, giving Reiki to others, receiving Reiki from others, or a combination of the above, is a fantastic way receiving a surge of healing Ki.

- **A Pure Renewable Energy:**

One of the most amazing aspects of Ki is that it cannot diminish. Because of how we think of other forms of energy, such as heat energy, it's normal to assume that energy can be lost.

It would make sense to think that, if we gave Reiki to someone, because they are getting a flood of Ki from us, then we must, in turn, be getting drained of our Ki.

This is not the case at all. Your Ki reserves can become depleted when you don't eat well, sleep well, you're stressed, or you have become stuck in a pattern of negative thinking.

But your Ki can never be depleted because you chose to give some of your Ki to another person in need.

Much like love, the more of it you give away, the more you have! In fact, that's actually a great analogy, because many Reiki masters do not distinguish between Ki and love. They see it as one and the same thing.



The fact remains that many people get into Reiki to heal themselves, but soon they feel compelled to heal others, not just because they want to help, but because, through healing others, they become more even energized themselves!

Another amazing aspect of Ki is that's it's an energy that never be abused or used for evil.

Most of us are aware of how many things in life are a double edged sword. Nuclear energy gives us the chance to generate energy that does not deplete our planet of natural resources. It can also be used to create such horrifying weapons that it could potentially wipe out our species.

Ki, on the other hand, is one of the very few pure energy sources that can never be used for evil. It can only be harnessed for good. It simple cannot be subverted and used, for example, to actually cause disease instead of healing disease.

Why? Reiki is harnessed by practicing the 5 Reiki principle. You will learn each of these principles in depth in Chapter 3, but for now, all you need to know is that these principles involve being honest, grateful for life, removing worry, eradicating anger and having respect for all living things... principles that are in complete opposition to anyone with evil intentions!

Simply put, anyone with anything less than the purest of intentions simply cannot harness the power of Ki.

What's more, Ki has the natural ability to flow to exactly where it is needed. The Reiki healer does not need to specifically direct Ki to where the recipient needs it. Ki seeks out weak zones and surges in to correct imbalances – a truly intelligent energy!

- **The Perfect Complimentary, Non-Invasive Therapy:**

One of the biggest issues with conventional medicine is that each ailment is generally treated separately. It's not uncommon to find people who have different medications to treat their heart, their digestive system, sinus problems and so on.

Medical doctors scrutinize our medical records before prescribing anything, because they need to make sure that anything they prescribe will not adversely interact with our current medications.

Drug interactions can result in too much or too little drug in the body, unwanted side effects, or even cause a drug to be ineffective.



Not only that, medical doctors seemingly have the impossible task of ensuring we remain safe because the medications they prescribe may also interact with over-the-counter medications not listed in our medical records, herbal supplements or even vitamins.

There can even be interactions that can occur between certain drugs and certain foods and drinks!

The wonderful thing about Reiki is that it can never adversely interact with any other treatment you are receiving. From simply taking antihistamines to alleviate symptoms of hay fever, to undergoing grueling chemotherapy, channeling Ki into your body will never do you any harm, and will certainly do you a lot of good.

It's the perfect complimentary therapy to any treatment, surgery or procedure. It will put your body, mind and soul into a deep relaxation that triggers your natural recovery process.

It will also retune your mind to think positively, and expect a speedy recovery (remember, we are what we think).

This is important. Genuine Reiki practitioners will never encourage you to replace any conventional treatment with Reiki.

This is not because they think that Reiki is ineffective. Reiki practitioners know how powerful channeling Ki into the human body is for eradicating disease.

Many of us live in a world where we no longer eat nutritious, unprocessed food on a daily basis, a world where we are expected to wake up and go to work before dawn has broken, or work night shifts, which completely disrespect our natural circadian rhythms, a world where sleep and relaxation are luxuries...

We are now so disconnected to what is natural, we are susceptible to dangerously low levels of Ki for long periods that can turn into chronic and even life threatening illnesses.

Can Reiki turnaround even a grave illness? Absolutely! But, remember, all disease starts of as a small seed. Once it is at a life threatening stage, it's so huge that it can be likened to a mighty oak.

Reiki can certainly start to reverse the growth of this diseased tree, but to forgo any conventional treatment that has been prescribed by a knowledgeable clinician would be fool hardy at best, and downright dangerous at worst.

When our bodies have become extremely diseased, it means we have been suffering from chronically low levels of Ki for a very long time. Consequently, it will take time for our Ki levels to rise.

Much like how a long-term anorexic can't be expected to fully recover after eating just one hearty meal, having a couple of Reiki sessions cannot eradicate a serious illness.

However, can it act as a catalyst to conventional medicine, making the treatment exponentially more effective? Yes!

Remember, you are what you think. Reiki can put you into such a deep state of relaxation that you just can't help but think positive thoughts. And all that positive Ki flowing into your body can't help but force your body into make a full and fast recovery!

- **Reiki Works In Tandem With Any Religion Or Belief System:**

As you found out in the previous chapter, Reiki is not a religion. Usui Sensei may have been born into a Buddhist family, but he took onboard teachings from his birth country, Japan, as well as teachings from China and the West.

He believed that all religions and belief systems were hinting at the same thing; a universal life force that binds us all, and has an incredible ability to heal us from all mental, emotional and physical ailments.

Many religions choose to call this life force God (Allah, Yahweh) and the 'Rei' in Reiki is often translated as 'God's Wisdom.'

The wonderful thing here is, whatever religion or belief system you identify with, Reiki can never be in competition with it.





# REIKI PRINCIPLES

**JUST FOR TODAY, I WILL NOT ANGER,**

**JUST FOR TODAY, I WILL NOT WORRY,**

**JUST FOR TODAY, I WILL BE GRATEFUL FOR ALL MY BLESSINGS,**

**JUST FOR TODAY, I WILL WORK WITH HONESTY AND INTEGRITY,**

**JUST FOR TODAY, I WILL BE KIND TO ALL LIVING BEINGS.**



## CHAPTER 3 – THE FIVE REIKI PRINCIPLES

In the last chapter, we spoke briefly about how Reiki can never be abused or channeled into a negative action.

The reason why is that, in order to harness the power of the universal life force, you need to understand and master 5 key Reiki principles. Not only that, anyone wishing to harness Ki needs to embody these principles every single day.

These principles are the antithesis of negativity and evil. Simply put, the power of Reiki can never be subverted!

### **“Just For Today”**

An extremely important thing to note is that each of the 5 principles are prefixed with “just for today.” This is vital for 2 reasons.

First of all, harnessing the power of Ki is all about being in the present. It’s only when we are in tune with the present that Ki can flow correctly and in abundance.

It’s the reason why practitioners in all forms of yoga, meditation, Qigong and Tai Chi ask you to focus on the present, on your breath, on your current position of your body etc.

It’s not about letting your mind wander. We spend so much of our time either thinking about the past, or wondering about the future. Oftentimes we forget to just be right here in the present.

By prefixing the 5 principles with “just for today,” you rid yourself of thinking about the future, on what might or could be. You also don’t beat yourself up about mistakes made in the past. Instead, you focus on understanding and mastering each Reiki principle “just for today.”

Secondly, if you’ve ever made any long term commitments, such as going on a diet, you’ll know how difficult it is.

Rather than make lofty long term commitments to follow these principles for a lifetime, you’ll find it easier (and you’ll be a lot more successful) when you commit and affirm to these principles on a daily basis.

### **Reiki Principle No. 1: “I Will Not Anger”**

Keep in mind, negative thoughts lead to lower levels of Ki. We’ve already discussed how this can cause imbalances in our mental and emotional state, which can then, when left unchecked, manifest into mental health issues and even physical diseases.

Anger is up there with pessimism and fear as a real Ki drainer! For each new day, make the choice not to give in to anger.

Now, that's not to say you shouldn't feel anger at all. It's hard not to feel anger if someone cuts you off when driving, or bumps into you walking without offering an apology.

You cannot control other people's rude behavior or negativity. However, you CAN control your response to their behavior.

There is a reason why we have the phrase "lose your temper." It's rather telling that even our language states we don't gain anything from it, instead we lose something.

This isn't the same as tolerating bad behavior, staying quiet and quietly seething underneath. In fact, this kind of 'sweeping issues under the carpet' tactic can be even more harmful to you than getting angry.

But it's about, on a daily basis, keeping in mind that rarely are you the real target for negativity.

That rude store clerk may be in a marriage that is falling apart. That guy who just cut you off on the freeway could have had a blazing row with his boss.

In the vast majority of cases, you are not the real target of someone's anger or negativity.

Just keeping this in mind on a daily basis, and choosing not to get angry, will have a transformative effect on not just you, but everyone who comes into contact with you.

You'll be amazed at how many people instantly become remorseful and contrite when, instead of having a huge dose of negativity fired back at them, they receive kindness and compassion.

Please note: This is not to say that all anger is bad. Certainly, there are rightful causes that demand anger. Why shouldn't the fact that there are still people dying of hunger not anger? Or that children and animals are being abused around the world?

This kind of 'positive anger' is a good thing as it signifies that something is fundamentally wrong, and it provides the fire and motivation to try and rectify the situation.

However, even this positive anger needs to be channeled correctly (more on this in Chapter 4).

**Reiki Principle No. 2: I Will Not Worry (Fear)**

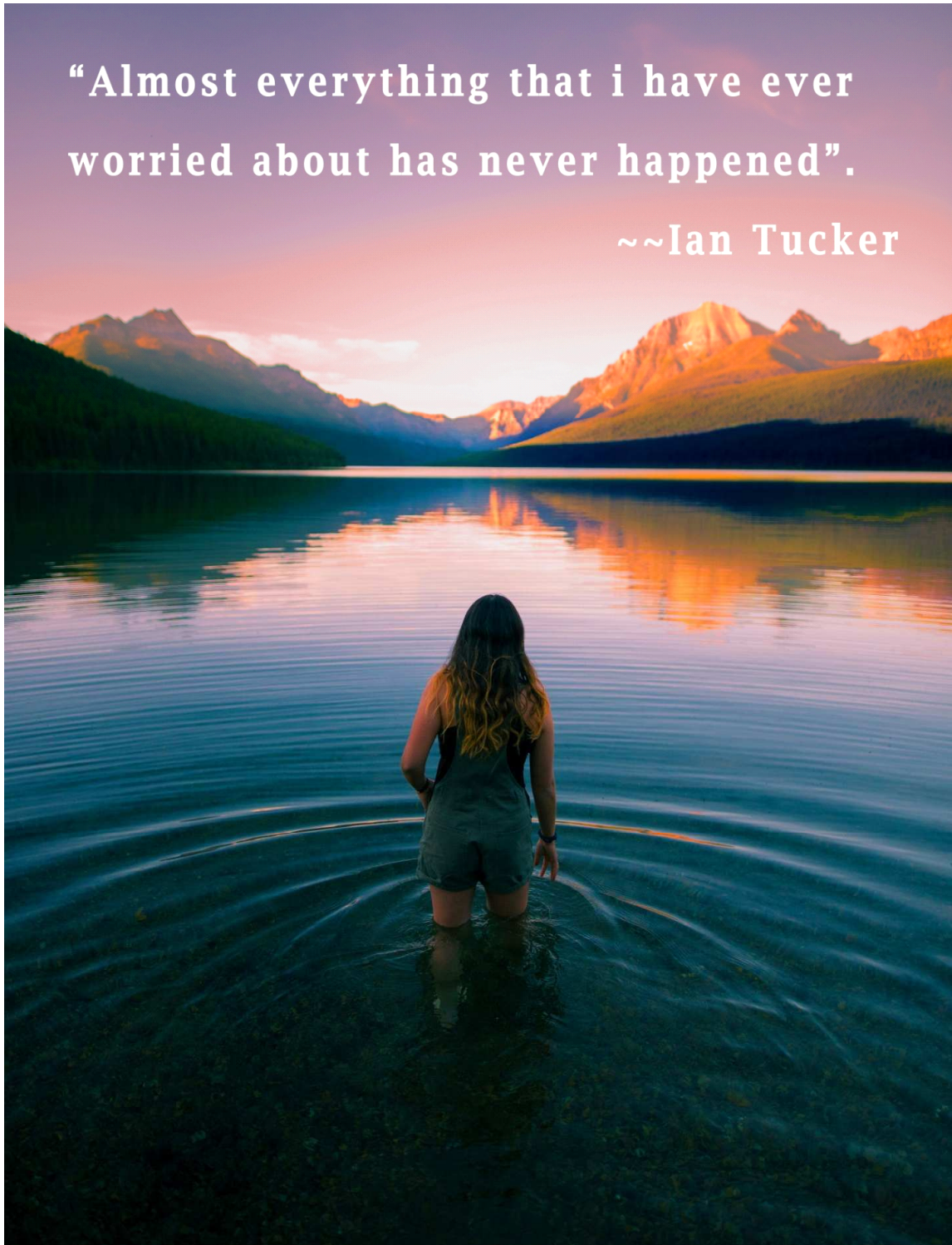
Fear or worries are necessary emotions. They are what keep us alive. If you're scared of jumping off a high cliff, or placing your hand into a naked fire...good!

The problem is, for many of us, our fears and worries start to become larger than life, and they tend to be over things we have no real control over.

Many of us worry about how we look, what other people think of us etc. We fear judgement, humiliation and mockery.

These types of fears and worries do not safeguard you from harm, such as a fear of heights, or fear of fire.

In fact, they do the opposite. Fear begets more fear, and worry begets more worry. The more you indulge your fears and worries, the more you have of them, and the larger they appear!



This Reiki principle asks of you, for just one day at a time, let go of these fears and worries that are really just ‘ghosts’ in your brain.

They are not real fears and worries that safeguard your life. Instead, they hold you back. Ki can only flow when you have belief in the universal life force that surrounds and flows through all of us.

Once you believe in the absolute power of Ki, you'll realize how senseless it is have self-manufactured fears and worries.

### **Reiki Principle No. 3: I Will Be Grateful For All My Blessings**

In the last chapter, we touched on how we become what we think. Hospital patients who are optimistic about their prognosis recover from treatment or surgery faster and more fully than pessimistic patients.

A key Reiki principle is to be grateful and thankful for our blessings on a daily basis. It's human nature to dwell on what we don't have, instead of being grateful for what we do have.

It's why a beautiful woman laments the fact that she hasn't been blessed with Rapunzel-like hair, conveniently forgetting that she has the most unblemished, soft skin, or an amazing hourglass figure.

It's why we fixate on that one 'stupid' thing we said on a first date, forgetting how wonderfully the rest of the date went.

Science has even given us a definitive reason as to why we do this. It's called the 'catastrophic brain.'

It's been proven through research that we still have a part of our brain that was originally forged in the Pleistocene Era. This is when our species shared the world with frightening animals such as saber-toothed tigers and woolly mammoths, and life-threatening phenomena such as ice, famine, and flood.

We developed the ability to always look for what was wrong, instead of being grateful for what was right. Having that kind of catastrophic brain worked for us back then as it kept us safe from physical harm.

Unfortunately, it doesn't work for us now. In fact, all pessimism does is perpetuate the cycle of misery.

Life isn't always a bed of roses, and oftentimes bad events are thrust upon us. We have no choice in that. However, by being pessimistic and dwelling on the negative aspects just creates even more misery.

As someone who is taking their first steps to learning Reiki, you now know that negative thoughts and pessimism doesn't just affect your mental and emotional wellbeing. It can directly manifest into physical ailments.

Guess what? Now you're suffering more physical pain and disease, so now you have even more reason to be pessimistic and miserable! See how you can create your own vicious cycle of misery?

Let's contrast this with taking control and choosing to be grateful, even for bad things that happen to us.

Say you experience a bad event in your life but, instead of reacting with negativity and pessimism, you choose to be grateful. After all, how on earth can you be grateful for all the good things in your life if they can't be contrasted with the bad?

Would we have the word 'day' if there was no 'night'? If there was daylight 24/7, surely it would just be? There would be no word 'day.'

In the same vein, all of the wonderful emotions in life, such as happiness, contentment and excitement, would not exist if we did not feel sad, discontentment or boredom.

This Reiki principle asks you, just for today, to be grateful for the gift of life, and all of its many shades.

It asks that you ignore your catastrophic brain that no longer serves you well. It asks you to only dwell on negative situations briefly, for the purposes of allowing you to fully appreciate its corresponding positive emotion, and then it asks you to let it go and focus on the many blessings you have in your life right now.

Only by experiencing true gratitude for the universal life force can you harness it.

#### **Reiki Principle No. 4: I Will Work With Honesty & Integrity**

Increasingly, we are living in a materialistic world, where acquiring assets, be they property, designer clothes, cars or whatever objects you believe can 'raise your status', is a daily pursuit.

Isn't it funny, however, that no one ever eulogizes at the funeral of a recently departed loved one by detailing how stunning their house was, or how many fast cars they had?

What we remember of people is their character, and specifically the integrity of their character.

Were they honorable? Did they keep their promises? Did they treat others with dignity? Or were they fickle, duplicitous and untrustworthy?

The other aspect is that it takes a lifetime to build a reputation of honesty and integrity, but just a momentary lapse can bring it all tumbling down.



Which is why it's so important in Reiki to work each day with honesty and integrity? It's irrelevant what work you do, whether you're the CEO of a multinational, or you're stacking shelves at a local grocery store.

Whatever you do, do it to the best of your ability. The satisfaction (and the rush of Ki) you derive from a job well done is amazing!

Without doubt you've felt this before. Perhaps you were putting off cleaning out the garage, or painting the fence. They're not the most interesting of tasks, after all.

And yet, once you finally got started and completed the task, you felt a great sense of satisfaction.

This is a surge of Ki you get from doing any job well. You don't have to be saving the world every day.

Complete your tasks to hand to the best of your ability, and with honor and dignity, no matter how small or inconsequential you think those tasks are. Have the honesty to own up to any mistakes you make, fix your mistakes and learn from them.

When you take the opportunity every day to put 100% into all you do, you will experience an abundance of Ki.

### **Reiki Principle No. 5: I Will Be Kind To All Living Beings**

The world feels like it's getting ever more cynical. All we have to do is turn on the TV to see atrocities happening all over the globe, which only serves to make us even more pessimistic.

Hence, we've even become cynical of kindness. If a stranger does something kind, we immediately think, 'What's in it for them?'

It's a sad fact that many of us only return kindness once we receive kindness. But what if, instead of 'paying back' kindness, we chose to pay kindness forward?

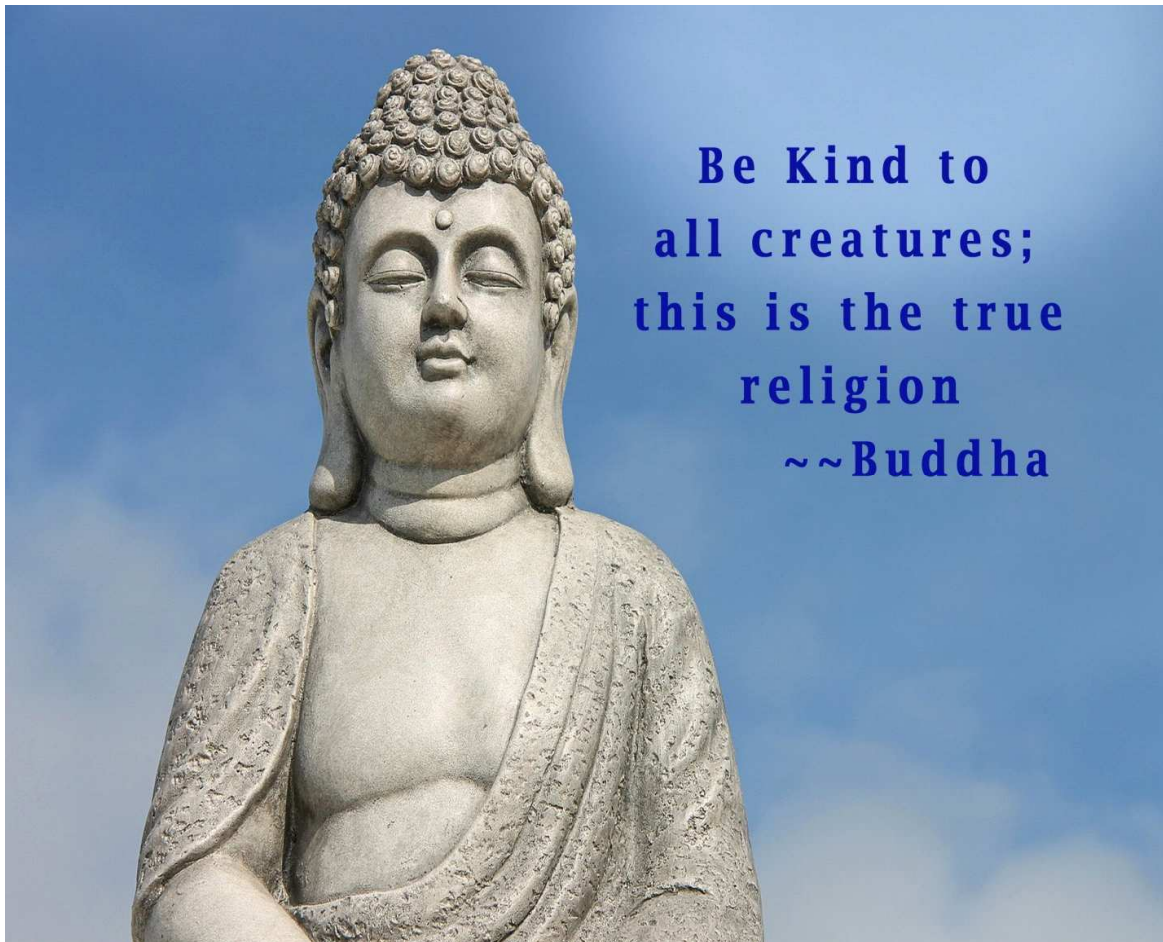
This final Reiki principle is about learning to be the instigator of kindness, instead of simply reflecting kindness back, the creator of kindness rather than the reactor...

When you live each day not looking for kindness to pay back, but paying kindness forward, without even caring whether it is paid back, you start off a beautiful chain reaction in all you come into contact with.

We can all recall a time in our lives when we were stunned by the kindness of a loved one, or even a complete stranger.

By really embodying this Reiki principle, you can give the gift of kindness to people on a daily basis.

This doesn't mean your acts of kindness have to be grandiose every single day! It's simply having respect for all humans, and even animals and plants. It's about understanding that even bad interactions and experiences are teaching you something valuable.



Reiki practitioners believe that, to fully harness the power of Ki, you need to understand that we are all interlinked. Everyone you see around you, every human, animal or plant, are actually an extension of your own self.

In other words, when you are kind to others, you are actually being kind to yourself!

Please note: This does not mean that you shouldn't be cautious and follow your instincts if you feel someone is likely to harm you. You should always allow your instincts to keep you safe.

No, this principle just means that you act with respect at all times, and you never act out of hate or spite.



## **CHAPTER 4 – THE THREE REIKI PILLARS**



**REIKI IS CALMS THE MIND ,EMPOWERS THE SOUL AND  
FILL THE HEART WITH COMPASSION**

Dr Mikao Usui, the founder of Reiki, outlined three Reiki pillars. These pillars create the foundation upon which you can practice the 5 principle of Reiki.

These pillars concern themselves in keeping your body, mind and soul at optimal health. After all, it's difficult to let go of anger, be kind to others, or be grateful for your blessings if you're in mental anguish and / or physical pain.

### **The Reiki Body:**

Usui Sensei often referred to the human body as the 'Temple of the Spirit.' You should treat your body with the same reverence as a temple, with great respect and care.

Usui Sensei practiced Kiko, a Japanese form of Qigong which uses repetitive coordinated breathing and movement. You should also practice a form of exercise that utilizes Ki, such as Tai Chi or yoga, so you keep your body in perfect health, with optimal levels of Ki.

Ideally you'll be exercising every day, but if that's not possible, aim for 3-4 times a week.

### **The Reiki Mind:**

Looking after the human mind is as important as looking after the body. Usui Sensei would do this by meditating every day.

You should also try to incorporate meditation into your daily routine, even if you can only spare 10–15 minutes (we recommend 30 minutes), especially because we now have such busy, stressful lifestyles.

Meditate on a daily basis, and you'll be stunned at how much more relaxed you become, even in the face of adversity.

### **The Reiki Soul / Spirit:**

We touched on positive anger in the last chapter, and how this type of anger can be a good thing as it provides the fire and motivation to change and rectify wrongdoing.

However, even positive anger needs to be channeled correctly, otherwise it will still lead to low levels of Ki in an individual.

Usui Sensei said that we should focus on caring for society. Remember, in Reiki, everything and everyone is connected by the universal life force. To care for others is to care for ourselves.

This is the perfect way to channel positive anger. If you feel outraged by certain problems, such as child poverty, homelessness etc., and look for opportunities to volunteer with charities and organizations that are trying to rectify that problem.

Positive anger can only remain positive if it turns into positive action. Anger is anger and, even when it's positive, if it is allowed to sit inside you with nowhere to go, it can be as damaging to you as negative anger.

Another way to looking after the soul or spirit is by giving Reiki to others. We spoke previously about how many people learn Reiki as a way to self-heal. But soon they feel compelled to heal others.

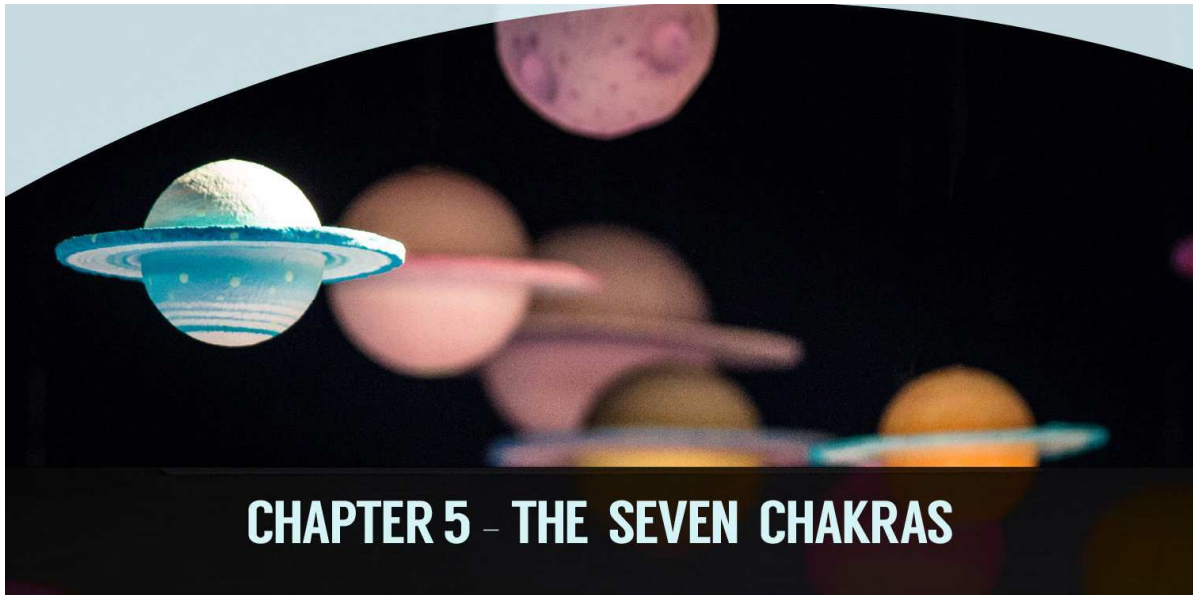
Remember, Ki can become depleted when you don't eat well, sleep well, you feel stressed, or you have become stuck in a pattern of negative thinking.

But your Ki can never be depleted because you chose to give some of your Ki to another person.

In fact, the opposite happens. Reiki flows through you and by demonstrating care for others by giving Reiki, the more your soul benefits and is energized with even more Ki!

Ideally, you would be giving Reiki or volunteering for a good cause every day, but of course, this isn't always possible. Instead aim for at least once a week.







Much like how you have the cardio vascular system of the heart, arteries and veins that pump blood around your physical body, you also have a life force energy system, with energy centers known as chakras.

Chakra is an old Sanskrit word that literally translates into “wheel”. Ki (or ‘prana’ as it is called in Hinduism and Buddhism) spins and rotates inside of you around 7 specific centers in your body, starting at the base of your spine and going all the way up to the top of your head.

Just like your heart has different valves that control the blood that flows in and out of it, these chakras controls the flow of Ki inside them.



When you are healthy and balanced, the 7 chakras spin at exactly the right speed that provides the perfect flow of nourishing Ki to every single part of your body, mind and spirit.

However, when you are unbalanced, one (or more) of your chakras are either spinning too fast, or spinning too slowly.

Also, just like your arteries and veins carry blood around your entire body, so in turn you have energy meridians that carry Ki around your body, nourishing your physical, mental and emotional wellbeing.

And just like a blockage in your arteries or veins can cause a stroke or heart attack, a blockage in these meridians leads to sickness and disease, mentally, emotionally and/or physically.

Each chakra controls certain specific aspects of your mental, emotional and physical wellbeing, so by learning about the 7 chakras, you can direct Ki to where you need it most.

Now, we've already touched on the fact that Ki has the natural ability to flow to exactly where it is needed. A Reiki healer does not need to specifically direct Ki to where the recipient needs it. Ki seeks out weak zones and surges in to correct imbalances.

However, many Reiki practitioners find it incredibly helpful, when healing others or self-healing, to visualize one or more of their chakras, as it helps them focus and channel Ki.

So let's look at each of the chakras in depth.

### **Muladhara – The Root Chakra:**

This is your first chakra, and is located at the base of your spine, near your tailbone, and it goes up to just below your belly button. It radiates down into the ground, rooting your energy to the Earth.

This chakra is concerned with day to day survival, and its primary role is to give you everything you need to survive. In the modern world, this will translate to financial and emotional security.

When this chakra is unbalanced, it will cause anxiety and panic attacks. It will literally be screaming messages of survival. Its why, if you've ever suffered panic attacks or phobias, you genuinely believe that you are about to die, when in reality, there is no real source of danger.

Physical ailments associated to an unbalanced root chakra are lower back problems, digestive problems, hip problems, prostate issues in men, and ovarian cysts in women.

**Svadhishana – Sacral Chakra:**

Your second chakra starts below your belly button and extends up to its center. This chakra is concerned with the enjoyment of your life. It is what motivates you to indulge in pleasurable activities such as sex, and creative activities, such as dance, painting etc.

When this chakra is unbalanced, it will cause addictions (over indulgence of life's pleasures), restlessness, depression, feelings of guilt, lack of passion and creativity.

Physical manifestations are obesity, impotence, hormone imbalances and associated disorders.

**Manipura – The Solar Plexus Chakra:**

Your third chakra starts at the center of your belly button and extends up to your breastbone. This chakra is concerned with giving you your identity, and instilling you with confidence and decisiveness.

When this chakra is unbalanced, you may feel the need to 'micromanage' and display controlling tendencies. You could become angry quickly, feel paralyzed with indecisiveness, or feel insecure and needy.

Physical ailments associated to an unbalanced solar plexus chakra are digestive imbalances, and imbalances to internal organs, such as the pancreas, liver, kidneys and appendix.

**Anahata – The Heart Chakra:**

Your fourth chakra is located from your breastbone to up and over your physical heart. This chakra is associated with helping you feel love, compassion and kindness, for yourself and for others.

When this chakra is unbalanced, you start to make bad choices and lose your personal boundaries, all in the name of love. This can lead to being used and abused by unscrupulous others. You could also build emotional walls to stop anyone from entering your heart, leading to feelings of loneliness, and relationship difficulties.

Physical issues associated with an unbalanced heart chakra are heart problems, heart burn, and fast or irregular heartbeat.

**Vishuddha – The Throat Chakra:**

Your fifth chakra is located just above your heart and extends up to your throat. This chakra is concerned with communication, clarity of speech, and allowing you to ‘speak your truth.’

When this chakra is unbalanced, you may feel ignored or invalidated by others. You may also be quite overbearing, and love hearing the sound of your own voice, at the expense of listening to others. Conversely, you may become shy, unable to express your emotions, and struggle for words (literally).

Physical ailments associated with an unbalanced throat chakra are mouth ulcers, dental cavities, throat infections and a sore throat, as well as digestive issues (especially if you are unable to express emotions, and therefore ‘swallow your words’).

### **Ajna – The Third Eye Chakra:**

Your sixth chakra is located between your eyebrows. This chakra is concerned with opening you up to the psychic universe, and helping you on your path of spiritual development.

When this chakra is unbalanced, we feel disconnected emotionally, and disconnected to the spiritual world. We may view life as just a case of surviving, instead of seeing the true beauty of life, which can lead to depression, low mood and thinking ‘what’s the point of life?’

Physical manifestations associated with an unbalanced third eye chakra are allergies, problems with your sinuses, headaches and migraines.

### **Sahaswara – The Crown Chakra:**

Your final chakra is at the top of your head, and it radiates upwards and outwards, connecting you to the energy of the rest of the universe.

This chakra is concerned with feelings of ‘oneness,’ of seeing beyond the material world, and finding conscious energy everywhere and in everything. Successfully balancing this chakra is what the Buddhists call achieving nirvana.

This chakra is different to all the others because, for it to be balanced would mean you have conquered suffering and even death. In other words, you would no longer be human, and you have turned into conscious energy.

So, when this chakra is unbalanced, it means you’re still human. Therefore, all practices, such as Reiki, yoga, Tai Chi etc. focus on balancing the other 6 chakras, which over time

leads to the balancing of the 7<sup>th</sup> chakra, achieving nirvana, leaving your human body behind, and joining the universal conscious energy.

### **Energizing Your Chakras Through Reiki:**

As explained before, a Reiki healer does not need to place his or her hands over a particular chakra in order for the healing Ki to work for particular ailments. Ki has the natural ability to flow to exactly where it is needed.

However, many Reiki practitioners prefer to place their hands over certain chakras, depending on what is wrong, as it helps them to focus and visualize.

If you're unsure as to which chakra is unbalanced, remember, Reiki energy is intelligent, so don't worry. Instead, focus on each chakra, one by one, and trust that KI will flow to exactly where it is needed most.





Reiki attunement is the process by which you receive the power of Reiki. This is done by learning how to open up your Crown Chakra (Sahaswara). If you remember from the previous chapter, this is the chakra that connects you up to the wider universe. It is through this chakra you receive the ability to self-heal, and heal others.

There are 3 levels of attunement. The first level (also known as First Degree) is focused on opening and expanding the main energy channels in your body, to allow Ki to flow more freely and deeply through you.

This emphasis at Level 1 is in self-healing, clearing all of your energy blockages and obstacles, so you are your best self, mentally, emotionally and physically.

Level 2 (also known as Second Degree) is focused on giving Reiki on others. Also, at this level, you receive 3 Reiki symbols, which allow you to connect more deeply to the universal Ki. Each symbol has different qualities, which allows you to focus and guide KI more acutely.

Level 3 (also known as Third Degree) is when you attain Reiki Master status. This is when not only can you self-heal, and heal others, you can also attune others. At this level, you will receive the final 2 Reiki symbols.

When it comes to attunement, Reiki practitioners fall into two schools of thought. The first group believes that attunement can only be done by a Reiki Master.

In other words, someone who is interested in harnessing Reiki must go to a Reiki Master, who performs a ceremony (called Reiju in Japanese), to be attuned first before they can start to heal themselves (Level 1) or others (Level 2).

Then there are other Reiki practitioners who believe that attunement is something you can do yourself at home, and there is no need for you to seek out a Reiki Master.

Who is correct? Let's look at the arguments on both sides.

Reiki is the practice by which anyone can channel the universal life force to heal themselves and others. 'Rei' is often translated to 'universal' which means it can be utilized by anyone. And Ki flows through all living things.

Because of this, some Reiki practitioners believe that there is no need to receive attunement from a Reiki Master. The universal life force is everywhere, ready for you to harness it.

In fact, many of these Reiki practitioners don't like the idea of attunement being something that is passed down, as they believe it makes Reiki appear like a cult, or some sort of secretive organization, where knowledge is passed down to the few who are willing to pay for an attunement ceremony.

Indeed, the main concept of channeling Ki through the Crown Chakra is something that is taught widely in different types of meditation and yoga, without the need for any ceremony.

On the flip side, proponents of Reiki Master led attunements state that the Reiju ceremony is infinitely more powerful when you are in the presence of a Reiki Master.

This is a fair point. If you've learnt any skill in the past, such as a new language, you'll know that you learn better when you are with others. The constant feedback you get in group or class situations allow you to master new skills much faster than learning on your own.

Also, at Level 2, you will learn about 3 different Reiki symbols. These symbols can be difficult to fully understand by someone from the West. Mrs. Takata did an amazing job by making Usui Sensei's teachings more accessible to the West, but these symbols are still not easily explained to the layman.

Proponents of Reiki Master led attunements explain that a student is able to absorb the true meanings of each of these symbols from the Reiki Master, so they become fully imprinted into their subconscious...something that they believe cannot be done when going through self-attunement.

Some of these people even take offence that these symbols are now widely depicted online and in books. In the past, these symbols were only revealed to Reiki students by a Reiki Master during an attunement ceremony.

The choice is yours on which route you wish to take. For those that wish to study and practice Reiki on their own, we have included the 5 symbols in Chapter 8, along with the meanings.

For those that wish to seek guidance from a Reiki Master, we advise you to do your due diligence. Don't just pick the first Reiki Master you meet.

The Reiki Master needs to be a good fit for you, in the same way that, if you sought therapy, you would seek a therapist who you resonated with.

Whether you choose self-attunement, or Reiki Master led attunement, the following steps will help you get the most out of the attunement process.

These steps purify your body, which allows a more seamless flow of Ki through your body during attunement.



## The 7 Basic Purification Steps

- **Do not eat meat or fish for 3 days prior to attunement**

It's a sad fact that most of the food we eat here in the West is heavily processed, and has 'extras' added in, such as pesticides, metals, drugs and hormones, which interfere with the flow of Ki during attunement. They are most concentrated in meat and fish, so it makes sense to avoid for at least 3 days before attunement.

- **Do not drink alcohol for 3 days prior to attunement**

Alcohol can also disrupt the flow of Ki. Urine tests can detect alcohol inside someone up to 80 hours after consumption, so it's best to stay clear of alcohol for at least 3 days before attunement.

- **Do not drink tea or coffee for 24 hours before attunement**

Caffeine interferes with the flow of Ki in the same way alcohol does. However, caffeine leaves the blood stream faster than alcohol, so giving it up for just one day before attunement is sufficient

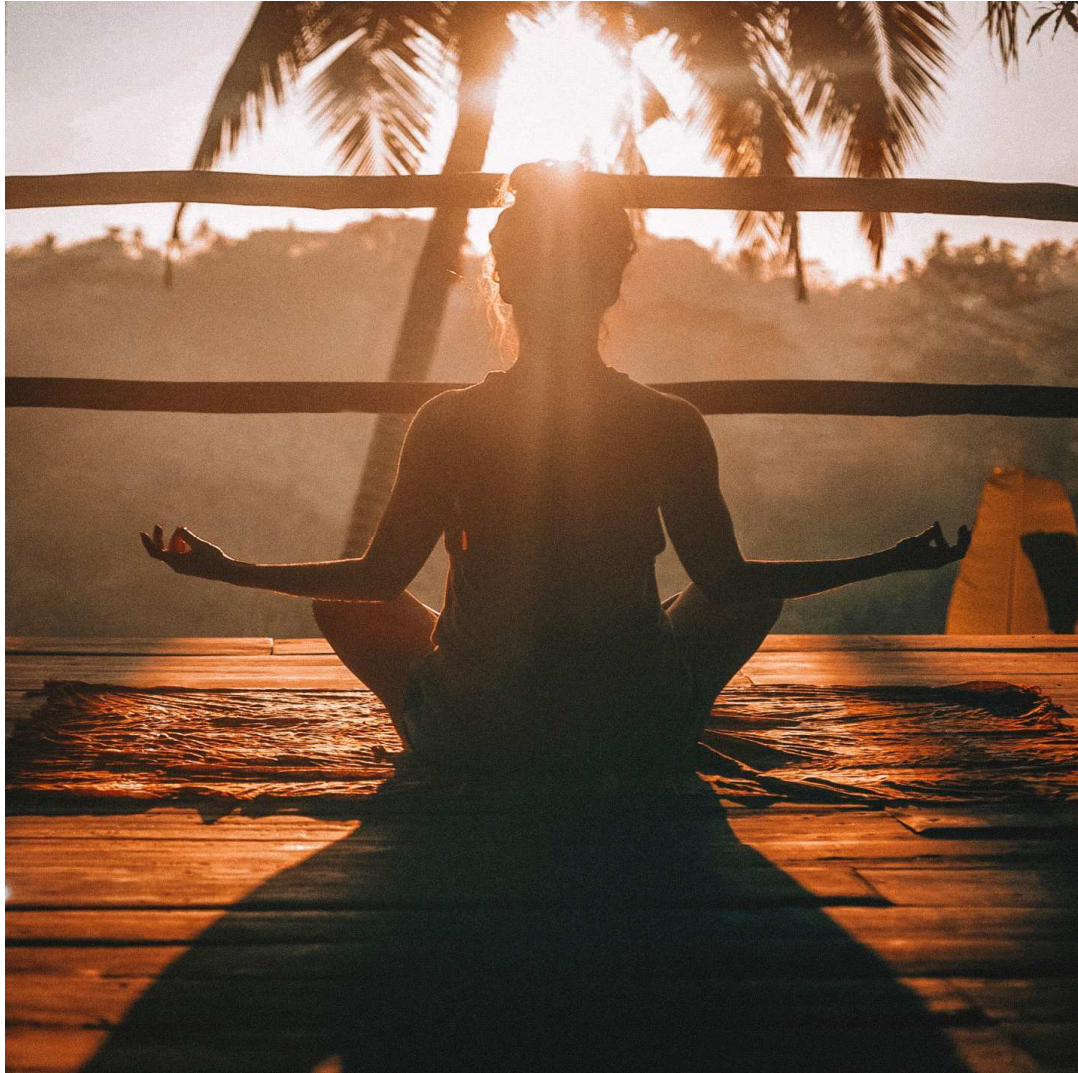
- **If you are a smoker, do not smoke on the day of attunement**

Ideally, you should not smoke for several days before attunement (even more ideally, give up completely). However, we understand how difficult cigarettes are to give up.

Also, going cold turkey days before attunement may cause irritability and stress, which will not help you during attunement. Instead, make a conscious decision to cut down the number of cigarettes you smoke for the 3 days leading up to attunement, and then do not smoke on the actual day.

- **Meditate for 7 days prior to attunement**

We recommend an hour a day of perfect silence, but if this is not possible, just meditate for however long you can. Make sure you meditate every day for 7 days until the day of attunement. Results are better if you meditate every day, even for short stints, rather than having 1-2 extra-long sessions.



- **Cut back on watching television, reading newspapers and listening to the radio for 7 days prior to attunement**

We're not saying that media is all negative (although if you mainly watch, listen or read the news, then 99% of it is). We recommend you cut back as media can serve as a distraction from us sensing the universal life force around us.

When we're 'tuned in' to our TV or radio, we're essentially 'tuned out' from feeling the power of KI.

- **Drink plenty of water for 7 days prior to attunement**

It's a fact that many of us are in a constant state of thirst without even knowing it. Medical doctors even state that our brains cannot always tell the difference

between thirst and hunger, and most of us eat extra calories purely because we're trying to satiate what we believe is hunger, when all it would have taken was a glass of water.

Around 60% of the human body is made up of water. Chronic dehydration disrupts the flow of Ki, and can cause confusion, tiredness, headaches and migraines. A great tip is to drink a glass of water prior to every meal. Not only will you be getting your mind and body ready for attunement, you will find you don't need to eat anywhere near as much as you thought.

### **The 3 Advanced Purification Steps**

The following steps are for anyone who wishes to take things up a notch. These steps are not always possible if you have a busy lifestyle, but make the effort, and you will take your mind and body to the next level in terms of purification, which can only mean an even more effective Reiki attunement/

- **Do a juice or water fast for 3 days prior to attunement**

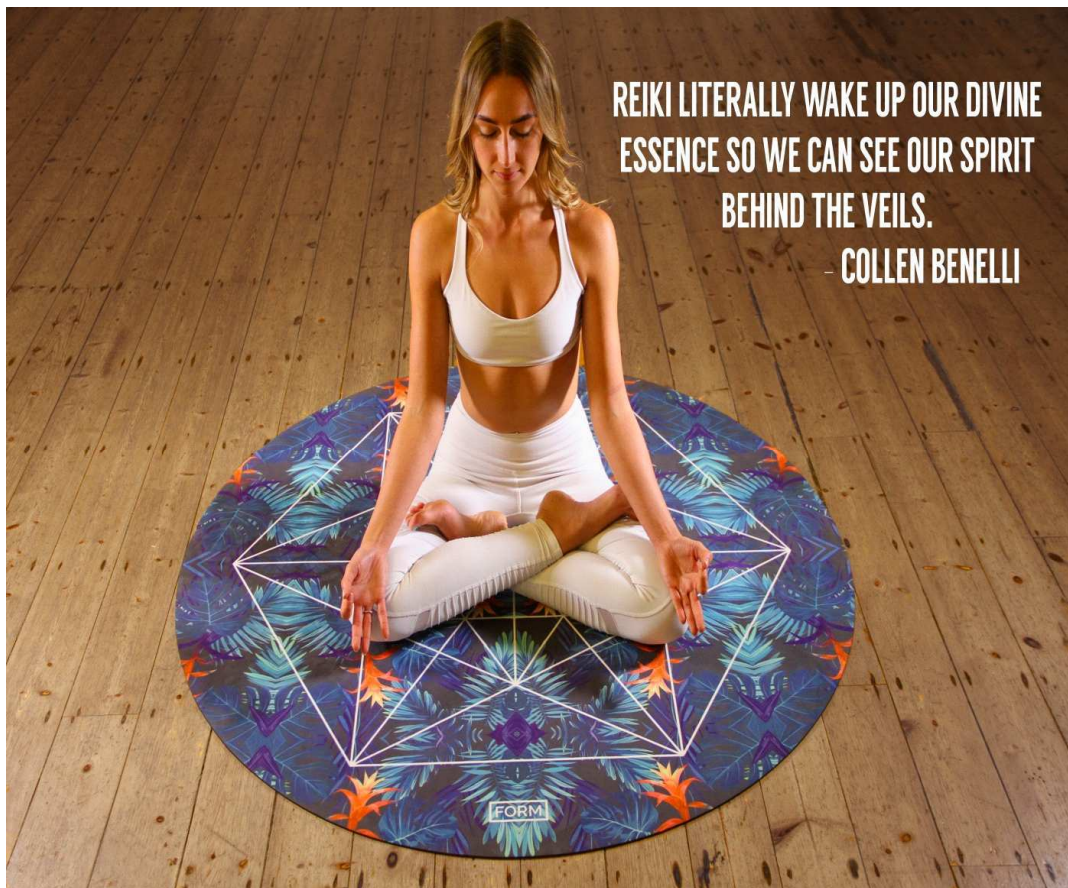
The purer your body is on the day of attunement, the more Ki that will flow from the cosmos and into you, through your Crown Chakra. Consider fasting for 3 days prior to the day of attunement, drinking only water. If you've never fasted before, and drinking just water for 3 days seems daunting, do a juice fast instead.

- **Cut out processed foods for 7 days prior to attunement**

As stated before, processed foods can have pesticides, metals, drugs and hormones inside them. For a week before attunement, resolve to buy only organic produce, and cook meals from scratch. If you can follow a raw food diet for 7 days (food eaten in its natural state and not cooked) that's even better.

- **Spend 30 minutes a day doing a solo activity for 7 days prior to attunement**

In a modern, hectic world, rarely do we take time out for ourselves. Spend 30 minutes every day doing an activity that allows you to focus on yourself. It could be nature walks, doing yoga, or just taking a warm bath. Do whatever you want that involves you parking all the daily chores and tasks, and focusing on you.



As discussed previously, the choice is yours whether you wish to go through self-attunement, or you wish to seek the guidance of a Reiki Master.

For those who wish to attune themselves to the power of Reiki, here is the process. For everyone else, please skip this chapter.

**Step 1:** Sit on the floor, with both the soles of your feet touching or, if you're not able to, cross-legged. Make sure you are completely comfortable. Add cushions if the floor is hard and likely to cause discomfort. Make sure your back is straight and you are not slumping forward.

**Step 2:** Add anything else that either adds to your comfort or your religious / spiritual beliefs (play soft music, burn incense, light candles, call upon guardian angels, invoke your spiritual guides etc.) Now bring your palms together in front of you into a prayer position.

**Step 3:** "Intend" on receiving full Reiki attunement. You now know that how we think is so important to our health and wellbeing. Believe in the power of the universal life force all around us. Believe in unconditional love, and that you want to become one with this love. Only when you truly believe can you receive the gift of Reiki.

**Step 4:** Visualize a soft white light entering the crown of your head, and hitting your Crown Chakra. Visualize the light filling your Crown Chakra, cleansing it, balancing it, and bringing it into harmony.

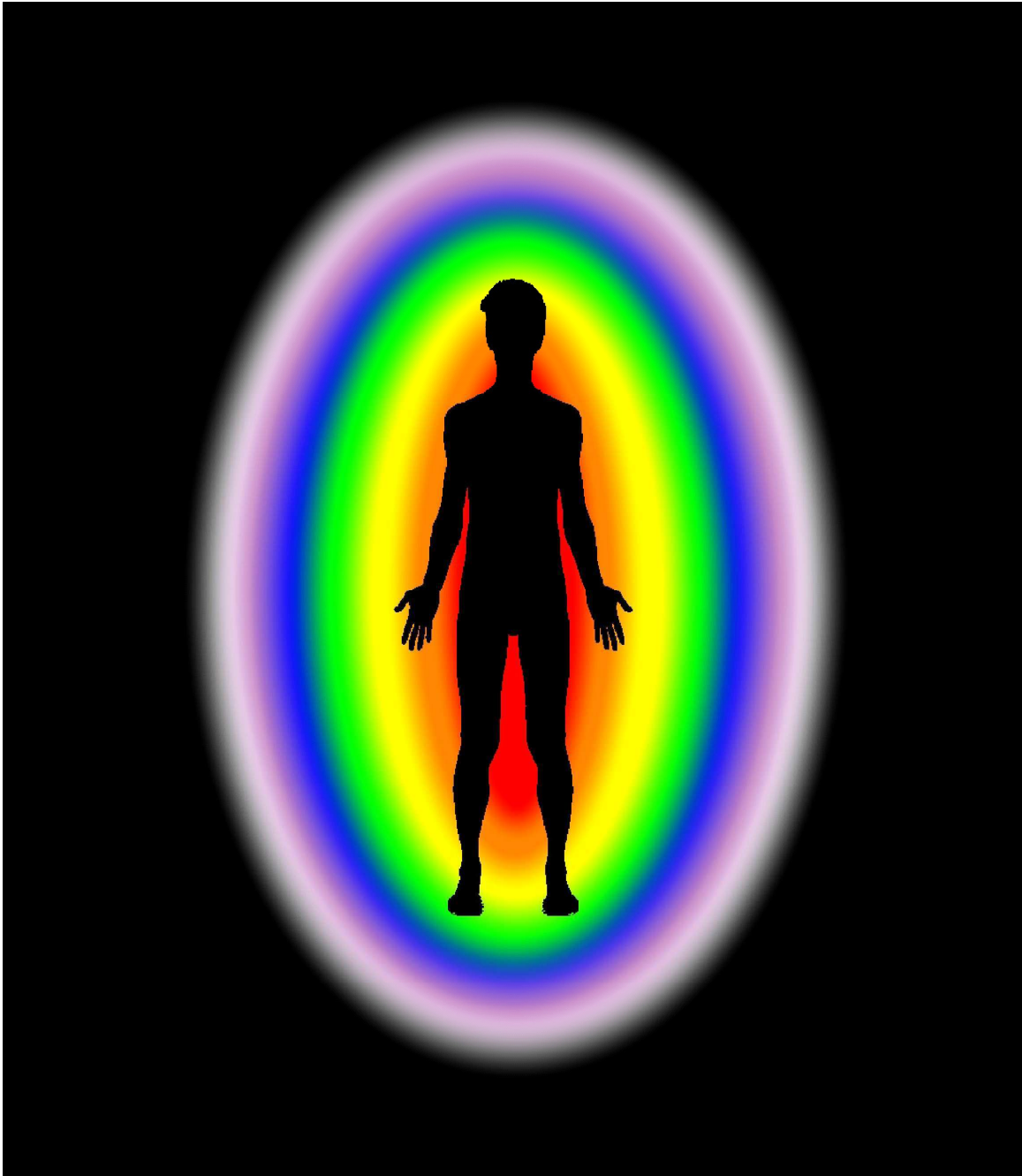
**Step 5:** Visualize this white light now dropping into your Third Eye Chakra, filling it with warmth and energy, cleansing, balancing and harmonizing it.

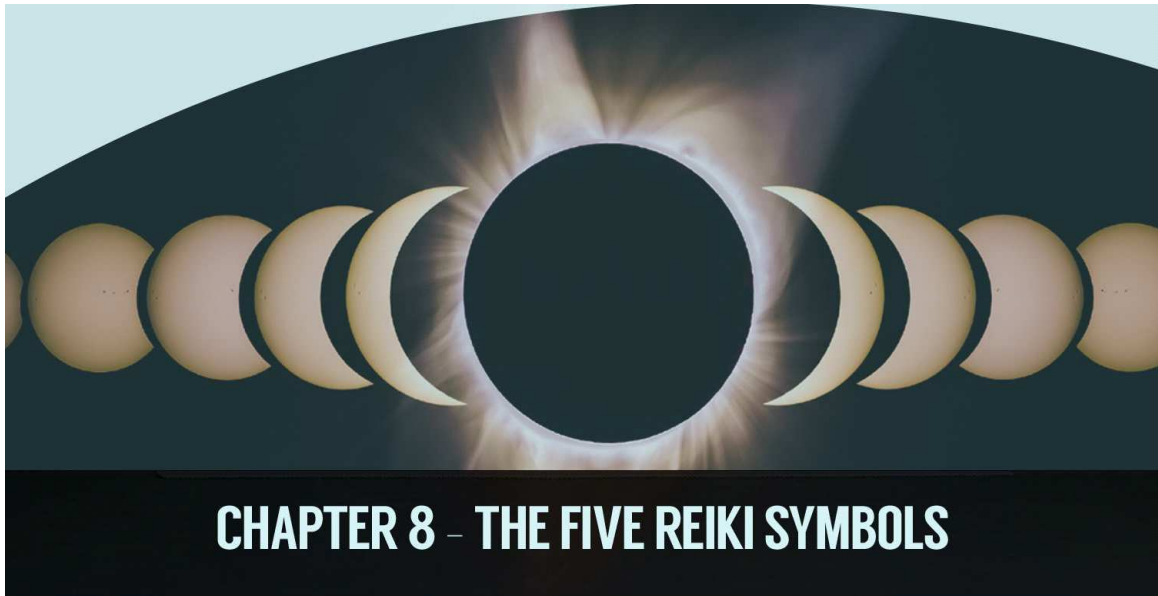
**Step 6:** Now visualize this white light dropping into each of your remaining chakras, one by one. Feel the white light fill your Throat Chakra, then Heart Chakra, then Solar Plexus Chakra, then Sacral Chakra and lastly your Root Chakra....each one left completely cleansed, balanced and in harmony with the universal life force.

**Step 7:** Visualize the white light extending down beyond your Root Chakra, exiting you and joining you to the Earth. You can now feel the universal life force entering from the cosmos through your crown, flowing through each of your chakras and rooting you directly to the Earth.

**Step 8:** Drop your hands from the prayer position and let them rest on your thighs, palm up. Now visualize the white light moving from your Root Chakra and flowing into your arms. Visualize this light filling your arms and coming out from both palms, filling the room with divine white light.

**Step 9:** Sit for as long as you like, feeling the flow of healing Ki extending out of your palms. Once you are ready, draw up your 'roots' from the Earth, and bring yourself back into the material world, now fully attuned to Reiki.







As explained in Chapter 6, it is your choice whether you wish to self-attune, or seek the counsel of a Reiki Master.

If you have chosen to be guided by a Reiki Master, then skip this chapter as we will now introduce the 5 Reiki symbols. Instead, your Reiki master will introduce these symbols to you as you progress through the Reiki levels. You will receive your first 3 symbols at Level 2 (Second Degree), and the remaining 2 symbols at Level 3 (Third Degree).

For those who have chosen self-attunement, read on...

Remember, there are 3 levels of attunement; the first level emphasizes self-healing, so you are your best self, mentally, emotionally and physically.

Level 2 is focused on giving Reiki to others. It's at this level that you are introduced to the first 3 Reiki symbols.

We advise you learn how to recreate these 3 symbols from memory, so you are able to draw these symbols in the air with just your hands or fingers, or draw them onto paper at will.



When you are ready to attune yourself to the second level, follow the self-attunement process in Chapter 7. This time round however, you can concentrate on each symbol in turn as you visualize the white light entering each of your chakras.

Remember, each symbol has different qualities, which allows you to focus and guide KI more acutely than at Level 1.

Lastly, Level 3 is focused on you being able to attune others. At this level, you will receive the final 2 Reiki symbols.

## Cho Ku Rei – The Power Symbol



This Level 2 symbol is drawn in three strokes, and can be drawn clockwise, as opposed to how it's shown here (counter-clockwise). Both are equally powerful.

“Cho Ku Rei” translates into “I have the key.” The main use of Cho Ku Rei is to draw power and energy from around you, and then focus that energy on the destination you have in mind for it.

## She Hei Ki – The Harmony Symbol



This Level 2 symbol is drawn with nine strokes. “She Hei Ki” translates into “key to the universe.” The main use of She Hei Ki is to purify, and bring emotional and mental balance, hence why it is sometimes referred to as the peacemaker symbol.

This symbol is perfect for helping you (or others) through a particularly tough, emotional time.

## Hon Sha Ze Sho Nen – The Connection Symbol



“Hon Sha Ze Sho Nen” translates loosely to “No past, no present, no future.” It can also mean “the God in me contacts the God in you.” This Level 2 symbol is often called the distance symbol, as its primary use is to send Reiki across long distances. You could send Reiki healing to someone on the other side of the planet, if needed.

But more so than that, this symbol goes beyond space and time (hence no past, no present, no future). It connects everything across the universe, so you can send healing, not just across distances, but across time too.

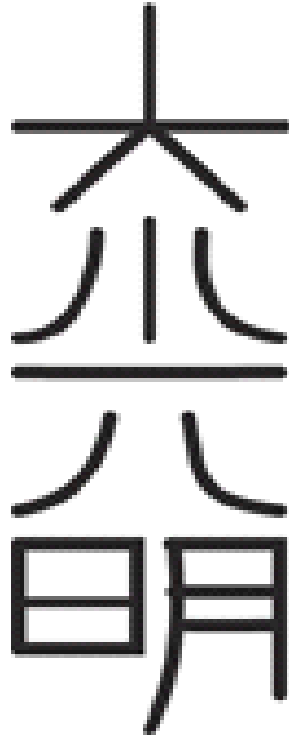
You can send healing Reiki to yourself or others in the future (perhaps for a scheduled surgery or treatment). You can also send Reiki to your past, or someone else's past, to heal emotional and mental traumas that arose from past events.

“Hon Sha Ze Sho Nen” translates loosely to “No past, no present, no future.” It can also mean “the God in me contacts the God in you.” This Level 2 symbol is often called the distance symbol, as its primary use is to send Reiki across long distances. You could send Reiki healing to someone on the other side of the planet, if needed.

But more so than that, this symbol goes beyond space and time (hence no past, no present, no future). It connects everything across the universe, so you can send healing, not just across distances, but across time too.

You can send healing Reiki to yourself or others in the future (perhaps for a scheduled surgery or treatment). You can also send Reiki to your past, or someone else's past, to heal emotional and mental traumas that arose from past events.

## Dai KoMyo - The Reiki Master Symbol



This is a Level 3 symbol, and it loosely translates into “great enlightenment” or “bright shining light.” This symbol is the heart of Reiki, and it represents inner knowledge, truth, and soul healing.

The purpose of this symbol is to reiterate the power of unconditional love.

## Raku – The Completion Symbol



This Level 3 symbol is solely used in the final stages of attunement, to seal in the energy into the seven chakras. The striking ‘lightning bolt’ symbol represents the Ki being drawn downwards from the cosmos, filling, cleansing and balancing your chakras, from the top Crown Chakra, all the way down to your Root Chakra, and then rooting itself into the Earth.

This is the only symbol that was not actually taught by Usui Sensei. This symbol was incorporated by one of Mrs Takata’s students, Iris Ishikuro, to help with the grounding process directly after attunement.

Raku was then brought to the West by Arthur Robertson, a student of Ishikuro.



**CHAPTER 9 - THE 16 REIKI HAND POSITIONS FOR  
SELF-HEALING**





Once you are attuned to Reiki, whether that's through the attunement process with a Reiki Master, or through self-attunement, you are ready to benefit from the healing power of Reiki.

This chapter will go through the 16 hand positions you can use to heal all manner of ailments and conditions within you.

It is important to note, the hand positions we have in the West are slightly different to the ones associated with traditional Reiki. The ones we detail here are the ones introduced by Mrs Takata, the Reiki Master who brought Reiki to the West.

- **Head position 1** - This is for healing any problems with the sinuses, ears, nose and throat, colds, lymphatic diseases, hormone imbalances and stress.

Place your hands side by side so the sides are touching. Now use your hands, while together, to cover your eyes. Make sure you don't actually touch your eyes as this can be uncomfortable.



- **Head position 2** – This is for healing issues with the pituitary gland, tiredness, stress, headaches, immune system, concentration, brain problems, and mental and emotional problems.

Place your right and left wrists side by side, and then place the palm of each hand over your temples.



- **Head position 3** – This is for healing colds, treating issues associated with the ear, nose or throat, and treating balance and orientation problems.

Place your hands on either side of your head and slightly cup them over each ear.



- **Head position 4** – This is for healing headaches, colds, neck and back problems, tension problems, and spinal nerve problems.

Place your hands side by side and then place them behind your head, so your hands become a 'bowl' for your head.



- **Body position 1** – This is for healing the throat, thyroid and the thymus, as well as issues with communication, anxiety, and expressing oneself.

Place your hands and fingers so they form a ‘tent’ above your throat. Do not touch the throat as that can be uncomfortable.



- **Body position 2** – This is for healing problems with the lungs, such as asthma and bronchitis, as well as allergies, thymus, and difficulty in accepting things.

Place your hands over your collar bone and breast bone.



- **Body position 3** – This is for healing any ailments of the heart, lungs, circulation problems, asthma, allergies, thymus, the immune system and emotional disturbances.

Place your hands above and below your breasts.



- **Body position 4** – This is for treating digestive disorders, as well as healing the lungs, spleen, gall bladder, sternum, pancreas and liver, and alleviating issues with control, worry and nervousness.



Place your hands under your breasts, over your lower ribs.



- **Body position 5** – This is for treating depression, the inability to feel happiness, and feelings of emptiness, as well as healing the spleen, digestive organs, kidneys, liver, gall bladder, and adrenal glands.

Place your hands in the middle of your stomach, just above the naval area.



- **Body position 6** – This is for treating the reproductive organs, testicles, ovaries, bladder, kidneys and adrenal glands, as well as weight problems, sexual dysfunction (both physical and emotional) and tiredness.

Place your hands over your pubic bone along your groin.



- **Back position 1** – This is for healing the lungs, heart, adrenal glands, lymph nodes, diaphragm, and kidneys, as well as alleviating stress, allergies and relationship problems.

Place your hands over the middle of your back, with fingers touching.



- **Back position 2** – This is for treating mental problems and relationship issues, as well as healing the digestive organs and reproductive organs.

Place your hands over your lower back, with fingers touching.



- **Back position 3** – This is for treating any problems with the spine (sometimes known as the ‘back fixer’).

Place one hand at the neck, and the other over the tailbone.



- **Leg position 1** – This is for healing knee injuries, headaches, head injuries, neck injuries and neck stiffness. It also treats any energy blockages in the lower body.

Place one hand over one of your knee caps, and the other under the same knee. You need to treat each knee separately.



- **Leg position 2** – This is also for clearing energy blockages, as well as treating issues with the neck, throat, lymph, thyroid and pelvic area.



Bring both your hands together over one ankle. Treat each ankle separately.



- **Leg position 3** – This is the ultimate healing position. Your feet contain reflex zones that correspond to every organ and chakra in your body. Treating your feet treats all the organs and chakras.

Place one hand over one foot; place the other hand under the same foot so the palm touches the sole. You can cup the feet, if you wish, by bringing the fingers together. Treat each foot separately.





**CHAPTER 10 – THE 18 REIKI HAND POSITIONS FOR HEALING OTHERS**



Reiki is not a type of massage, and it does not involve physical manipulation of the body. It only involves the gentle placement of hands onto the body.

Therefore, the person who will be receiving Reiki from you can stay fully dressed. Just ask them to wear loose clothing for their own comfort.

It is best if they can lie horizontally on a table in the middle of a room, which you can walk around, as this will allow you to place your hands more easily onto different areas of the body. However, if someone has mobility issues, it is possible to give Reiki to them while they are sat in a lounge chair, or even lying in bed.

- **Head position 1** - This is for healing any problems with the sinuses, ears, nose and throat, colds, lymphatic diseases, hormone imbalances and stress.

Place your hands side by side so the thumbs are touching. Now use your hands, while together, to cover their eyes. Make sure you don't actually touch their eyes as this can be uncomfortable for them.



- **Head position 2** – This is for healing issues with the pituitary gland, tiredness, stress, headaches, immune defense, concentration, brain problems, and mental and emotional problems.

Place your right and left wrists side by side, and then place the palm of each hand over their temples.



- **Head position 3** – This is for healing colds, treating issues associated with the ear, nose or throat, and treating balance and orientation problems.

Place your hands on either side of their head and slightly cup each ear.



- **Head position 4** – This is for healing headaches, colds, neck and back problems, tension problems, and spinal nerve problems.

Place your hands side by side and then slide them under their head, so their head lays in the ‘bowl’ your hands have created.





- **Body position 1** – This is for healing the throat, thyroid, and the thymus, as well as issues with communication, anxiety, and expressing oneself.

Place your hands and fingers so they form a ‘tent’ above their throat. Do not touch the throat as this can be uncomfortable for them.



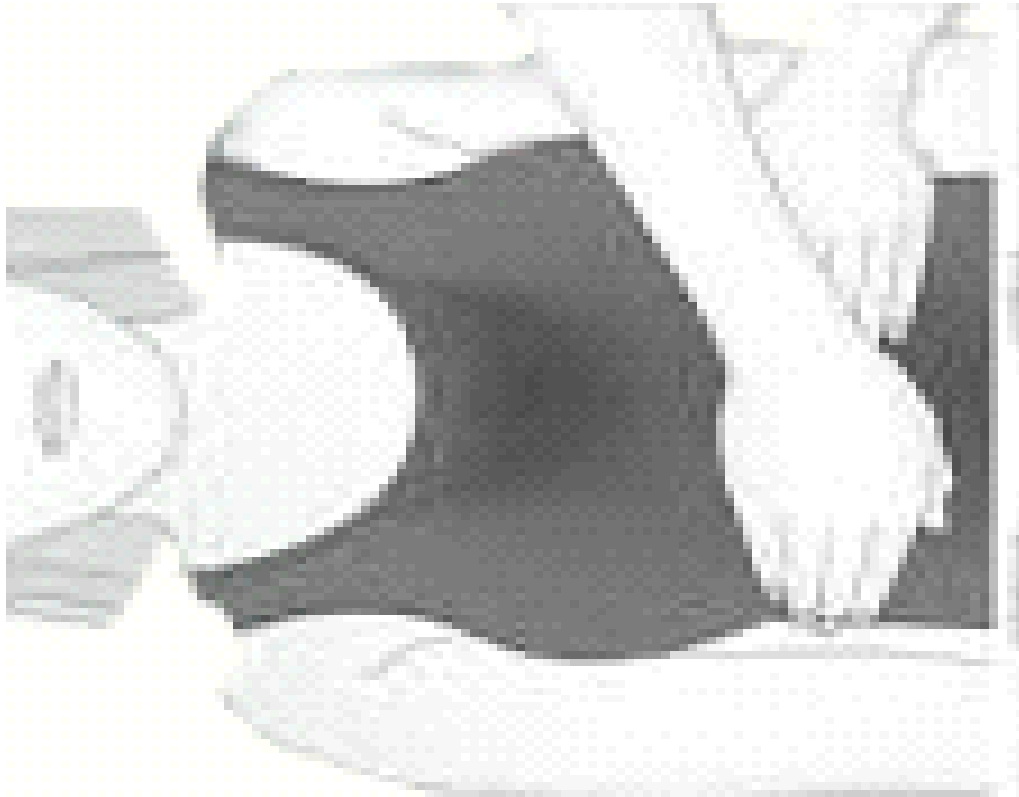
- **Body position 2** – This is for healing problems with the lungs, such as asthma and bronchitis, as well as allergies, thymus, and difficulty in accepting things.

Place your hands over their collar bone and breast bone.



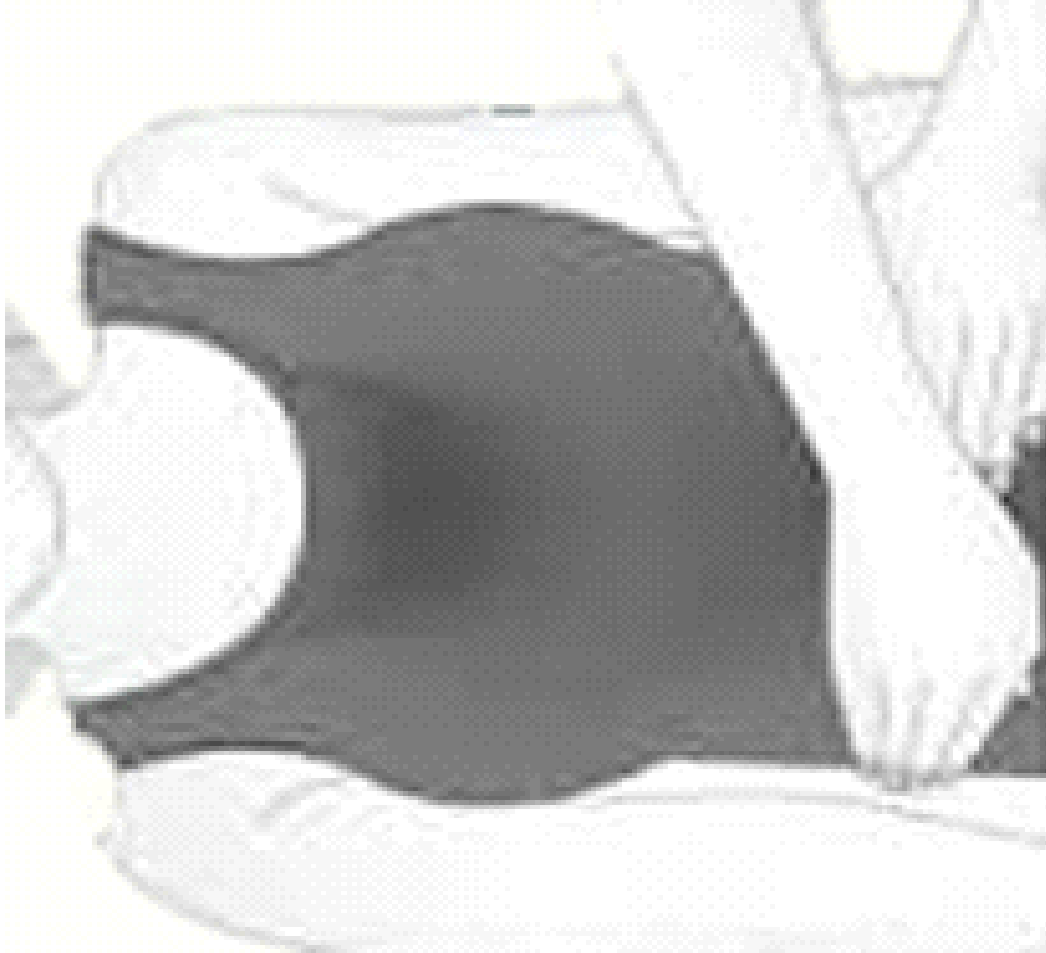
- **Body position 3** – This is for healing any ailments of the heart, lungs, circulation problems, asthma, allergies, thymus, the immune system and emotional disturbances.

Place your hands above and below their breasts.



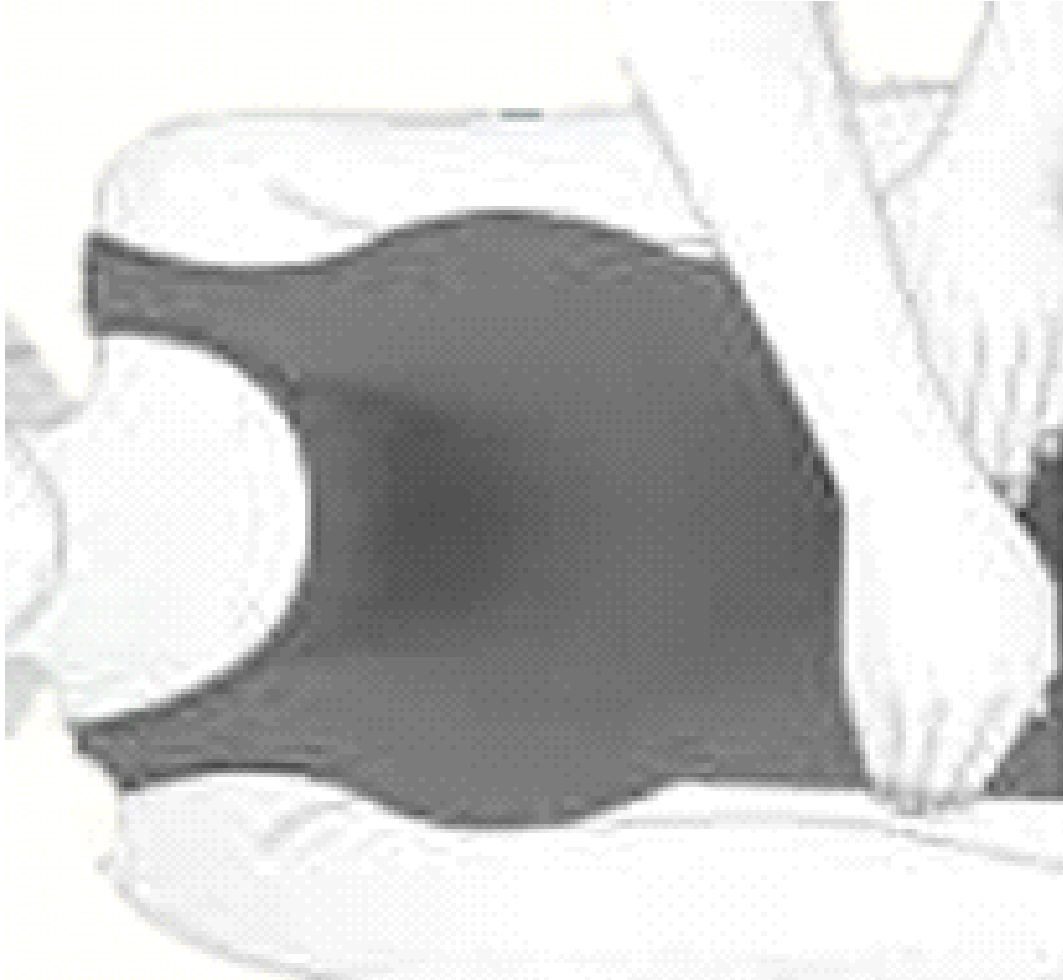
- **Body position 4** – This is for treating digestive orders, as well as healing the lungs, spleen, gall bladder, sternum, pancreas and liver, and alleviating issues with control, worry and nervousness.

Place your hands under their breasts, over their lower ribs.



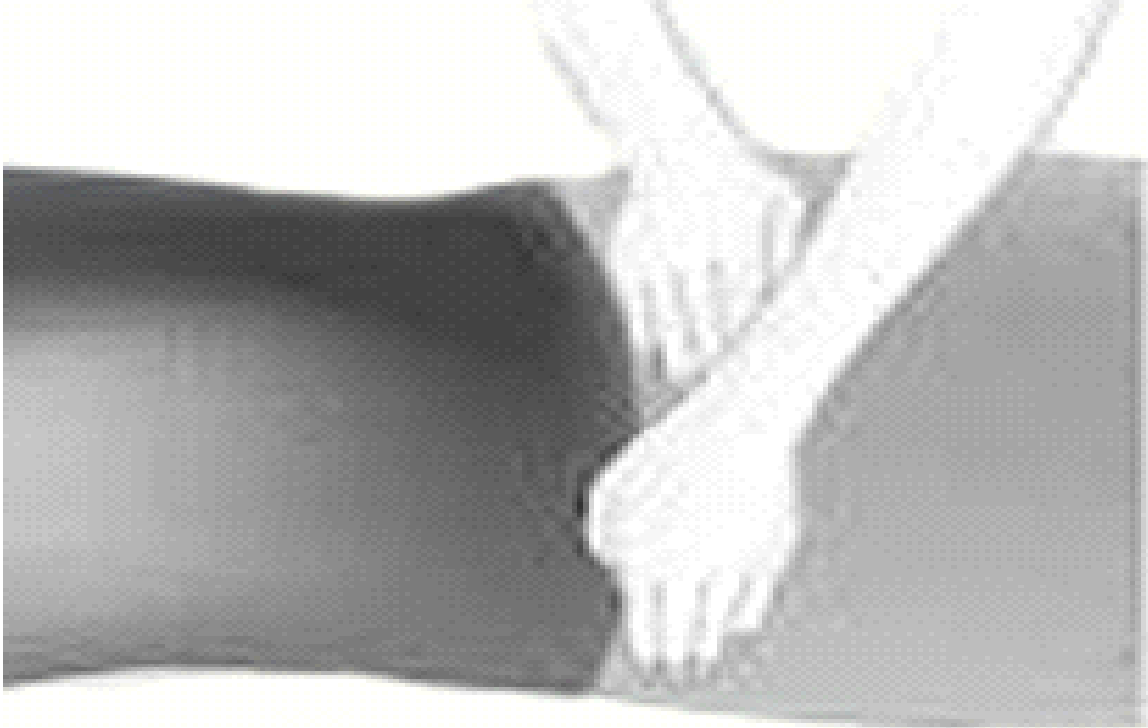
- **Body position 5** – This is for treating depression, the inability to feel happiness, and feelings of emptiness, as well as healing the spleen, digestive organs, kidneys, liver, gall bladder, and adrenal glands.

Place your hands in the middle of their stomach, just above the naval area.



- **Body position 6** – This is for treating the reproductive organs, testicles, ovaries, bladder, kidneys and adrenal glands, as well as weight problems, sexual dysfunction (both physical and emotional) and tiredness.

Please respect their integrity when utilizing this hand position. Place your hands over their pubic bone along their groin.



- **Back position 1** – This is for treating aching neck and shoulders, headaches and stress.

Place your hands behind their neck so the first couple of fingers touch.



- **Back position 2** – This is for treating depressions, the inability to express oneself, and healing the heart and lungs.

Place your hands over their shoulder blades.



- **Back position 3** – This is for healing the lungs, heart, adrenal glands, lymph nodes, diaphragm, and kidneys, as well as alleviating stress, allergies and relationship problems.

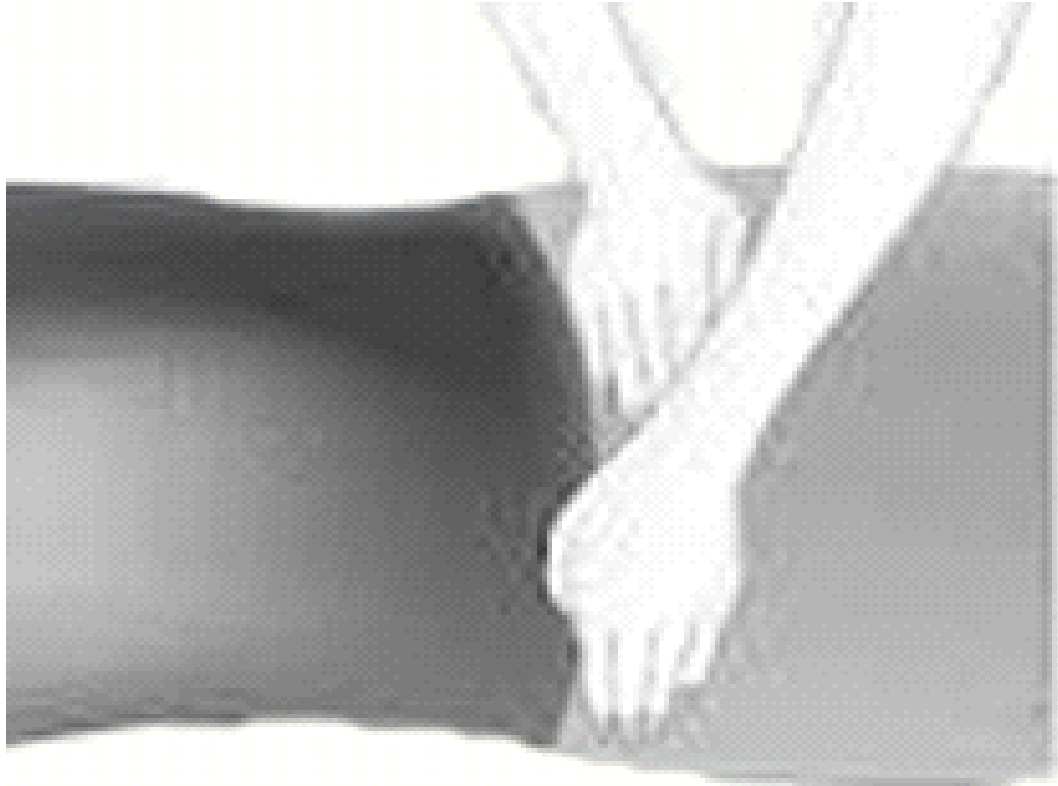


Place your hands over the middle of their back, with fingers touching.



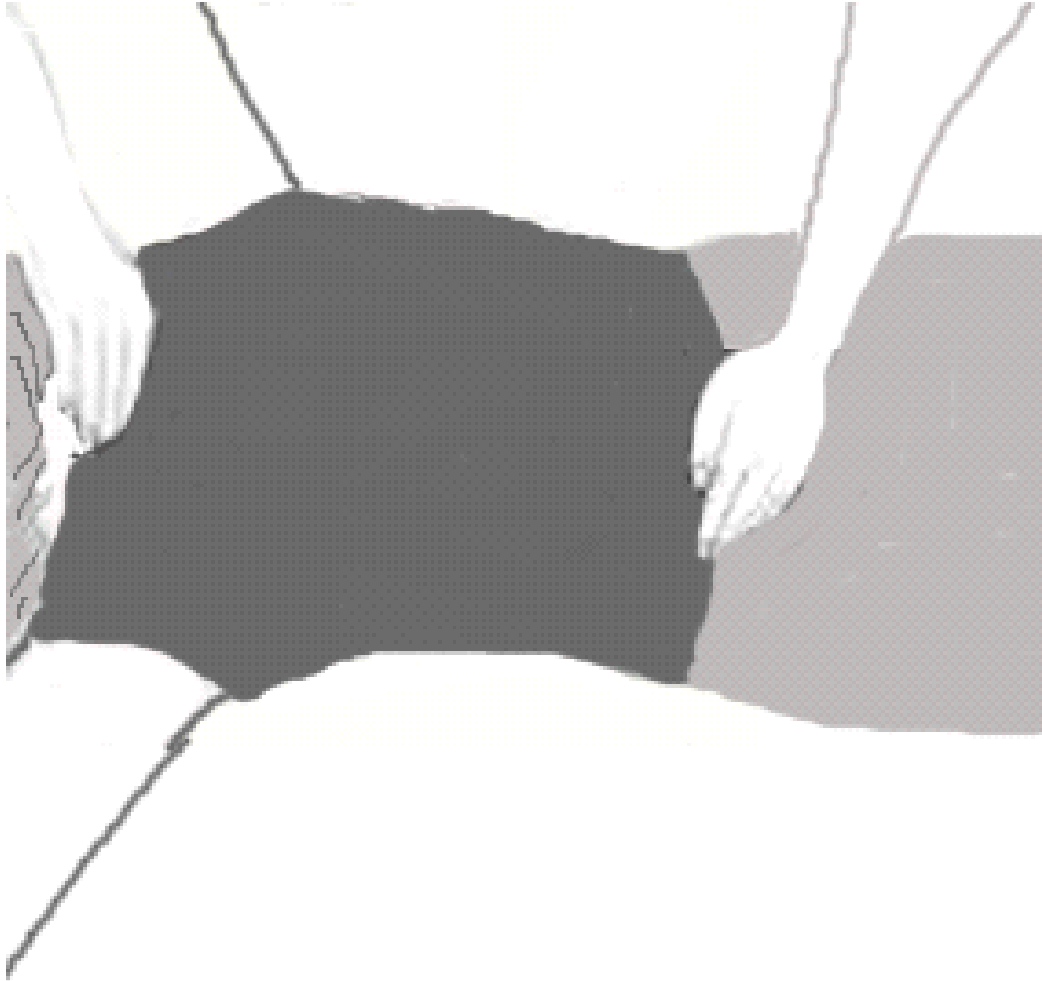
- **Back position 4** – This is for treating mental problems and relationship issues, as well as healing the digestive organs and reproductive organs.

Place your hands over their lower back, with fingers touching.



- **Back position 5** – This is for treating any problems with the spine (sometimes known as the ‘back fixer’).

Place one hand at their neck, and the other over their tailbone.



- **Leg position 1** – This is for healing knee injuries, headaches, head injuries, neck injuries and neck stiffness. It also treats any energy blockages in the lower body.

Place one hand over one of their knee caps, and the other under the same knee. You need to treat each knee separately.



- **Leg position 2** – This is also for clearing energy blockages, as well as treating issues with the neck, throat, lymph, thyroid and pelvic area.

Bring both your hands together over one of their ankles. Treat each ankle separately.



- **Leg position 3** – This is the ultimate healing position. Feet contain reflex zones that correspond to every organ and chakra in the human body. Treating the feet treats all the organs and chakras.

Place one hand over one foot, and then place the other hand under the same foot so your palm touches their sole. You can cup the feet, if you wish, by bringing the fingers together. Treat each foot separately.





**CHAPTER 11 – REIKI LIFESTYLE – HOW TO LIVE  
REIKI EVERYDAY**





Learning, harnessing and giving Reiki isn't a one-time thing that you do. It's not like putting yourself through a college course, picking up your certificate, and then storing it away to gather dust.

Once you have harnessed the true power of Reiki, it becomes a way of life.

Many people are introduced to Reiki because they want to heal some sort of emotional, mental or physical problem they have.

However, once they become initiated into Reiki, it becomes something that they invoke every single day of their lives.

By doing this, they experience an abundance of Ki. For this reason, Reiki practitioners tend to be some of the healthiest and happiest people in the world.

Every day, remember your 5 principles of Reiki and live by them:

Without you practicing these principles every day, you simply cannot harness the power of Ki.

Also, integrate activities that nourish your mind, body and soul, if possible every day, but certainly every week (as detailed in Chapter 4: The Three Reiki Pillars).

This will keep you at optimal health, so that you can practice the 5 Reiki principles every day with ease.

Lastly, remember Reiki is like love.....no it IS love! And love never runs out.

The more you give it away, the more you have. It can never be depleted. So share your gift with the world, send healing Ki to all you come into contact with, and watch how, in return, your life is energized with a never-ending source of love!

# **REIKI PRINCIPLES**

**JUST FOR TODAY, I WILL NOT ANGER,**

**JUST FOR TODAY, I WILL NOT WORRY,**

**JUST FOR TODAY, I WILL BE GRATEFUL FOR ALL MY BLESSINGS,**

**JUST FOR TODAY, I WILL WORK WITH HONESTY AND INTEGRITY,**

**JUST FOR TODAY, I WILL BE KIND TO ALL LIVING BEINGS.**