

Usui Reiki

**Level One
Manual**

靈
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By Stephen Lovering

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Level One

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INTRODUCTION

Hello and Welcome.

Reiki Level I is the first exciting step of this wonderful healing energy. To be able to work with Reiki you will need to receive an attunement from a qualified Reiki Master/Teacher – this can be received in person or distantly as energy has no time or distance restrictions. If you search on the internet you will find many different teachers who offer attunements and Reiki courses both in classroom settings and as internet courses.

Personally I feel there is no difference between in person or distance attunements – the difference is in the teaching. If you attend an in person training course you will have the hands on practice and knowledge that often cannot be taught over the internet. However many Reiki practitioners who have learnt distantly are able to work with the same high standards and diligence as someone who has received their training in a classroom setting.

Take your time choosing a Reiki teacher – how do you feel when you interact with them? If your intuition tells you that a particular teacher is perfect for you then follow that inner guidance. Take time to ask your teacher how they trained, how long they have been teaching and anything else that you want to know. A good teacher will be more than happy to spend time talking with you before you commit to a training course.

WHAT IS REIKI?

Reiki (pronounced Ray Key) is a Japanese word consisting of two characters "Rei" and "Ki".

Rei – is Japanese for spiritual or sacred

Ki – is Japanese for energy.

Reiki literally translates as Spiritual Energy

Rei represents the Holy Spirit, Mystery, Gift, Nature Spirit or Invisible Spirit.
Ki represents the Physical Energy of Nature, Talent or Feelings.

Reiki, with a capital "R", is a specific healing support system, divided into three levels, which have been passed along from Reiki Master to student for the past hundred years since its rediscovery by Mikao Usui.

Reiki is not a substitute of conventional medicine, but it can be a useful complimentary therapy. During Reiki sessions do not try and diagnose a problem.

WHAT IS AN ATTUNEMENT?

To use Reiki you need to be attuned.

An attunement is a traditional spiritual ceremony that helps you to connect to the Reiki Energy Source. It's a new rebirth. Many things may or may not happen during and after an attunement. An attunement is awareness of our self-empowerment.

The attunement is all you need to use Reiki energy in your own life and for those around you. A Reiki Master Teacher does this attunement.

WHAT WILL HAPPEN AFTER MY REIKI I ATTUNEMENT?

- Your Chakras are opened and you are connected to the Reiki Source
- You are able to channel Reiki through your hands to yourself or others by your link to the Reiki Source
- You will become increasingly aware of what you need to do in regards to your healing
- You may become more intuitive and psychic
- Further changes will manifest in your life that are needed and are distinctive to you

HOW DOES REIKI WORK?

Do not try to understand how Reiki works. Nobody really knows how it works. Reiki works even if we don't understand it. Just be Reiki and your entire life will be changed. If you don't believe me just practice Reiki! Practice Reiki! Practice Reiki! And finally you will find the truth. The truth it's simple: you are Reiki.

Reiki can only be used for the higher good.

REIKI IS NOT

- Religious cult
- Psychic surgery
- Imagination
- Psychotherapy
- Medical technique
- Diagnosis method
- Form of mind control
- Medical practice
- Massage technique
- Shamanism

REIKI HISTORY

This is traditional story of Usui Reiki System as told by Mrs Takata.

DR. MIKAO USUI was a Christian minister and was the head of a Christian Boys School in Kyoto, Japan. One day some of the students asked him if he believed in the healing miracles, which Jesus did. Being a Christian minister he answered, "I believe they were real healings". They asked him why no one was healing like that today. Since he had no answer to the question, he immediately resigned his post and went in search of an answer. With this he resolved to find the way in which Jesus had healed. This immediately set him on a journey of many years. Studying first at Christian schools in the US, for where else to learn of Jesus, but with no results. In the Christian schools the method was not known.

It was suggested he study Buddhist writings since the Buddha had also healed.

This took more years studying at a monastery in the Orient. Nowhere could he find the answers. In Japan he toured many temples asking for knowledge of how the Buddha had healed. At each one the monks said they used to heal like that but now were more concerned with spiritual rather than physical well being. In one small monastery he found some ancient Sanskrit writings from India (or perhaps Tibet). In these writings he found the symbols for healing, but lacked the ability to use them. After a few more years of study, he felt he had come to an understanding and that to go further required in depth meditation. He declared to the monks of that monastery his intention to fast and meditate for 21 days at a nearby mountain and that if he shall not come back they should come and get his body.

He went to the mountain and gathered 21 stones with which to count the days. Each day he would throw away a stone and in this way count the time. On the 20th day nothing had come as yet and he threw away the last stone saying "Well, this is it, either I get the answer tonight or I do not". As morning approached, he could see a ball of light coming toward him on the horizon. The first instinct was to get out of the way, but he realized this might just be what he was waiting for, so allowed it to hit him right in the forehead. "I am what you have waited for." As it struck him he was taken on a journey and shown bubbles of all the colours of the rainbow in which were the symbols of Reiki, the very same symbols in the Tibetan writings he was studying but had been unable to understand. Now as he looked at them again, there was total understanding. When he again became aware of his surroundings, the sun was high in the sky, telling him that the journey had taken a few hours.

After returning from this experience he began back down the mountain and was, from this moment on, able to heal. On his way down the mountain, he stubbed his toe so hard that blood was coming from under the nail. He

instinctively grabbed his toe and held it until the pain was gone. When he took his hand away, his toe was completely healed.

On his journey back to the monastery, he came across a home that had a red table cloth over the outside table. This meant that the home served food and that they were open. Dr. Usui stopped for a meal to break his 21 day fast. The owner saw that he was in monk's robes and in a condition indicating a long fast. "I will fix you some rice gruel." This was the best food for breaking a long fast, as regular food would make a person very sick. "No, please bring me a full meal, all the regular food." After some arguing about it, the owner had his daughter bring out a full meal for Mikao, which he ate with no ill effects. While he was eating, he noticed that the owner's daughter had an ailing tooth, which was very swollen and painful. Dr. Usui laid his hands on the cheek of the girl for sometime and when he removed his hands, the tooth was healed, the swelling gone and no pain was felt. Dr. Usui was excited to return to the monastery. When he arrived, he asked to see his mentor. After cleaning himself up and putting on fresh clothing, he related the entire story to the monk.

The abbot, having been bed ridden from chronic arthritis then asked Dr. Usui to heal him of this disease, which Dr. Usui promptly did. These are known as the first four miracles.

Dr. Usui wanted to use these abilities to help others. He spent the next seven years in the beggars section of Tokyo healing the poor and sick people there, sending them to a monk to learn meditation and to help them find employment, and thereby, elevating them out of poverty. After the seven years he noticed familiar faces, those of people whom he'd healed long ago who were back again.

Asking them, they complained that life outside beggar town was hard and that it was much simpler to beg for a living. They had thrown away the gift of health, as if it had no value, to return to the supposed comfort of the life they knew.

This threw Dr. Usui into a quandary and he returned to the monastery. From this he realized he hadn't taught gratitude along with the healing. That he'd focused on the physical ailments without dealing with the spiritual matters. The people did not understand the value of the gift he gave them.

After some time in the monastery he developed precepts and the belief that one needs to pay for treatments and attunements. In this new plan he travelled around the countryside from village to village. In each one he stood in a public place during the day holding aloft a lit torch. When people told him he didn't need a torch in daylight, he answered that he was looking for the few who are interested in improving their vision. In this way he travelled around teaching and healing, working both with the spiritual healing as well as physical healing.

MIKAO USUI 1865-1926

Founder of Usui Reiki



DR HAYASHI 1880-1940



Retired Naval Officer and surgeon and one of Usui's 21 Teacher students

HAWAYO TAKATA 1900-1980



One of Dr Hayashi's 13 students and responsible for bringing Reiki to the West

THE REIKI PRINCIPLES

Here are the Reiki principles as I teach:-

Just for today: I will give thanks for my many blessings.

Just for today: I will not worry.

Just for today: I will not be angry.

Just for today: I will do my work honestly.

Just for today: I will be kind to my neighbour and every living thing.

THE ESSENCE OF REIKI USE EXPLAINED IN SIMPLE TERMS

(1) Just for today - the importance of "today", applicable for all five principles. How you live today determines whether or not you will complete the necessary learning. -Today- is a collection of moments. This teaches us to fully live each and every moment and this whole day.

(2) Do not get angry - recover the balance of mind and emotion with Reiki. Live a quiet and peaceful life. Anger hurts others and yourself.

(3) Do not worry - Reiki Mastership is the step for learning to fully trust the universe. Do not have any unnecessary worries and fear. Do your best today and let the universe take care of the rest, keeping the peace of your mind. It is the key to being free from fear to believe in the universe and be with the universe.

(4) Be thankful - you naturally become thankful if you receive the benefit of Reiki and familiarise yourself with Reiki everyday.

(5) Work hard - Usui Reiki shows how to utilise Reiki in everyday life and work. A lazy mind is bad for you. People will grow through work and learn through everyday life.

(6) Be kind to others - A sense of oneness can be developed naturally through Reiki healing (practice of love) A healthy society can only be established through the cooperation of a large number of people. In the universal dimension there is no distinction between self and others, only the existence of the same soul. "Be kind to others" is synonymous to "Be kind to yourself".

REIKI LEVELS

In Usui Reiki there are three levels that are taught traditionally.

Level I - Reiki Level I (called Shoden in Japan) is taught to those that wish to learn to use the Reiki Energy. The class is taught by a Reiki Master trained to pass the attunements and teach Reiki. Traditional Usui Healing Systems use a set of four attunements. A Reiki I class material generally includes the hand positions used when doing Reiki on self and others, the Reiki principles, and the history of Reiki. You then receive the attunements. Once you have received the attunements you are a Reiki Practitioner. Whether you practice Reiki or not is your choice.

Level II - Reiki Level II (called Okuden in Japan)
Level II generally includes the three Reiki Symbols (Focus, Harmony, and Connection), Mental/Emotional Healing, Distant Healing, symbols use and meanings are taught and the student receives one attunement.

Level III (Master Level) - Third Level Reiki (called Shinpiden in Japan) is the Master Level of Reiki. The Usui Master Symbol it's meaning and application is taught. This symbol completes the other three symbols taught at Level II.
Masters are taught how to initiate others into Reiki using the attunement process.

After receiving attunements to any level it is important that you perform self treatments once a day for 21 days to help start to heal yourself.

REIKI SESSIONS (TREATMENTS)

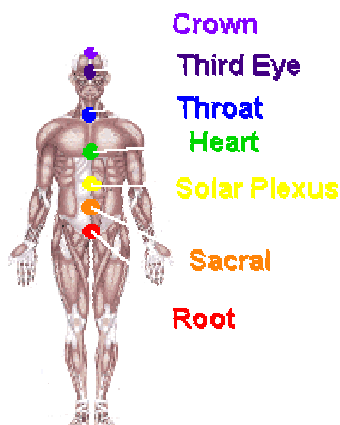
Once you have been attuned to Reiki energy you can treat others or yourself with Reiki. It is useful after an attunement to practice daily on yourself, this gets the energy flowing. Reiki is not a substitute for traditional medical practise, but it can be an exceptionally useful complimentary therapy.

CHAKRAS

Chakras are a key factor in all aspects of Reiki and you should have a basic understanding of what they are.

There are 7 major Chakras. They are energy portals where energy flows. When a Chakra becomes blocked an imbalance occurs. If it is not cleared then illness and disease can manifest itself.

1. The First Chakra – Root Chakra located at the base of the spine. It is linked to survival and our ability to ground ourselves in the physical world.
2. The Second Chakra – Sacral Chakra located just beneath the navel. It is related to our sexual and reproductive capacity.
3. The Third Chakra – Solar Plexus located behind the solar plexus which gives us our personal power in the world.
4. The Fourth Chakra – Heart Chakra located at the Heart and gives us the ability to express love.
5. The Fifth Chakra – Throat Chakra is linked to creativity and communication.
6. The Sixth Chakra – Third Eye Chakra located between the eyebrows. This is the centre of intuition and awareness.
7. The Seventh Chakra – Crown Chakra located at the top of the head. This is relates to ones personal and spiritual connection to the universe.



Chakra Chart:-

SELF TREATMENT

Self treatment is useful to get your energy flowing. It allows you to feel Reiki energy flowing through you as it goes to parts of your body that need it.

Simply place your hands on parts of your body, head, eyes, throat, shoulders, tummy, thighs, knees, back and wherever else you are drawn to.

THE REIKI SESSION

When you are about to treat others, prepare yourself. Firstly brush your aura and then intend that your Reiki energy flows. Intent is the key word for energy flow! Brushing your aura is a simple technique where you sweep your hands down each side of your body from head to toe, in a similar fashion to drying yourself off after a shower.

THE BODY SCAN

Scanning is a technique that is useful to know. It is now clear that Usui taught a scanning technique. Scanning is placing your hands into the energy field of another to try to feel for differences in their energy field. You are basically feeling for anything different. Have the person to be scanned lay down, and start at the crown. Move the hands about 2 and 6 inches above the body. Move your hands from crown to feet and back up. It may take a few passes. Feel if it seems hot, cold, spinning, fast, slow, chaotic, etc. This is a technique that requires a great deal of practice to become proficient at. Additionally, remember not to ever diagnose anything. This is useful in finding places that may need extra attention during a healing session. (However it must be added here that since Reiki does the healing and acts for the persons highest good, that we may not be able to influence the healing in this manner with Reiki in any case.)

THE HAND POSITIONS

When treating others there are a number of hand positions to use. Each position is held for 3 to 5 minutes, more or less, before moving to the next position. Trust your intuition. At times you might feel led to place your hands on a certain area, and in this case trust your intuition and do that. Reiki sessions are conducted with the client fully clothed. When working around private areas you hold your hands about 3 to 5 inches above the area instead of directly on the person. It is generally accepted that at level one you can treat friends and family and usually you should be at level two before treating professionally. Always ensure you have practitioner insurance before treating paying clients.

When you are carrying out a Reiki session you may feel heat flowing through your hands when you get to particular areas of your client. Keep that position until your hands cool down. Be warned that this heat can be quite intense! It will never hurt though!

The hand positions that I use are shown on the next few pages. Sometimes I do not ask the client to turn over for me to treat the back as they are often very relaxed by this stage and it can bring them out of this state of relaxation to ask them to turn over. The choice is yours in this matter. Reiki will flow to the part of the body that requires it wherever you place your hands.

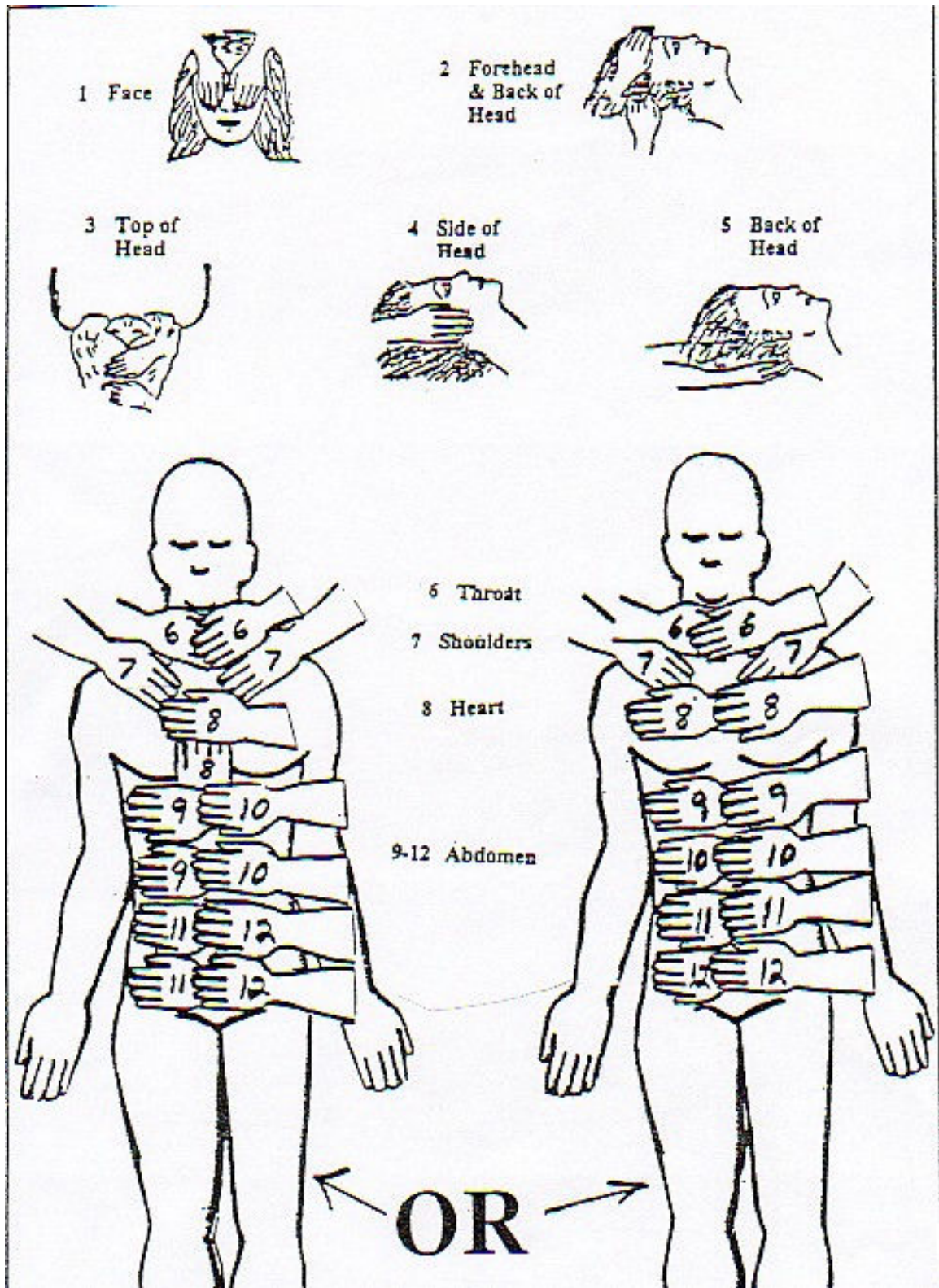
Follow your intuition and you will not go wrong!

Before a treatment ensure that the person is laying or sitting comfortably and is warm enough. Wash your hands and put on some soft music and burn incense if you choose to.

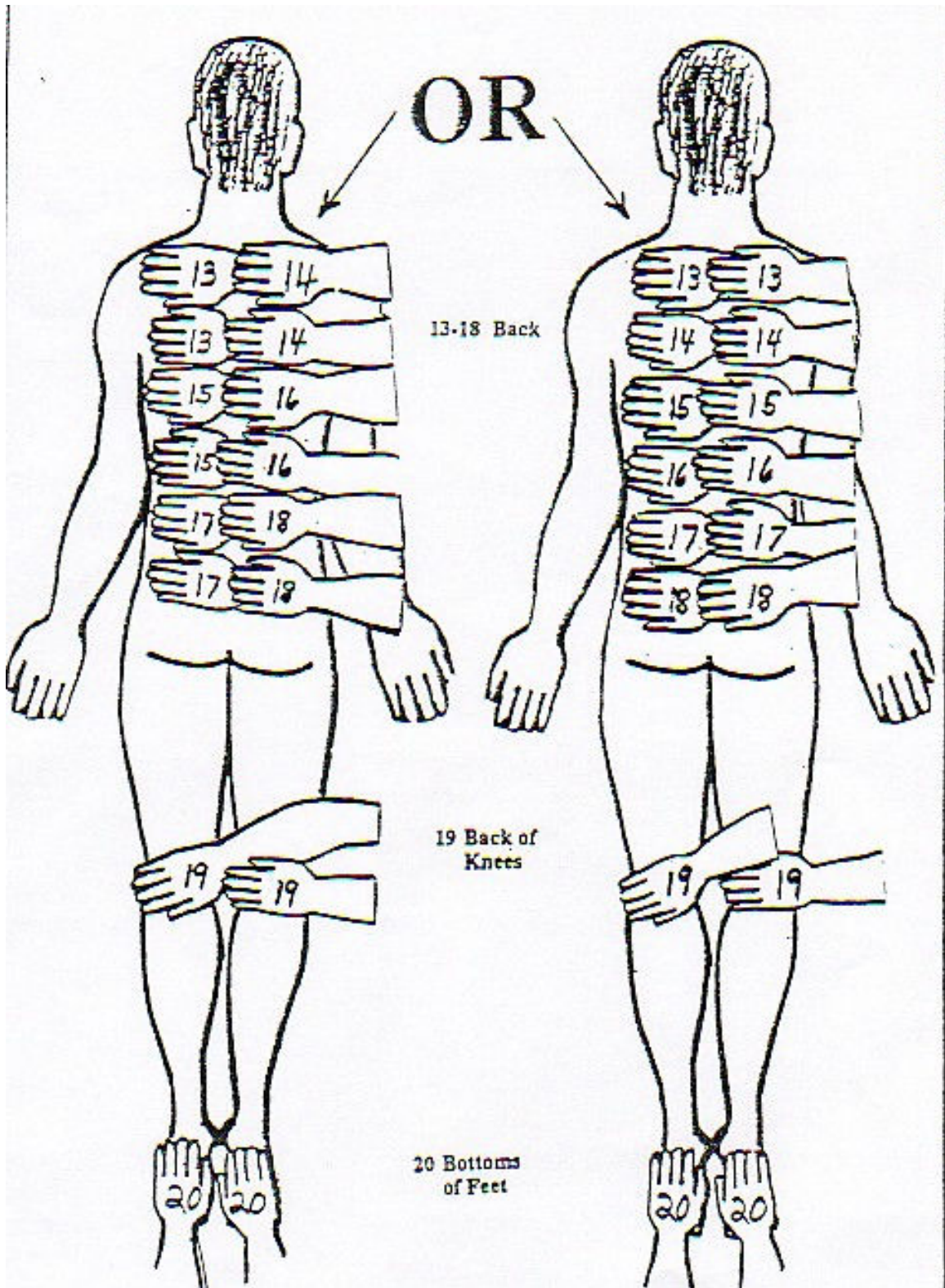
Ask the person to remove their shoes and to close their eyes and relax. As you place your hands in the first position say to yourself "Reiki On". This will focus your intentions to start the Reiki flow. Remember that the Reiki energy will flow through you and not from you so you should not feel drained – in fact you will be receiving a Reiki treatment whilst treating others!!!! You may either place your hands lightly in each position or hold them a couple of centimetres over each position if the client prefers not to be touched. Holding your hands above the body can be helpful when treating someone with burns or skin diseases. At the end of the Reiki treatment session shake your hands lightly to disconnect from the Reiki energy.

Do not ask the person to get up quickly as they may feel sleepy for a while. Offer them a glass of water and allow them to take their time standing up. Inform the client that they should drink plenty of water and will probably pass water more often as toxins leave their body. Sometimes a symptom may get worse before getting better – this is normal and is part of the healing procedure. I recommend that they have a course of 3 treatments over a 3 week period for maximum benefit.

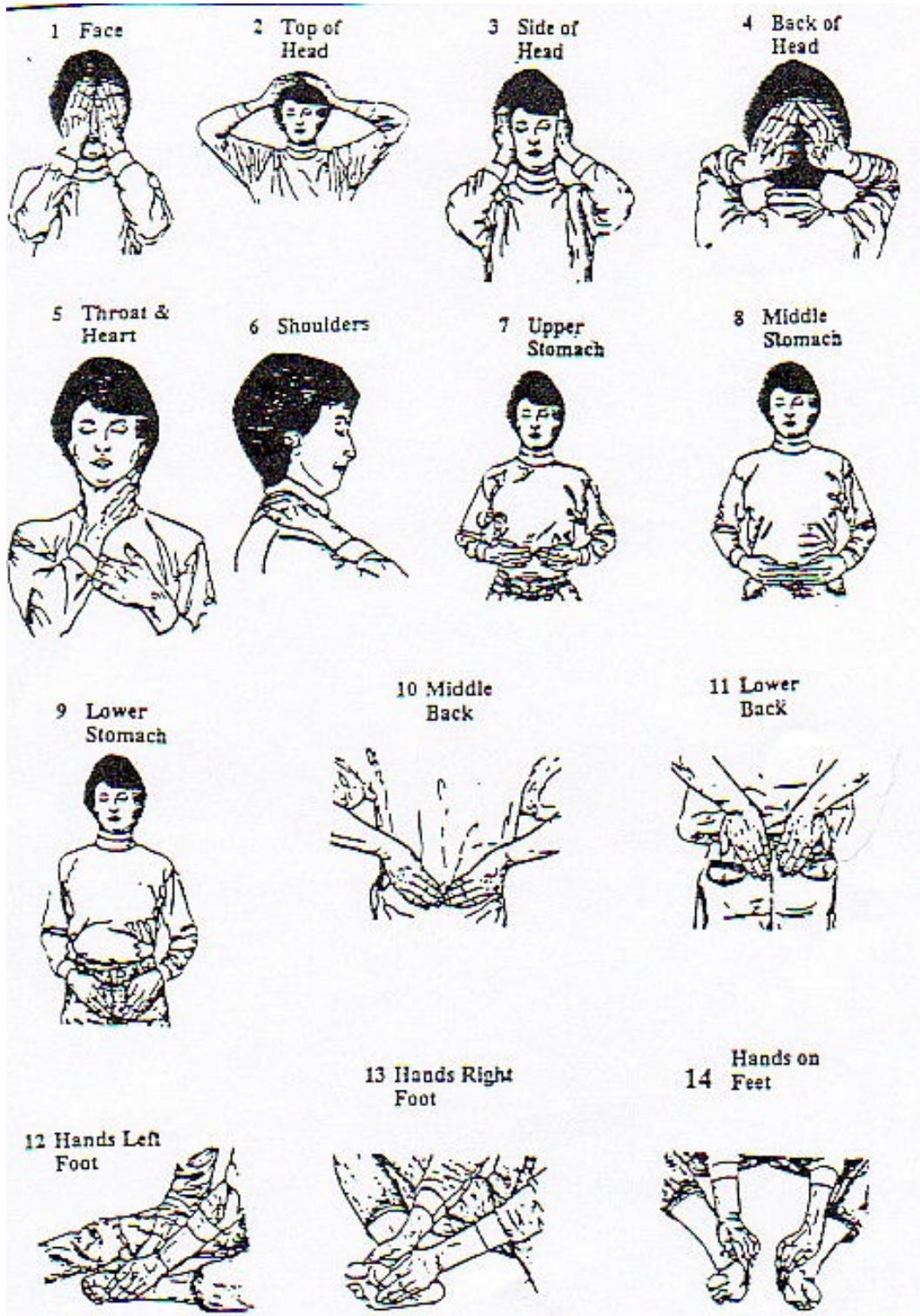
REIKI Hand Positions for Treating Someone Else (1)



REIKI Hand Positions for Treating Someone Else - back



REIKI Hand Positions for Self-Treatment



TREATING ANIMALS

Animals respond really well to Reiki – they have no preconceived ideas of the energy and it can be a good confidence boost to yourself to give Reiki to a pet. Animals need less Reiki treatment time and you will find that after a few minutes they may walk away as they have received enough energy.

You can treat a pet by placing one hand on the head and the other on the chest area – this will reassure and steady the animal. Let the Reiki flow and keep the same position as the energy will find its way to where it is needed most. Some animals will be happy to receive up to an hours treatment but most will be happy with 3-5 minutes.

If you want to treat an animal that is not tame you can sit near it, hold your hands out and intend that the Reiki flow from your hands to the animal. The same applies when sending Reiki to a bird that is not tame – sit as close to the animal as you can and hold your hands out intending that it receive the energy.

GROUNDING

Once you have completed your healing you must ground yourself. Simply clasp your hands together and say to yourself "I am Grounded." Another grounding technique that you can practice each day on yourself is to sit down in a chair with your feet firmly on the floor. Close your eyes and visualise tree roots coming out of the soles of your feet and going down into the centre of the earth. Visualise a white light coming in through the top of your head, travelling down through each chakra and then exiting through the roots into the earth. Allow this cycle to happen for as long as you feel necessary and then open your eyes.

WHERE WE CAN USE REIKI?

Reiki can be used on self treatment or upon another person. Animals are highly receptive to Reiki, and often their sessions are particularly short! Plants, videotapes, car batteries, food, water, crystals, stones, medicine.

Just use your imagination!

If someone is about to cross over, Reiki can help the crossing.

CONCLUSION

Welcome to the wonderful world of Reiki. You have now embarked on a voyage of discovery and learning. How far you take you Reiki is up to you. You may choose to take Level II and Level III. Whatever you decide, know that you will do it because it is right for you.

After you have received an attunement you can practise Reiki on yourself and friends, families and animals. You cannot as yet teach Reiki, but you can once you have been attuned to the Master symbol.

Be Reiki from now on but more importantly enjoy it.

Once you have been attuned your body will go through an adaptation process. This may manifest itself in a number of ways including headaches, cold, spots etc. Be assured that this process is short lived. Keep up self treatments everyday to promote your well being. Practise Reiki on others. Do whatever your intuition guides you to do.

LINEAGE

Each student should have a lineage which is a list of teachers tracing back to Mikao Usui.

The lineage for this course is as follows and you simply add your name after mine to make your lineage.

Dr Mikao Usui, Dr Chujiro Hyashi, Mrs Hawayo Takata, Phyllis Lei Furumoto, Claudia Hoffman, Mary Shaw, Christine Henderson, Bruce Way, Neal Lyster, John Pickering, Martin Lee, Gary Steadman, Stephen Lovering

DISCLAIMER

As with all complimentary and alternative therapies, none of the treatments listed on my website or in the training manuals are meant to be a substitute for proper medical diagnosis, treatment or care from your GP.

I do not diagnose conditions, prescribe medication or interfere with a GP's treatment.

If you are currently taking medication prescribed by your GP, do not stop taking it without his/her's advice.

If you have any concerns regarding your medical condition please speak with your GP first.

I do not accept responsibility if you choose to treat yourself using any information from my website or training manuals.

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