

A photograph of a person lying on a massage table, covered with a white sheet. A practitioner's hands are placed on the person's back, performing a Reiki session. The background is softly blurred, showing a wooden headboard and some greenery.

靈氣

REIKI I

WILDLY INSPIRED
NIKI SANTI



EDUCATIONAL & WELLNESS DISCLAIMER

This course is intended for educational and personal development purposes only. Reiki is a complementary wellness practice and is not a substitute for medical, psychological, or mental health care.

Reiki practitioners do not diagnose conditions, prescribe treatments, or guarantee outcomes. Experiences with Reiki vary from person to person and may be subtle or gradual.

If you have a medical or mental health concern, please consult a qualified healthcare professional. Participation in this course is voluntary, and you assume responsibility for your own well-being.



How to read this manual

Reiki is a living, evolving practice that has been passed down through direct experience, oral tradition, and personal teaching. Because of this, Reiki is shared through a combination of historical records, lineage stories, spiritual teachings, and experiential wisdom.

In this manual, you will encounter:

- historical information based on available records
- traditional stories passed down through Reiki lineages
- symbolic and energetic language used to describe spiritual experiences

Some stories are meant to be understood symbolically rather than literally. They are shared not to convince or persuade, but to convey meaning, intention, and spiritual insight.

Reiki does not require belief. You are not asked to accept anything blindly. Instead, Reiki invites curiosity, presence, and personal experience. What matters most is how Reiki feels to you and how it supports your well-being.

As you move through this manual, you are encouraged to:

- read with an open and grounded mind
- notice what resonates and what doesn't
- allow your own understanding to unfold naturally

Reiki honors free will, personal discernment, and respect for all belief systems. Take what serves you, release what does not, and trust that your journey with Reiki is uniquely your own.

If at any point questions arise, curiosity is welcome. Reiki is not about having answers, but about developing awareness.



Niki Sauti
REIKI MASTER & TEACHER

My name is Niki, and I'm a Usui Reiki Master and Teacher, as well as a long-time practitioner of energy work and spiritual self-inquiry. I also have a background in sociology, which influences how I understand healing as both an energetic and human experience.

My path to Reiki began not because I was looking for a technique, but because I was looking for a way to reconnect with myself, find greater presence in my life, and relate to my inner world with more compassion and awareness. Reiki became a gentle doorway into that process, a practice that helped me slow down, listen inward, and develop a more conscious relationship with my own energy. "Reiki met me at a time when I needed gentleness and steadiness most.

Over time, Reiki grew from a personal practice into something I felt called to share. Not as a way to "fix" others, but as a way to support people in reconnecting with their own innate capacity for awareness, balance, and self-healing.

In my teaching, I approach Reiki as a practice of presence as much as a practice of energy. It's a way of cultivating stillness, clarity, and attunement both within yourself and in how you relate to others and the world around you.

Everything I share in this course comes from my own experience, training, and ongoing practice, and I always encourage you to trust your own inner wisdom and move at a pace that feels supportive and grounded for you.

I'm honored to walk with you as you begin your Reiki journey, and I'm grateful to be part of this moment of learning, curiosity, and self-discovery with you.

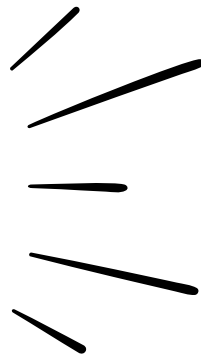


MODULE ONE

INTRO TO REIKI



WHAT IS REIKI?



Reiki is a Japanese form of energy healing that uses universal life force energy to promote balance and well-being. This life force energy flows through everything – the trees, the stars, us, and even this computer! It's the vital force that keeps us alive and thriving.

When our life force energy flows smoothly, we feel balanced, healthy, and vibrant. But when it's blocked or depleted, we might experience physical or emotional challenges. That's where Reiki comes in.

Reiki supports the clearing of blockages and restores the natural flow of energy within us. It's a gentle, natural way to help our body's innate healing ability. Think of it as a loving touch that brings harmony to your whole being – your body, mind, and spirit.



Key Points to Remember

- Reiki is a complementary therapy: Reiki works alongside traditional healthcare. Consulting with a qualified healthcare professional for health concerns is always good. It does not prescribe or diagnose
- Reiki is channeled, not sent: Reiki practitioners act as a channel for universal life force energy. The recipient does the healing by drawing in the Reiki they need, so you can't force Reiki on someone who isn't open to receiving it.
- Reiki does not deplete your energy: When you practice Reiki correctly, you're tapping into a universal energy source, helping you not to feel drained after a session. Instead, you might feel energized and balanced yourself!
- Reiki is not a religion but a spiritual practice that transcends religious boundaries. It is used by people of all faiths or no faith at all.

HISTORY OF USUI REIKI

When word of mouth is used to pass on traditions and historical information, it is adapted from person to person. Although Usui Mikao is credited as the founder of Reiki, it is widely thought that this form of healing has been around for centuries and that Usui rediscovered this art in the late 1800s. The account below is the story passed down from Master to student. This story is now thought to have been adapted to appeal to Western culture. A more detailed account follows this excerpt.

The Legend of Dr. Usui Mikao

The following account is part of Reiki's traditional oral lineage and is often called the "Usui legend." These stories are symbolic and spiritual in nature, passed from teacher to student to convey the essence of Reiki's origins. While they may not be historically verifiable, they hold deep meaning within Reiki tradition and are shared to illustrate spiritual awakening rather than literal events.

Usui Mikao was born in 1865 in a small village in Japan. From the start, he was a curious soul, drawn to both Eastern and Western philosophies. While he grew up immersed in Zen Buddhism, he also developed a keen interest in allopathic medicine (what we often call "Western medicine" today).

Life took an unexpected turn when Usui was faced with a serious illness during a cholera outbreak. This brush with mortality sparked a spiritual awakening, leading him to seek more profound meaning and purpose in a Zen monastery.

It's said that during his time at the monastery, Usui embarked on an intensive journey of self-discovery and meditation to refine his awareness. During his studies, Usui found references to an ancient form of hands-on healing that revealed methods, formulas, and symbols. Although he had the technical knowledge of the ancient healing, he did not know the key to activate this power.

He decided to take a leave from the monastery and spend time meditating on the holy mountain, Mt. Kumara. When he reached the top of the mountain, he picked up 21 pebbles and placed them in front of himself. He threw away one pebble for each day he meditated. For these 21 days, Dr. Usui meditated, prayed, and read the Sutras.

On the last day, Usui prayed to be shown the light. Suddenly, a bright light appeared in the sky and rapidly came towards him. The bright light struck his forehead at the third eye chakra, filling him with tremendous spiritual light. Dr. Usui became unconscious and saw a vision of the same symbols he studied in the Sutras. According to Reiki tradition, Usui understood this experience as reconnecting with an ancient form of healing associated with enlightened teachers such as Buddha and Jesus.

When Usui regained consciousness, he headed down the mountain and stubbed his toe on a rock. Instinctively, he placed his hands over the toe, which was in pain. As he did this, healing energy began flowing from his hands. The pain in his toe went away, and the toe was healed. Upon arrival in the village, a girl was in pain from a toothache. Dr. Usui asked if he could place his hands on her face. He was able to ease the swelling and pain of the toothache. In addition, his friend was in bed suffering from severe arthritis. Once again, Dr. Usui alleviated the pain and suffering. Usui called this gift from God/Creator/Divine Source—Reiki, the Japanese word for universal life force.

Usui's heart filled with compassion, and he dedicated himself to sharing Reiki with those in need. He established a healing center and began teaching others, empowering them to become healers.

Usui's legacy lives on through the countless lives touched by Reiki. His story reminds us that healing is possible, that we all have the potential to awaken to our inner healer, and that by sharing this gift with others, we can create a ripple effect of positive change in the world.

The History of Usui

(as told by Madam Takata)

Let's dive into another fascinating account of Usui Mikao's life, passed down through the lineage of Hawayo Takata, the woman credited with bringing Reiki to the West. The following reflects the Reiki history as taught through Hawayo Takata's lineage and should be understood as one perspective among many within Reiki's evolving history. That's the beauty of history – it's woven from different perspectives and interpretations.

Usui Mikao was born in 1865 in a small village in Gifu Prefecture, Japan. From a young age, he was known for his gentle nature and love of learning. He was a Renaissance man, exploring subjects such as medical science, religion, history, and psychology.



Source: ihreiki.com

He even ventured beyond Japan, traveling to Europe, America, and China to expand his knowledge.

Usui also ventured into the world of energy healing, studying kiko, a Japanese practice similar to qigong. But he noticed something interesting: many of the healing techniques he learned seemed to deplete the practitioner's energy. This sparked a question within him: Could there be a way to heal without using one's energy?

Usui's life took a turn when he faced challenges in his business and personal life. Seeking answers and a renewed sense of purpose, he embarked on a 21-day spiritual retreat called Isyu Guo at a Tendai Buddhist Temple near Mount Kurama. This intensive training likely involved fasting, meditation, chanting, and prayers – all designed to deepen his spiritual connection.

It's believed that Usui may have also practiced a unique form of meditation under a small waterfall on Mount Kurama, a practice said to activate the crown chakra. It was during this transformative retreat that Usui experienced a profound awakening. Reiki energy flowed into his crown chakra, and he realized he could now channel this life force to heal himself and others.

Eager to share this newfound gift, Usui established a healing center in Tokyo in 1922. He called his system Shin-Shin Kai-Zen Usui Reiki Ryo-Ho, which essentially means "The Usui Reiki Treatment Method for Improvement of Body and Mind." When a devastating earthquake struck Tokyo in 1923, Usui selflessly offered Reiki to those affected by the disaster. He also began training others to become Reiki teachers, ensuring that this healing art would continue to flourish. Usui's teachings were structured into different levels, each with its own focus and depth. He even developed a more formal attunement process, which is still used today to connect Reiki practitioners to the source of Reiki energy.

Usui's dedication to Reiki was unwavering. He traveled throughout Japan, sharing his teachings and healing countless people. According to some Reiki lineages, Usui's work was later honored by the Emperor of Japan, though surviving historical records do not support this detail.. Sadly, he passed away in 1926 after suffering a stroke. But his legacy lives on through the thousands of students he taught, and the many lives his Reiki lineage touched.

**“REIKI IS LOVE, LOVE IS WHOLENESS,
WHOLENESS IS BALANCE,
BALANCE IS WELL-BEING,
WELL-BEING IS FREEDOM FROM DISEASE.”**
~ DR. MIKAO USUI

Chujiro Hayashi: A Bridge in the Reiki Lineage

Let's meet another key figure in the Reiki story: Chujiro Hayashi. He was a physician and a retired naval commander, which gave him a unique perspective on healing. Usui Sensei saw something special in Hayashi and entrusted him with a vital task: to open his own Reiki clinic and further develop the system of Reiki, blending it with his medical knowledge.

Hayashi took this mission to heart and established the Hayashi Reiki Kenkyukai (Institute), where people could learn and experience Reiki. He was a meticulous record-keeper, carefully documenting the illnesses and conditions treated with Reiki and the most effective hand positions for various ailments. This dedication to research led him to create the Reiki Ryoho Shinshin (Guidelines for Reiki Healing Method), a valuable resource for Reiki practitioners.

Hayashi also introduced some innovations to the practice of Reiki. While Usui Sensei typically treated people seated in a chair, Hayashi began having clients lie on a treatment table, often receiving Reiki from multiple practitioners at once. He also developed a new system for giving attunements and a

streamlined teaching method combined Reiki Level 1 and Level 2 into a five-day intensive.

Sadly, Hayashi's life took a tragic turn in the years leading up to World War II. When pressured by the Japanese military to reveal sensitive information about Hawaii (where he had traveled in 1937), he refused, leading to accusations of treason. Facing disgrace and fearing for his family's safety, Hayashi made the heartbreaking decision to end his life through seppuku (ritual suicide) in 1940.

Despite his untimely death, Hayashi's contributions to Reiki were significant. He helped to shape the practice as we know it today and played a crucial role in passing the torch of Reiki to the Western world.



Source: reikiscoop.com

Hawayo Takata: Bringing Reiki to the West

Let's travel across the ocean to meet Hawayo Takata, the woman who was said to have introduced Reiki to the Western world. Her story is a key part of Reiki history, though it's important to remember that, like any historical account, it has different perspectives and interpretations.

Takata was born in Hawaii in 1900 to Japanese immigrant parents. According to her, life dealt her some brutal blows early on, including the death of her husband and the responsibility of raising two daughters on her own. During this time, her sister also tragically passed away, and Takata was to deliver the news to her parents in Tokyo. Upon arrival in Japan, Madam Takata sought help at a hospital in Akasaka. It was discovered that she had a tumor, appendicitis, gallbladder disease, and respiratory disease. She was advised to have immediate surgery. That night, Takata heard a voice saying, "The surgery is unnecessary." The next day, she asked her surgeon if she could be healed differently. The surgeon told her about the Reiki clinic ran by Dr. Hayashi. Madam Takata went to

the clinic, received treatments regularly for four months, and was completely healed. Madam Takata decided to learn Reiki for herself, and in the spring of 1936, she received First Degree Reiki from Dr. Hayashi. *I'd like to remind you that Reiki is a complementary treatment, and people should continue to see their physicians.* It was there that Takata encountered Reiki at Hayashi's clinic. She experienced profound healing and decided to learn this practice to help herself and others. Hayashi Sensei agreed to train her, and after a year of dedicated study and practice, she achieved the Master level of Reiki. Takata's approach to Reiki had some unique characteristics. She charged a substantial fee for Master level training (\$10,000), which was not part of the original Usui system.



Source: reikiscoop.com

She also emphasized oral transmission of knowledge, discouraging note-taking and class recording. While not part of Usui's or Hayashi's methods, these practices reflect Takata's efforts to establish Reiki in a Western context where value was often associated with monetary cost and exclusivity.

Before her passing in 1980, Takata initiated 22 Reiki Masters, who continued to share Reiki with others. However, she required them to promise to teach Reiki exactly as she had taught it, which contributed to a period when Reiki organizations were quite exclusive, and the practice was less accessible. After Dr. Hayashi died, Madam Takata stated that all other Reiki Masters in Japan had died in the war and that she was the only Reiki Master left, a claim later found to be false. Many Reiki Masters were practicing in Japan.

Over time, many Reiki Masters began questioning some of Takata's practices, particularly the high fees and restrictions on sharing information. This led to a gradual shift towards more open and affordable Reiki training, incorporating workbooks, notes, and a willingness to learn from multiple teachers.

Today, some Reiki practitioners honor Takata's role in spreading Reiki while also recognizing that Reiki history is broader, more diverse, and continues to be clarified through ongoing research.

The Reiki Principles (or precepts)

Now that we've explored the history and basics of Reiki, let's dive into the heart of this practice: the Reiki Principles. These principles aren't rules to memorize; they're more like friendly reminders to help you live a more mindful and fulfilling life.

Think of the Reiki Principles as a toolkit for releasing those pesky stories your mind loves to tell – the ones that create stress and suffering. You know the ones: "I'm not good enough, "I'll

never get ahead," "Everything is going wrong." The truth is that most events in life are neutral. It's our beliefs about them that cause us to stress out. As you work with the Reiki Principles, you'll start to unravel those limiting beliefs and find more balance and peace within yourself.

Just for today:

I will not be angry.

I will not worry.

Be thankful.

I will live honestly

Be kind to others.

It's not about being perfect and following these principles every second of every day. We all have our moments. But by consciously aligning with these principles, you'll gradually shift your mindset and create a more positive and harmonious way of being.

The Five Reiki Principles

1. Just for today, I will not be angry.
2. Just for today, I will not worry.
3. Just for today, I will give thanks for my many blessings.
4. Just for today, I will live with honesty in my heart.
5. Just for today, I will be kind to my neighbor and every living thing.

To connect with the Reiki Principles, try these tips:

Start and end your day by reading the principles. This helps to set a positive intention for your day and reflect on your experiences at night. Post them in your healing space, on your fridge, or anywhere you see them regularly. If the traditional wording doesn't resonate with you, feel free to rephrase them more naturally. For example, you could change "Just for today, I will not worry" to "For all of today, I will have trust in myself." Connect with the essence of each principle and how it feels in your body. The intention behind the words is what matters most.

Let's take a closer look at each principle and how it can support you on your Reiki journey:

Just for today, I will not be angry: Anger is a natural emotion, but when it builds up, it can block our energy and create disharmony. Reiki helps us process anger healthily, transforming it into understanding and compassion.

- Reflection: What triggers your anger? How can you express your anger constructively? How does it feel to release anger and embrace higher-frequency emotions like peace and forgiveness?

Just for today, I will not worry: Worrying keeps us stuck in the future, draining our energy and preventing us from enjoying the present moment. Reiki helps us to release anxiety and trust in the flow of life.

- Reflection: What are some things you tend to worry about? How can you bring your attention back to the moment when worries arise? What activities bring you joy and help you release worry?

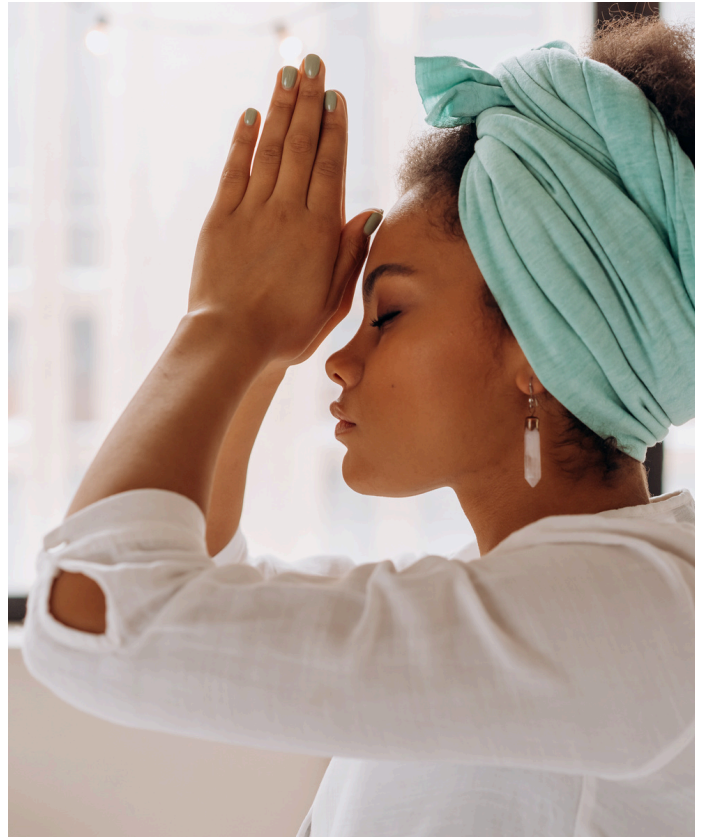
- **Just for today, I will give thanks for my many blessings:** Gratitude is a powerful practice that opens our hearts to abundance and joy. Reiki helps us to cultivate a sense of appreciation for all the good in our lives.
 - **Reflection:** What are you grateful for today? How can you express your gratitude more fully? How does gratitude shift your perspective and energy?
- **Just for today, I will live with honesty in my heart:** This principle encourages us to live with integrity and authenticity, aligning our actions with our values. Reiki helps us stay true to ourselves and fulfill our unique purpose.
 - **Reflection:** What does it mean to you to do your work honestly? How can you bring more integrity and authenticity into your daily life? Are you honoring your dreams and talents?
- **Just for today, I will be kind to all living things:** Kindness is contagious! By choosing kindness, we create a ripple effect of positivity and healing in the world. Reiki reminds us of our interconnectedness and encourages compassion for all beings.
 - **Reflection:** How can you show more kindness to yourself and others today? What acts of compassion can you offer to the world around you? How does kindness affect your well-being?

Reiki's Gifts: How It Can Support You

We've explored Reiki's fascinating history and guiding principles. But you might wonder, "What can Reiki do for me?" Get ready to be amazed! Reiki offers a treasure chest of benefits for your body, mind, and spirit. Think of Reiki as a soothing balm for your entire being. It's like a gentle massage for your nervous system, helping to relieve stress and anxiety. Imagine those knots of tension in your shoulders dissolving, your mind quieting down, and a sense of calm washing over you. That's the power of Reiki! But it's not just about relaxation. Reiki can also provide relief from physical pain, whether it's those nagging headaches, persistent backaches, or even chronic pain that's been bothering you for years. Reiki helps kick in your body's natural healing abilities by promoting balance and flow in your energy field.

And if you're tossing and turning all night, Reiki can be a lifesaver! It promotes deep relaxation, quiets the mind, and helps you easily drift into dreamland. (I've lost count of how many times I've given myself a Reiki session before bed and fallen asleep within minutes!) Plus, Reiki can boost your immune system, helping you stay healthy and resilient in the face of life's challenges. It doesn't mean you can't or won't catch a common cold; we are human, after all. But now you will be able to help that cold move along faster!

Reiki's gifts go beyond the physical. It can work wonders on an emotional level, too. Ever feel like you're carrying around emotional baggage from the past? Reiki can help to release those emotional blockages and stuck energy that might be weighing you down. It's like a gentle cleanse for your emotional body, allowing you to process difficult emotions, find inner peace, and cultivate a more profound self-awareness. Imagine feeling lighter, freer, and more in tune with your feelings. That's the magic of Reiki!



- Reiki can be a powerful tool for growth and expansion for those on a spiritual path. It can deepen your connection to your inner wisdom, enhance your intuition, and open you up to higher states of consciousness.
- Think of Reiki as a bridge between your human experience and spiritual essence. It can help you connect with your higher self, access your intuition, and tap into the universe's wisdom. One of the most beautiful things about Reiki is that it's a gentle and safe practice that anyone can benefit from. Whether younger or older, healthy or facing health challenges, Reiki can offer support and promote well-being on all levels.
- Important Note: While Reiki is a powerful healing modality, it's important to remember that Reiki practitioners do not diagnose medical conditions or prescribe treatments. Reiki is a complementary therapy, meaning it works alongside traditional healthcare. It's always best to consult with a qualified healthcare professional for any health concerns; if you work with people, it's best to remind them of the same.

“Reiki principles represent a mystical aspect of the art of managing vital energy. They are a guide for our spiritual path. By integrating Reiki principles into our lives, we provide ourselves with everything we need for effective Reiki practice, spiritual development, and harmonious life.” ~

Katya Ki



THE REIKI ATTUNEMENT

Here's something special about this Reiki: You'll receive a Reiki attunement! This sacred process connects you to the source of Reiki energy and activates your ability to channel it. Think of it as an energetic "switch" that awakens the healer within you.

Everyone has life force energy flowing through them, but receiving an attunement is like opening a channel that allows more healing energy to flow through you.

After you complete Module 2, you'll receive this attunement as a distant attunement. It will be a guided meditation with specific symbols and intentions that will open you up to the flow of Reiki. Descriptions of the attunement process may vary by lineage and teaching style and are often shared as experiential or symbolic language rather than literal mechanisms.

Reiki attunements can be given in person or effectively performed at a distance. The concept is similar to how a Wi-Fi router transmits a signal. You can't see the signal traveling through the air, but your devices can still connect to it and receive information.

In a distance attunement, the Reiki Master uses specific techniques and intentions to connect with the student's energy field, regardless of their physical location. The energy of the attunement is transmitted through this connection, allowing the student to receive the same energetic shift as in a face-to-face setting.



PREPARING FOR THE ATTUNEMENT

It's essential to approach the attunement with an open mind and heart. Create a peaceful space free from distractions and set an intention to receive the attunement with reverence and gratitude.

Here are a few tips to help you prepare:

- Avoid alcohol or recreational drugs for at least 2-3 days before the attunement: These substances can sometimes mask underlying emotions or blockages. By abstaining, you allow your body and mind to be more receptive to the attunement energy.
 - Necessary: If you are taking prescribed medication, please continue as directed by your doctor.
- Eat and drink consciously: In the days before the attunement, try to nourish your body with whole foods and plenty of water. This will support your physical and energetic well-being and make you more receptive to the attunement.
- Meditate daily: Meditation helps to quiet the mind and open the energy channels, creating a more conducive space for the attunement.
- Create a peaceful space: Find a comfortable place where you won't be disturbed during the attunement. You can light a candle, dim the lights, or play soft music to create a relaxing atmosphere.

WHAT TO EXPECT DURING AND AFTER THE ATTUNEMENT

The attunement process generally takes about 15-20 minutes. During this time, you may experience various sensations, such as tingling, warmth, or a sense of energy flowing through your body. You might also see images or colors or feel emotions surfacing. Some people even fall asleep during the attunement!

There's no "right" or "wrong" way to experience the attunement. It's a deeply personal process, and everyone's experience will be unique. I want you to please trust that the attunement works, even if you don't feel anything dramatic. After the attunement, giving yourself time to integrate the Reiki energy is essential. You might feel different — energized, peaceful, or perhaps a bit sensitive. That's perfectly normal. I want to add that it's also common to experience what Reiki practitioners call "hot hands" – a feeling of warmth or tingling in your hands as your body adjusts to the increased flow of Reiki. You might also notice that your hands start to tingle or feel warm when you're around someone who could benefit from Reiki. This is a sign that your sensitivity to energy is increasing. You can allow the Reiki to flow or gently "turn it off" by setting an intention for it not to flow unless you ask it to.

Here's what you might experience:

- **Energy Clearing and Release:** Your body and mind will begin clearing and releasing stagnant energy that no longer serves your highest good. The Reiki attunement has a powerful healing influence, activating all seven chakras from the root to the crown.
- **Subtle Shifts:** You may not feel any significant shifts right away, and that's okay. If you start feeling some releases, surrender to the process and know your body prepares you for healing and channeling Reiki energy.
- **Physical Cleansing:** You may experience minor physical cleansing and detoxification symptoms as your body releases dissonant energy, including stored beliefs and memories. This is a natural part of the healing process, and it's essential to listen to your body and rest when you need to.
- **Emotional Processing:** You may find emotions rising to the surface. Be present with them without judgment, and allow them to pass through you. Try not to get caught up in the stories attached to the emotions. Just observe them, and they will often release naturally.
- **Dreamwork:** You might also process your dreams' emotions, memories, and beliefs. Remember recurring themes or symbols, and journal about your dreams to gain insights.
- **Hot Hands:** Literally, hot hands. After your attunement, as you begin to practice Reiki, you may notice your hands getting warmer in the center of your palms, where your hand chakras are. This is very normal, and you can run them under cool water until they adjust.
- Or literally nothing, which is perfectly normal, and trust that the process is unfolding just as it should.



Our bodies are miraculous machines, aren't they? Multitudes of amazing processes occur within without thinking about them. Sometimes, when we embark on a healing journey or make significant changes, our bodies might react unexpectedly. This is often called a "healing crisis." A healing crisis is a concept in some holistic and energetic healing traditions that describes temporary shifts that may occur during personal growth. It is not a medical diagnosis.

We tend to find Reiki when things aren't going smoothly, often leading us to look to something else to fix it. Reiki, for example. It has changed my life and, indeed, found me at a low point. I had many systems to readjust within me. It isn't always a clean process, and it can come at a cost when we are ready to move forward in our lives and make a change. We shed the systems that are no longer working. It can be a hard road, filled with muck and potholes. As we wade through the muck and use our new tools, we come out changed. We come out "lighter," no longer carrying what doesn't serve our highest good. For me, it meant letting go of my bad habits, like turning to alcohol to escape, and letting go of some people in my life. It didn't happen overnight, and I am still reworking systems. But I can tell you, Reiki has changed me. I love who I have become and look forward to all the changes in the coming days, months, and years. It's a path that requires constant "energy dumping," if you will. It requires daily check-ins. This can be hard in our busy lives, so I urge you, if you find yourself going a while without a self-check-in, it's okay. Treat yourself with love and kindness, and jump right back in without judgment of yourself. You've got this; I believe in you.

Let's explore how a healing crisis might unfold:

- **Initial Stress:** It often starts with an incident that causes stress in the body, triggering a defensive response. This could be something physical, like a food that doesn't agree with you, or something emotional, like a belief that causes you suffering.
- **Chronic Inflammation:** If the stressor persists—whether it's a recurring food sensitivity or a persistent negative belief—your body's defense mechanisms can become chronic, leading to a new, less optimal way of functioning.
- **The Turning Point:** You might be cruising along, feeling okay but not great, when suddenly, you decide to make a change. Perhaps you try a new diet, start a new exercise routine, or begin practicing Reiki. Initially, you might not notice much difference. But then, things might shift. You might feel worse before you feel better.

- **The Soup Analogy:** Imagine a pot of minestrone simmering on the stove. The surface looks calm, but all sorts of ingredients are swirling around underneath. When you heat it, those hidden ingredients rise to the surface. Similarly, introducing something new into your life, like Reiki, can bring up hidden emotions, memories, or physical sensations that have always been there but have been buried beneath the surface.

Understanding the concept of a healing crisis can empower you to take a conscious look at your feelings. Instead of blaming the new therapy or practice, you can recognize that these symptoms are your body's way of releasing what no longer serves you.

Acknowledging and surrendering to these shifts allows the healing process to unfold naturally. Those uncomfortable feelings and sensations are like messengers, guiding you towards deeper self-awareness and transformation.

What Can I Do?

If you experience a healing crisis, here are some ways to support yourself:

- **Be gentle with yourself:** Rest when needed, nourish your body with healthy foods, and do things that bring you joy.
- **Meditate:** Meditation can help you stay grounded and present as you navigate these shifts.
- **Hydrate:** Drink plenty of water to support your body's natural detoxification process.
- **Breathe:** Deep breathing can help move energy, release emotions, and return your body to a calm state.
- **Surrender:** Trust that your body knows what it's doing and allow the healing process to unfold.
- **Self-treat with Reiki:** Give yourself Reiki regularly to support your body's natural healing abilities.

Important Note: While a healing crisis is usually temporary and mild, it's essential to seek medical advice if your symptoms are severe or persist.

IMPORTANT: *Please don't skip ahead to the attunement track until you've finished the preparatory modules. This will help to ensure you're fully prepared to receive the attunement's benefits.*

“When we foster a balanced mindset, we are able to attain a lifestyle that speaks health and wellness to your mind, your body and your soul. Practice makes changes.” – Karla Sanchez

Meditation for After Your Attunement

This meditation is designed to support you in the days and weeks following your Reiki attunement. It can help you to integrate the Reiki energy, release any lingering tension, and connect with a more profound sense of peace and well-being. It's best to incorporate into your 30 days of self-reiki treatments. I will have a copy of this in the video module. Listen to it as often as needed.

FINDING YOUR CENTER

Find a comfortable position in a quiet space where you won't be disturbed. You should sit on a cushion or lie on a yoga mat. If you like, you can play soft, relaxing music and light a candle to create a peaceful ambiance.

Close your eyes gently and bring your awareness to your breath. Notice the natural rhythm of your breath as you inhale and exhale. Feel your belly rise and fall with each breath.

As you breathe, let go of any thoughts or worries lingering in your mind. Simply be present with the sensations of your breath, allowing your body and mind to relax more deeply with each exhale.

Now, imagine a ball of light hovering above your head. Choose a color that resonates with you and brings a sense of calm and peace. Perhaps it's a gentle blue, a soothing green, or a radiant white.

Visualize this ball of light growing bigger and bigger, expanding to fill the entire room. Breathe in the light, feeling it infuse your body with positive energy. Breathe out, releasing any tension or negativity that no longer serves you.

Next, imagine yourself standing beside a beautiful waterfall of light. The water cascades down, sparkling and shimmering with vibrant energy.

Step under the waterfall and allow the light to wash over you, cleansing your energy field and carrying away any stress or worries. Feel the light purifying your body, mind, and spirit.

Stay under the waterfall for as long as you like, basking in the radiant energy and allowing it to fill you with peace and love.

When you're ready, gently step out from under the waterfall and bring your awareness back to your breath. Notice how you feel – lighter, calmer, more energized.

Carry this sense of peace and well-being with you throughout your day. You can return to this meditation anytime you need to reconnect with Reiki energy and find your center.



MODULE 1 WRAP UP

Wow, we've covered a lot of ground in this first module! We've explored the fascinating history of Reiki, delved into its core principles, and discovered its incredible benefits for your body, mind, and spirit. You've even learned about the Reiki attunement that awaits you – exciting, right?

Take a moment to reflect on what you've learned. What resonated with you the most? What are you most curious about?

As you progress in this course, please start tuning in to the energy flow within you. Notice how you feel before, during, and after Reiki sessions. Pay attention to any subtle shifts or changes you experience.

And most importantly, remember to approach this journey with an open heart and a playful spirit. Reiki is a beautiful practice that can bring joy, healing, and transformation into your life.

KEY TAKEAWAYS

- Reiki is a gentle yet powerful healing modality that uses universal life force energy.
- The Reiki Principles offer guidance for living a more balanced and harmonious life.
- Reiki provides numerous benefits for your physical, emotional, and spiritual well-being.
- The Reiki attunement is a sacred process that activates your ability to channel Reiki energy.

REFLECTION QUESTIONS

- **WHAT DREW YOU TO REIKI? WHAT ARE YOUR HOPES AND INTENTIONS FOR THIS PRACTICE?**
- **HOW DO YOU FEEL ABOUT THE REIKI PRINCIPLES? WHICH ONES RESONATE WITH YOU THE MOST?**
- **WHAT ARE YOU MOST EXCITED TO LEARN AND EXPERIENCE AS YOU CONTINUE YOUR REIKI JOURNEY?**

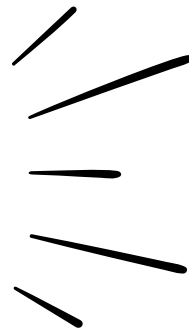


MODULE TWO

ENERGY AND THE BODY



ENERGY & CHAKRAS



Some of what you'll read in this module comes from spiritual traditions, some from practitioner experience, and some from historical or philosophical frameworks. You are not asked to believe anything blindly. Reiki invites personal experience and self-awareness rather than fixed belief. Think of this information as a map, not a diagnosis. Everyone experiences energy uniquely, and your own awareness is the most important guide.

Reiki is all about working with energy – sensing, channeling, and using it to promote healing and balance. The more you understand energy, the more effective you'll be as a Reiki practitioner.

A helpful way to think about this is like learning music theory before playing an instrument. You don't need to master everything at once, but having a basic understanding lays the foundation for skill and intuition over time. Reiki is a way of guiding universal life force energy throughout the body to promote the recipient's self-healing abilities. The Reiki practitioner doesn't cause the healing, nor are they the source of that healing energy; they're a channel for the energy. This is one of the differences between Reiki and other energy healing modalities. Reiki energy generally flows into the crown, through the heart chakra, and down the arms to the practitioner's hands, then distributes to where it is needed. This is not the only energy flow pattern, but the most common.



By understanding how energy flows through your body and the world around you, you'll be able to:

- Sense energy blockages and imbalances
- Direct only Reiki energy with more precision
- Enhance your intuition and sensitivity
- Deepen your connection to the healing power of Reiki

WHAT IS ENERGY?

Let's talk about energy! It's a word we use all the time, but what exactly is energy? Energy is often described as the force that allows movement, change, and interaction. Everything we experience — sound, light, thought, motion — can be understood as energy in different forms. The sunlight streaming through the window, the sound of a voice reaching your ears, the thoughts swirling in your mind — it's all energy!

Energy exists in many forms:

- Kinetic energy: The energy of motion (e.g., a rolling ball, a flowing river)
- Potential energy: Stored energy that has the potential to create motion (e.g., a stretched rubber band, a rock at the top of a hill)
- Thermal energy: Heat energy (e.g., a warm cup of tea, the sun's rays)
- Chemical energy: Energy stored in the bonds of molecules (e.g., the food we eat, the fuel we use to power our cars)
- Electrical energy: The flow of electrons (e.g., the electricity that powers our homes, the lightning in a storm)
- Nuclear energy: Energy stored in the nucleus of an atom (e.g., the energy released in a nuclear reaction)

One of the fundamental laws of physics is that energy cannot be created or destroyed; it can only change forms. Think of a flowing river. The water might change direction, speed up, or slow down, but it's always in motion, constantly transforming. Energy is the same way. During a Reiki session, something fascinating happens called entrainment. It's a fancy word that means two vibrating objects will naturally sync up and start vibrating at the same rate. Think of two pendulum clocks hanging next to each other. Even if they start swinging at different speeds, they'll eventually fall into rhythm and swing together. One principle shared across many traditions is that energy is always moving and transforming. During Reiki sessions, entrainment occurs, where systems naturally move toward harmony when they interact. Rather than forcing change, Reiki supports the body's natural tendency toward balance. The practitioner's energy, amplified by the Reiki attunement, has a stronger vibration. This encourages the recipient's energy field to harmonize with it, promoting balance and healing.

Reiki works with what many traditions call subtle life force energy, also known as qi or prana. This energy is said to flow through pathways called meridians and gather in centers often called chakras. When this flow feels smooth, people usually report a sense of vitality and ease. When it feels restricted, people may notice discomfort, emotional tension, or fatigue. Reiki offers gentle support for restoring flow.

Imagine the meridians as the body's plumbing system, carrying vital energy. When there's a clog (an energy blockage), the flow is restricted. Reiki is like a gentle, energetic plumber that helps to clear those clogs and get the energy flowing smoothly again throughout the entire system.

THE HUMAN BODY: A QUICK TOUR

The human body is an incredible vessel that carries our life force energy. Bodies are made of trillions of cells working together. These intricate systems keep us functioning, like the nervous, circulatory, respiratory, digestive, endocrine, muscular, and lymphatic systems. Each system has its own unique role, and they all work together in an interdependent way. Rather than diagnosing conditions, Reiki helps practitioners observe patterns and sensations within these systems. Reiki is commonly associated with promoting relaxation, which may support these systems in returning to balance.

- The nervous system is like the body's communication network, sending signals throughout the body. It's also closely connected to our emotions and stress responses. When we experience stress, our nervous system goes into "fight-or-flight" or "freeze" mode, which can disrupt the flow of energy. Reiki helps to calm the nervous system, promoting relaxation and restoring balance.
- The Endocrine System: The endocrine system is a network of glands that produce hormones – those chemical messengers that regulate everything from our mood to our metabolism. The endocrine system is closely linked to the chakra system, which we'll explore in more detail soon. Reiki can help to balance the endocrine system, supporting hormonal harmony and overall well-being.



THE LYMPHATIC SYSTEM: YOUR BODY'S CLEANING CREW

Now, let's talk about a system you might not be as familiar with: the lymphatic system. It's like your body's behind-the-scenes cleaning crew, working tirelessly to keep things running smoothly.

The lymphatic system is a network of vessels and nodes that run throughout your body, like a secondary circulatory system. But instead of blood, it carries a fluid called lymph. Lymph is a clearish liquid full of white blood cells, proteins, and fats. It bathes your cells, collecting waste products and toxins as it goes.

Think of it like this: imagine your cells are little houses, and lymph is the garbage truck that comes to collect the trash. The lymph vessels are like the roads the garbage truck travels on, and the lymph nodes are like sorting stations where the waste is filtered and processed.

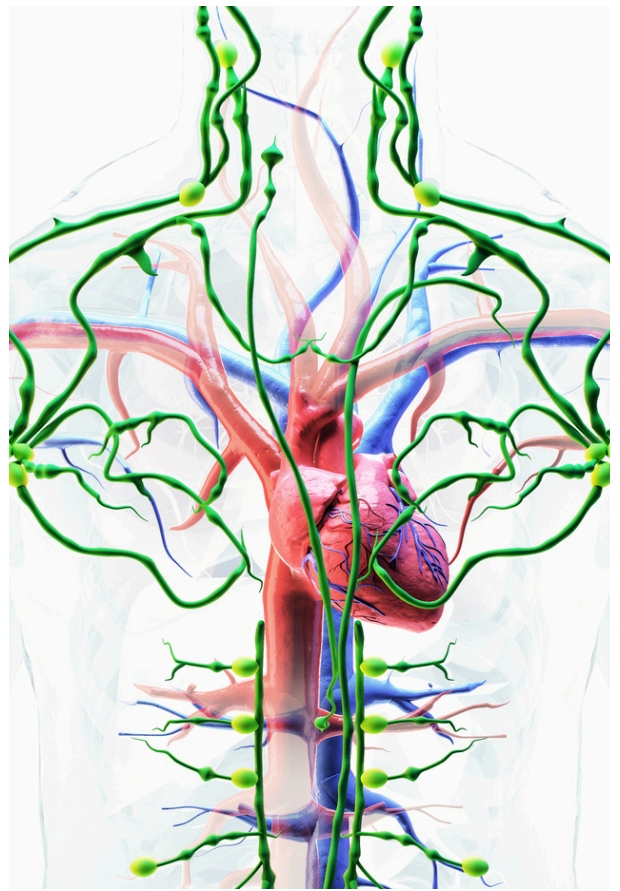
Those lymph nodes are essential! They're like little security checkpoints throughout your body, housing

immune cells that fight off invaders like bacteria and viruses. They're strategically located in clusters near larger lymphatic vessels, especially in areas like your neck, armpits, groin, and knees.

The spleen is another key player in the lymphatic system. It's like a big filter for your blood, removing old and damaged cells and helping to fight off infections. While Western medicine sometimes considers the spleen non-essential (the liver can take over some of its functions if removed), Traditional Chinese Medicine views the spleen as a vital organ for maintaining balance and flow.

The lymphatic system is crucial to your overall health and well-being, and Reiki can support its healthy functioning. By promoting relaxation and reducing stress, Reiki can help to improve lymph flow and enhance the body's natural detoxification processes.

Understanding the basics of human anatomy helps us appreciate the intricate connection between our physical and energetic bodies. It also allows us to see how Reiki can support overall health and well-being by promoting balance and flow within these systems. Think of your body as an ecosystem. Just like a healthy ecosystem needs a balance of different organisms and elements, your body needs a balanced energy flow to thrive. Reiki helps to maintain that balance, supporting the health and vitality of your whole being.



THE SUBTLE ENERGY SYSTEM: AURAS AND CHAKRAS

Let's dive into the fascinating world of the subtle energy system. Have you ever heard of the aura? Many energy traditions describe the aura as an energy field surrounding the body. This field is believed to reflect physical, emotional, mental, and spiritual states. The aura is said to reflect your physical, emotional, and spiritual state. It is believed to even interact with others' auras.

Think of the aura as an energetic extension of yourself. It's a multi-layered field of energy that surrounds your physical body and interacts with the world around you.

The aura has several layers, each associated with different aspects of your being:

- Physical Layer: This layer is closest to your body and reflects your physical health and vitality.
- Emotional Layer: This layer expresses your emotions and feelings.
- Mental Layer: This layer reflects your thoughts, beliefs, and cognitive patterns.
- Spiritual Layer: This layer connects you to your higher self and the spiritual dimensions.

The colors and vibrancy of your aura indicate your overall balance and well-being. Reiki can help to clear any stagnant energy in the aura, promoting a healthy flow and a brighter, more vibrant energy field. Within the aura, we have these fantastic energy centers called chakras. The word "chakra" means "wheel" in Sanskrit, and these spinning wheels of energy regulate the flow of life force throughout your body. These descriptions are symbolic tools for understanding experience, awareness, and balance.

The seven main chakras are located along your spine, from the base to the crown of your head. Each chakra is associated with specific colors, organs, and aspects of your being. When your chakras are balanced and flowing freely, you experience optimal health and well-being.

Reiki can help to clear blockages or imbalances in the chakras, allowing energy to flow throughout your system.





THE ROOT CHAKRA (MULADHARA)

Let's start our chakra journey with the Root Chakra, also known as Muladhara in Sanskrit. This chakra is located in the tailbone area at the base of your spine. It's associated with the color red and is all about your foundation, sense of safety, and security in the world. Think of the Root Chakra as your roots, anchoring you to the earth. Balancing this chakra makes you feel grounded, stable, and secure. You have a strong sense of belonging and trust in the universe to provide for your needs.

Physically, the Root Chakra is connected to your legs, feet, base of the spine, and adrenal glands. If this chakra is imbalanced, you may experience physical issues in these areas, such as lower back pain, leg problems, or fatigue.

Emotionally, an imbalanced Root Chakra can manifest as anxiety, fear, insecurity, or feeling ungrounded. You might struggle with survival fears, financial worries, or a lack of trust in the world.

Spiritually, the Root Chakra connects you to your sense of belonging in the universe. When balanced, you feel supported by the earth and connected to your life purpose.

BALANCING THE ROOT CHAKRA

Reiki can help to balance the Root Chakra, bringing a sense of stability, security, and vitality. It's like giving your roots a deep watering, allowing you to stand tall and strong in the world.

Here are some additional ways to balance the Root Chakra:

- **Grounding Practices:** Spend time in nature, walk barefoot on the earth, or visualize roots growing from your feet into the ground.
- **Physical Activity:** Engage in activities that strengthen your legs and feet, such as yoga, walking, or dancing.
- **Affirmations:** Repeat affirmations that promote security and stability, such as "I am safe and secure" or "I trust in the universe to provide for my needs."



THE SACRAL CHAKRA (SVADHISTHANA)

Moving up from the Root Chakra, we arrive at the Sacral Chakra, or Svadhisthana. This vibrant orange chakra is located in your lower abdomen, below your navel. It's the center of your creativity, passion, pleasure, and emotions. Think of the Sacral Chakra as a swirling pool of creative energy. Balancing this chakra makes you feel joyful, passionate, and connected to your sensuality. You embrace life with enthusiasm and express yourself freely.

Physically, the Sacral Chakra is linked to your reproductive organs, lower back, hips, and bladder. This chakra's imbalance might manifest as issues in these areas, such as menstrual problems, lower back pain, or urinary tract infections.

Emotionally, an imbalanced Sacral Chakra can lead to emotional instability, mood swings, low libido, creative blocks, or addictive tendencies. You might struggle with intimacy, self-worth, or expressing your emotions.

Spiritually, the Sacral Chakra connects you to your creativity, passion, and life force energy. When it's balanced, you feel alive, joyful, and inspired.

BALANCING THE SACRAL CHAKRA

Reiki can help to balance the Sacral Chakra, bringing more joy, creativity, and emotional well-being into your life. It's like igniting your inner fire, allowing you to express yourself authentically and embrace life's pleasures.

Here are some additional ways to balance the Sacral Chakra:

- **Creative Expression:** Engage in activities that spark your creativity, such as painting, dancing, writing, or playing music.
- **Movement and Flow:** Practice yoga, dance, or other forms of movement that help you connect with your body and its natural rhythms.
- **Emotional Awareness:** Pay attention to your emotions and find healthy ways to express them. Journaling, talking to a trusted friend, or engaging in creative expression can be helpful.
- **Sensuality and Pleasure:** Embrace the sensual pleasures of life, such as enjoying delicious food, listening to beautiful music, or spending time in nature.



THE SOLAR PLEXUS CHAKRA (MANIPURA)

Moving upwards, we arrive at the Solar Plexus Chakra, also known as Manipura. This bright yellow chakra is located in your upper abdomen, above your navel. It's your power center, the seat of your willpower, self-esteem, and transformation. Think of the Solar Plexus Chakra as your inner sun, radiating warmth and strength. When this chakra is balanced, you feel confident, empowered, and in control of your life. You have a strong sense of self and the determination to achieve your goals.

Physically, the Solar Plexus Chakra is connected to your stomach, liver, gallbladder, pancreas, spleen, and the entire digestive system. Imbalances in this chakra can manifest as digestive issues, such as indigestion, ulcers, or eating disorders.

Emotionally, an imbalanced Solar Plexus Chakra can lead to low self-esteem, lack of direction, difficulty making decisions, or controlling behavior. You might struggle with self-doubt, assertiveness, or setting healthy boundaries.

Spiritually, the Solar Plexus Chakra connects you to your personal power, willpower, and self-discipline. When it's balanced, you feel confident in manifesting your desires and creating the life you want.

BALANCING THE SOLAR PLEXUS CHAKRA

Reiki can help balance the Solar Plexus Chakra, igniting your inner fire and empowering you to reach your full potential. It's like turning up the brightness on your inner sun, allowing you to shine brightly in the world.

Here are some additional ways to balance the Solar Plexus Chakra:

- **Self-Reflection:** Reflect on your strengths, accomplishments, and values. Identify any limiting beliefs that might be holding you back.
- **Setting Healthy Boundaries:** Learn to say "no" when necessary and prioritize your needs.
- **Taking Action:** Set goals and take steps to achieve them. This helps to build confidence and a sense of accomplishment.
- **Sunlight and Warmth:** Spend time in the sun, take warm baths, or visualize a warm, golden light filling your solar plexus.



THE HEART CHAKRA (ANAHATA)

As we move to the center of the chest, we encounter the beautiful Heart Chakra, also known as Anahata. This green chakra, when healthy and balanced, is all about love, compassion, empathy, and connection. It bridges the lower and upper chakras, connecting earthly experiences with spiritual aspirations.

Think of the Heart Chakra as a wellspring of love that flows outward to yourself and others. When this chakra is balanced, you experience deep compassion, empathy, and a sense of forgiveness. You feel connected to others and radiate love in all your interactions.

Physically, the Heart Chakra is linked to your heart, lungs, circulatory system, thymus gland, and upper back. This chakra's imbalance might manifest as heart, respiratory, or upper back pain. Emotionally, an imbalanced Heart Chakra can lead to grief, loneliness, resentment, jealousy, or difficulty giving and receiving love. You might struggle with forgiveness, self-love, or building healthy relationships. Spiritually, the Heart Chakra connects you to universal love, compassion, and interconnectedness. When balanced, you feel a deep sense of harmony and peace within yourself and the world around you.

BALANCING THE HEART CHAKRA

Reiki can help balance the Heart Chakra, allowing you to give and receive love more freely. It can also help heal emotional wounds and cultivate a more profound sense of compassion and connection.

Here are some additional ways to balance the Heart Chakra:

- **Self-Love Practices:** Engage in activities that nurture your heart and soul, such as spending time in nature, journaling, or practicing gratitude.
- **Loving-Kindness Meditation:** Cultivate compassion and loving-kindness towards yourself and others through meditation.
- **Forgiveness:** Practice forgiveness, both towards yourself and others. This helps to release resentment and open your heart to love.
- **Connection:** Spend time with loved ones, nurture your relationships, and do acts of service for others.



THE THROAT CHAKRA (VISHUDDHA)

Rising to the throat, we find the Throat Chakra, or Vishuddha. This beautiful blue chakra is about communication, self-expression, and speaking your truth. It's the center of authenticity and allows you to express your thoughts and feelings clearly and honestly. Think of the Throat Chakra as your voice, allowing your inner truth to flow outward. When this chakra is balanced, you communicate with clarity and confidence. You express yourself creatively and listen deeply to others.

Physically, the Throat Chakra is connected to your throat, neck, thyroid gland, mouth, and ears. This chakra's imbalance can manifest as sore throats, neck pain, thyroid issues, or difficulty speaking.

Emotionally, an imbalanced Throat Chakra can lead to difficulty speaking your truth, fear of judgment, gossip, dishonesty, or difficulty listening to others. You might struggle expressing your needs, setting boundaries, or communicating authentically.

Spiritually, the Throat Chakra connects you to your authentic self and ability to express your truth. When balanced, you communicate with clarity, integrity, and compassion.

BALANCING THE THROAT CHAKRA

Reiki can help to balance the Throat Chakra, empowering you to speak your truth with confidence and compassion. It can also help improve communication skills and foster authentic connections.

Here are some additional ways to balance the Throat Chakra:

- **Honest Communication:** Practice speaking your truth with kindness and clarity.
- **Active Listening:** Cultivate active listening skills, paying attention not only to the words but also to the nonverbal cues of others.
- **Creative Expression:** Express yourself through writing, singing, painting, or other creative outlets.
- **Sound Healing:** Use sound healing tools like singing bowls or chanting to harmonize the vibrations of the throat chakra.
- **Neck Stretches:** Gently stretch and massage your neck to release tension and promote energy flow in the throat area.



THE THIRD EYE CHAKRA (AJNA)

Moving upwards to the center of the forehead, we encounter the Third Eye Chakra, or Ajna. This indigo chakra is the center of your intuition, wisdom, and inner vision. It's the gateway to higher consciousness, allowing you to connect with your inner guidance. Think of the Third Eye Chakra as your inner compass, guiding you towards your true path. When this chakra is balanced, you trust your intuition, have clear insights, and can access your inner wisdom. You see beyond the physical world and connect with your spiritual essence.

Physically, the Third Eye Chakra is linked to the pineal gland, pituitary gland, eyes, and head. This chakra's imbalance can manifest as headaches, vision problems, or difficulty concentrating.

Emotionally, an imbalanced Third Eye Chakra can lead to a lack of clarity, confusion, difficulty making decisions, or a feeling of disconnection from your intuition. You might struggle with self-doubt, overthinking, or a lack of trust in your inner guidance.

Spiritually, the Third Eye Chakra connects you to your intuition, wisdom, and spiritual insights. You experience clarity, focus, and a deep connection to your inner knowing when balanced.

BALANCING THE THIRD EYE CHAKRA

Reiki can help to balance the Third Eye Chakra, enhancing your intuition, clarity, and connection to your inner wisdom. It's like opening your third eye to see the world with greater understanding and insight.

Here are some additional ways to balance the Third Eye Chakra:

- **Meditation:** Regular meditation helps to quiet the mind and open the third eye, allowing you to access deeper levels of awareness and intuition.
- **Visualization:** Practice visualizing images, colors, or symbols representing clarity, wisdom, and intuition.
- **Dreamwork:** Pay attention to your dreams and journal about them. Dreams can offer valuable insights and guidance from your subconscious mind.
- **Intuition Exercises:** Engage in activities that strengthen your intuition, such as tarot card readings, oracle card readings, or simply following your gut feelings.



THE CROWN CHAKRA (SAHASRARA)

Finally, we reach the Crown Chakra, or Sahasrara, at the crown of the head. This radiant chakra, often depicted as violet or white, is your connection to the Divine, Source energy, the universe, or whatever higher power resonates with you. It's the center of spiritual awakening, enlightenment, and bliss. Think of the Crown Chakra as an antenna, receiving divine wisdom and guidance. When this chakra is balanced, you feel connected to something greater than yourself, experiencing a sense of peace, purpose, and unity with all that is.

Physically, the Crown Chakra is linked to your central nervous system, brain, and pituitary gland. This chakra's imbalance can manifest as headaches, migraines, or neurological issues.

Emotionally, an imbalanced Crown Chakra can lead to spiritual disconnection, lack of purpose, confusion, or difficulty trusting your intuition. You might struggle with faith, a sense of belonging, or finding meaning in life.

Spiritually, the Crown Chakra connects you to your higher self, your spiritual guides, and the divine wisdom of the universe. You experience a deep sense of connection, peace, and enlightenment when balanced.

BALANCING THE CROWN CHAKRA

Reiki can help to balance the Crown Chakra, deepening your spiritual connection and opening you up to higher states of consciousness. It's like tuning your antenna to receive the whispers of the universe and experience the bliss of pure awareness.

Here are some additional ways to balance the Crown Chakra:

- **Meditation:** Regular meditation helps to quiet the mind and open the crown chakra, allowing you to connect with your higher self and the divine.
- **Spiritual Practices:** Engage in spiritual practices that resonate with you, such as prayer, chanting, or spending time in nature.
- **Gratitude:** Cultivate a sense of appreciation for all the blessings in your life.
- **Self-Reflection:** Take time for introspection and self-inquiry to deepen your understanding of yourself and your connection to the universe.

ENERGY BLOCKAGES AND IMBALANCES

We've explored the amazing human energy system with its vibrant aura and spinning chakras. But sometimes, that energy flow gets disrupted. Imagine a beautiful, flowing river suddenly encountering a dam. The water gets backed up, and the natural flow is disrupted, right? That's what happens with energy blockages. Energy blockages can occur in the aura, the chakras, or the meridians (energy pathways in the body). Energy blockages are often described as disrupting the flow of life force energy. Many practitioners associate prolonged imbalance with physical, emotional, or spiritual challenges. What can cause these blockages?

- **Stress:** When stressed, our nervous system goes into "fight-flight-freeze" mode, which can constrict energy flow.
- **Negative Emotions:** Anger, fear, and sadness can create energetic blocks if we don't process them in a healthy way.
- **Past Traumas:** Traumatic experiences can leave energetic imprints that disrupt the flow of energy.
- **Unhealthy Lifestyle:** Poor diet, lack of exercise, and inadequate sleep can all contribute to energy imbalances.
- **Lack of Self-Care:** When we don't prioritize self-care, our energy reserves can deplete, leading to blockages.
- **Environmental Toxins:** Exposure to environmental pollutants can also disrupt our energy flow.

How do these imbalances show? They can manifest in many ways – physically, emotionally, and spiritually. Physical Ailments may be experienced as physical symptoms such as headaches, digestive issues, fatigue, or pain. Emotional Distress may make people feel anxious, depressed, irritable, or emotionally unstable. Spiritual Disconnection may manifest as one feeling disconnected from one's intuition, higher self, or sense of purpose.

But here's the good news: Reiki can help! Reiki's gentle energy helps to clear those blockages, allowing your life force energy to flow freely again by:

- Release stress and tension
- Balance emotions
- Heal emotional wounds
- Promote relaxation and well-being
- Strengthen the immune system
- Support the body's natural healing abilities



MODULE 2 WRAP UP

You've successfully navigated the energetic landscape of Module 2! You now possess a deeper understanding of the incredible energy systems within you and how Reiki interacts with them. From the vibrant aura to the dynamic chakras, you've gained valuable knowledge that will empower you to work with Reiki with greater awareness and confidence. It's important to remember that while Reiki will help you and the people you intend to treat clear blockages, they will build up again. This occurs in our daily life interactions with others. This means one Reiki treatment will work wonders, but it's something to keep up on a regular basis.

KEY TAKEAWAYS

- Energy is the vital force that flows through all living beings.
- The human body is a complex and interconnected system of energy channels and centers.
- The aura and chakras are key components of the subtle energy system.
- Reiki can help to clear energy blockages and restore balance on all levels.
- Understanding the human body and its energy systems enhances your Reiki practice.

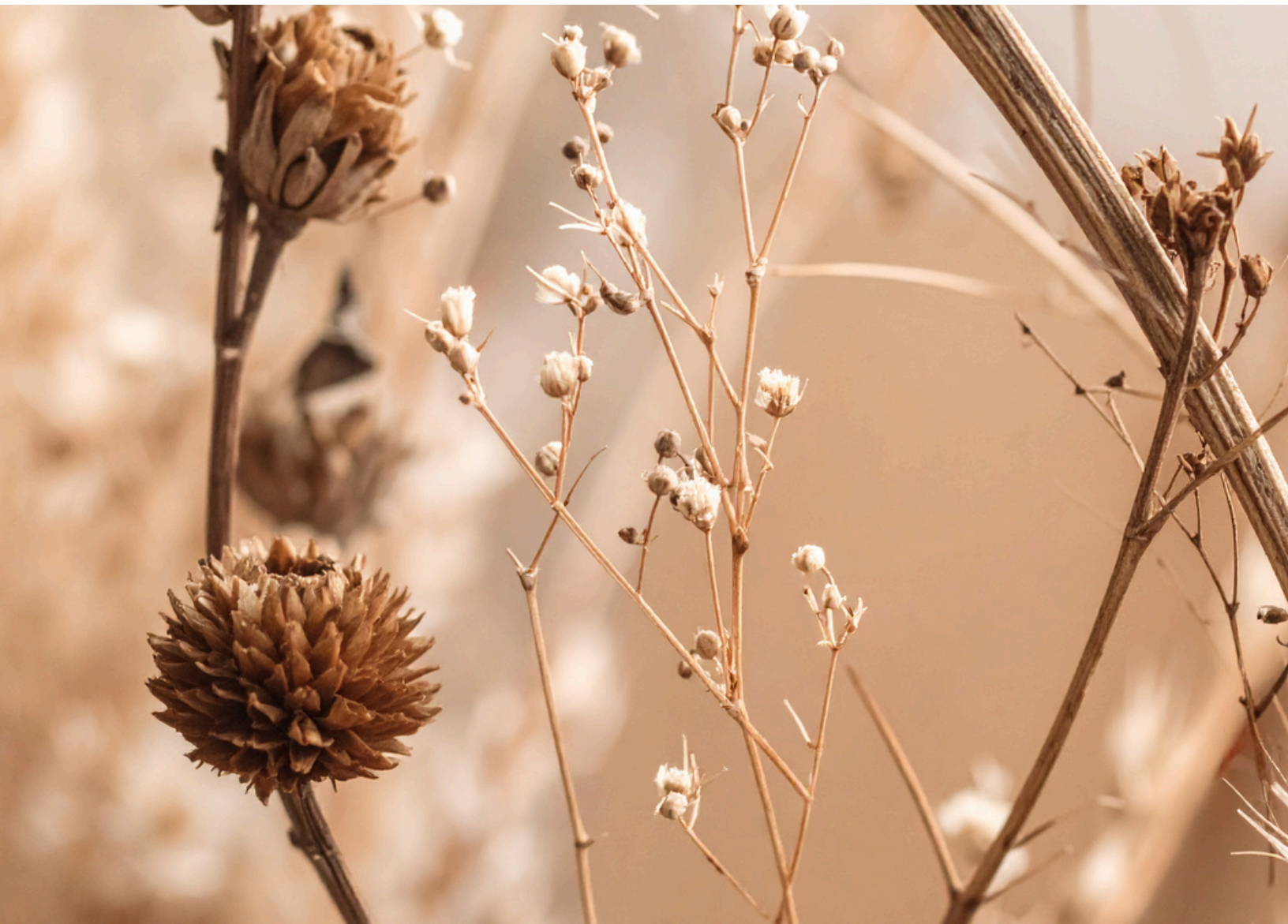
REFLECTION QUESTIONS

- HOW HAS YOUR UNDERSTANDING OF ENERGY CHANGED SINCE STARTING THIS MODULE?
- WHICH CHAKRA RESONATES WITH YOU THE MOST, AND WHY?
- WHAT ARE SOME WAYS YOU CAN INCORPORATE ENERGY AWARENESS INTO YOUR DAILY LIFE?
- HOW DO YOU FEEL ABOUT THE UPCOMING REIKI ATTUNEMENT?

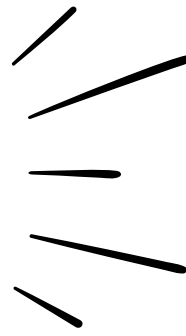


MODULE THREE

REIKI LEVEL 1 ATTUNEMENT



THE ATTUNEMENT!



This is a pivotal moment in your Reiki journey! You're about to receive the Reiki Level 1 attunement, a sacred and transformative experience that will open you up to the flow of Reiki energy.

The attunement opens and strengthens your ability to channel Reiki energy for self-practice and for offering Reiki to others. It's a beautiful process that connects you to the lineage of Reiki Masters. **We covered a lot of the information you need to know in the first Module, so if you skipped that section, please go back and read it before continuing with the attunement.** That information is crucial for you to know before you get your attunement.

Before you begin, take a moment to create a sacred space for yourself. Find a quiet place where you won't be disturbed. If it's your thing, light a candle or incense, grab your favorite crystals, dim the lights, and make sure you're comfortable. Have a glass of water nearby afterward – you'll want to stay hydrated.

Most importantly, approach this attunement with an open heart and mind, ready to receive the blessings of Reiki.

I will guide you through the beginning of the attunement, and the music track will play for the duration of the attunement. The music will help open your energy channels and prepare you to receive Reiki energy. You may experience various sensations during the attunement, such as warmth, tingling, or a sense of expansion. Simply observe these sensations without judgment, knowing Reiki energy is working within you. Don't worry if you feel nothing – everything is happening as it should.

“EACH OF US HAS THE POTENTIAL OF BEING GIVEN A DIVINE GIFT, WHICH RESULTS IN THE BODY AND SOUL BECOMING UNIFIED ... A GREAT MANY PEOPLE WILL EXPERIENCE THE BLESSINGS OF THE DIVINE ... THROUGH IT, THE HUMAN BEING WILL FIRST BE MADE HEALTHY, AND THEN PEACE OF MIND AND JOY IN LIFE WILL BE INCREASED.” ~ DR. MIKAO USUI

AFTER YOUR ATTUNEMENT

After the attunement, take some time to integrate the Reiki energy; the energy will start to flow through your hands at the thought of healing. Many students feel this energy as a warm or tingling sensation in their hands. After you have been attuned, the Reiki will run even if you cannot feel the sensation in your hands. Reiki is subtle energy.

You might notice that you're more sensitive to energy or that your intuition is heightened. You might also feel more drawn to practicing Reiki on yourself and others. After the attunements, you will begin a 21-day cleansing and detoxification process for your chakras. The Reiki attunement activates all seven chakras, starting with the root chakra and ending at the crown chakra. Each chakra takes approximately 24 hours, and this cycle will happen three times. The detoxification process can be emotionally exhausting as the Reiki energy works on emotional blockages and scars that you have carried throughout your life. You may have vivid dreams, feel overly emotional, or even be angry. Allow yourself to feel the emotion without attaching any importance to it. These feelings will soon pass. Trust in the healing power of Reiki.

Let's talk self-care! After your attunement, it's not a luxury, it's a necessity. It is recommended that you perform Reiki on yourself every day for 30 days after your attunement. It doesn't have to be full treatments; a little each day goes a long way. To support your energetic transformation, make self-care a non-negotiable part of your daily routine. You might find that you're naturally drawn to a cleaner diet, less interested in alcohol or drugs, and more discerning about your social circle.

Your energy system is undergoing a significant upgrade! You might have already felt some tingling or emotional shifts, and this process will continue as your meridians and chakras find their optimal balance. Be gentle with yourself during this time, as you may experience heightened intuition and a deeper connection to your inner self.

After your attunement, when you're ready, proceed to the next module for Reiki hand positions and learn how to perform a self-treatment.

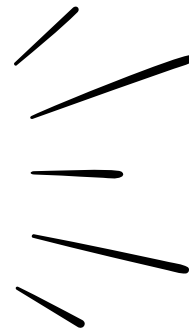


MODULE FOUR

SELF-REIKI PRACTICES



HOW TO: SELF REIKI



Welcome to Module 4, where you'll begin exploring self-Reiki as a personal practice. Now that you've received your attunement, you have access to Reiki energy and can intentionally work with it for your own support and well-being.

It's commonly recommended within Reiki traditions to practice self-Reiki daily for about 30 days following attunement. Many practitioners find that this helps them become familiar with how Reiki feels for them and supports the development of consistency and confidence. During this time, I also like to recite the Five Reiki Precepts each morning, as they help set a grounded and intentional tone for the day.

Self-Reiki is often described as a supportive self-care practice that invites relaxation, emotional awareness, and a deeper connection to the body. Rather than trying to "fix" anything, the focus is on presence, intention, and allowing energy to flow where it is needed.

In this module, you'll learn practical approaches for self-Reiki, including hand positions, meditative techniques, and traditional practices that support self-connection and awareness.

As with all Reiki work, experiences vary. Some people notice physical sensations, emotional shifts, or deep relaxation, while others experience subtle changes over time. There is no right or wrong way to experience Reiki.



Practitioners and recipients often describe Reiki as supporting:

- relaxation and stress reduction
- emotional balance and self-awareness
- a sense of calm and inner peace
- improved rest and sleep quality
- feeling more connected to the body
- mindfulness and nervous system regulation

Individual experiences vary, and Reiki is best understood as a complementary, personal practice rather than a guaranteed outcome or treatment.

WHAT IS ENERGY?

To begin your self-Reiki practice, it's helpful to create a supportive environment. Find a quiet, comfortable space where you can relax without distractions. This might be your bedroom, a meditation space, or a peaceful spot in nature.

Before you begin, take a moment to set an intention. Intention plays a vital role in energy practices, helping bring focus and clarity to your session. Your intention might be to support relaxation, emotional balance, or simply to be present with yourself. When working with Reiki, intentions are often framed in terms of the highest good.

Reiki is commonly described as being activated through intention. Many practitioners use a simple mental cue such as "Reiki on," "Reiki now," or a phrase like, "May Reiki flow through me for my highest good and many blessings." These phrases are tools for focus rather than commands that force energy to move.

Reiki does not require intense concentration or effort. A gentle awareness and willingness are enough. If your thoughts wander, simply return your attention to your breath. Rather than pushing energy, Reiki is often experienced as something that flows naturally when you allow it.

Some people feel warmth, tingling, pulsing, or subtle sensations during Reiki, while others feel very little physically. Not feeling sensations does not mean Reiki isn't present. Reiki is often described as subtle and experiential.

Begin by grounding yourself. You might visualize roots extending from your feet into the earth, or bring awareness to your breath and body. Use language that feels authentic to you, whether spoken aloud or silently.

Once grounded, you may begin using the hand positions shown in the following sections. There is no single correct way to practice self-Reiki. Experiment, move slowly, and trust your intuition to guide you.

REIKI SELF-TREATMENT

Regular self-treatment is an important part of developing confidence and familiarity with Reiki. Over time, practitioners often find that consistent practice supports personal growth, self-awareness, and a deeper understanding of their own energy.

Self-treatment can be done using adaptations of the standard hand positions shown below, or by placing your hands on any area that feels accessible and comfortable. Reiki is commonly described as flowing where it is most needed, even when hand placement is simple.

For newer practitioners, following a basic sequence of hand positions can be helpful. If certain positions are uncomfortable, adjust as needed. Comfort and presence matter more than precision. Many practitioners spend about 3 to 5 minutes on each position, but you are free to adjust the timing based on your own experience.

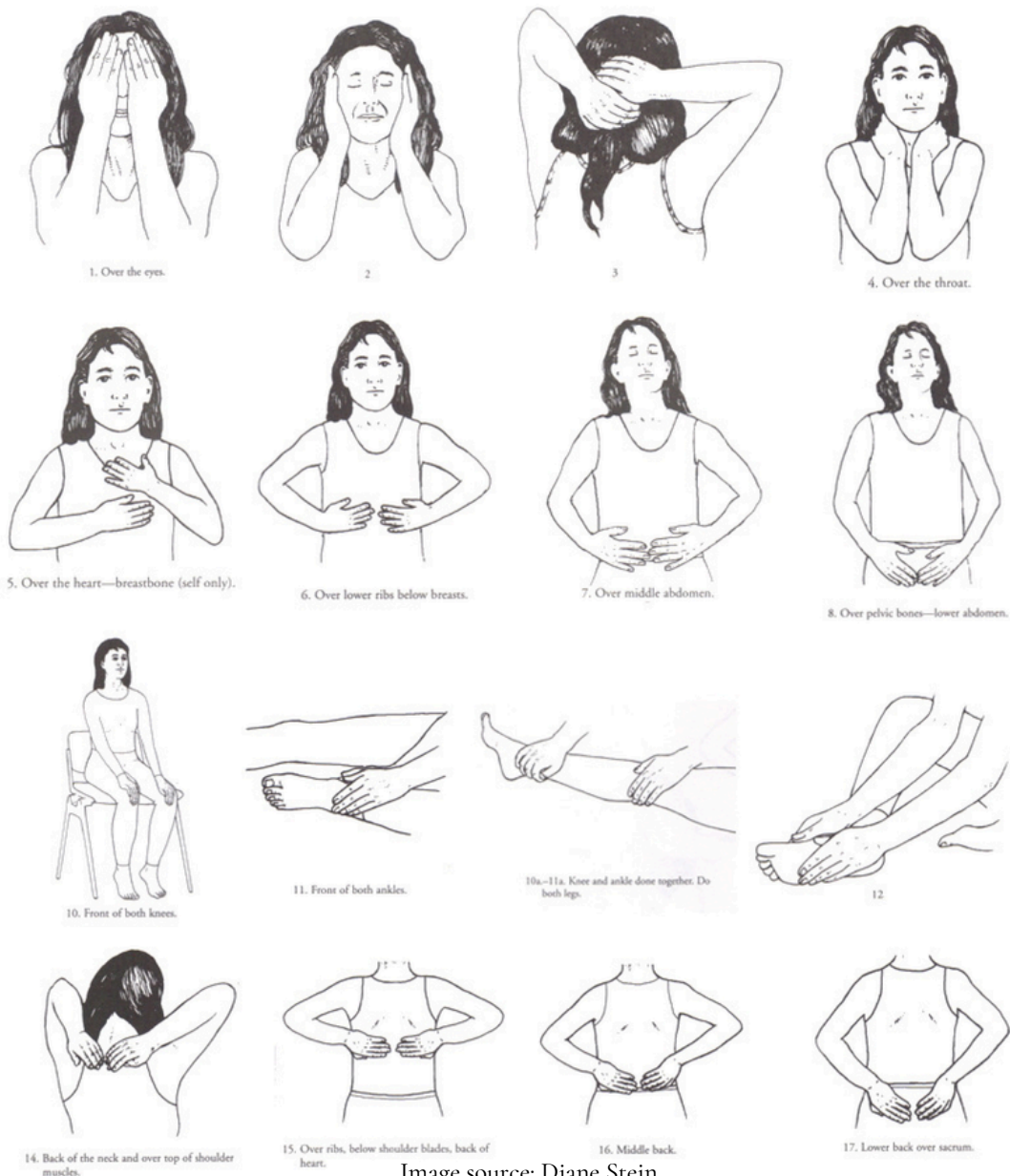


Image source: Diane Stein

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REIKI TIPS

The more consistently you practice, the more familiar you may become with how Reiki feels for you. Here are some ways practitioners often support their self-Reiki practice:

- Incorporate Reiki into daily life: Even a few minutes can be meaningful. Some people practice in the morning, before bed, or during moments of rest.
- Be flexible: If time is limited, placing a hand on your heart or another part of your body while resting or watching TV can still support presence and awareness.
- Combine Reiki with other practices: Meditation, journaling, gentle movement, or time in nature can complement Reiki practice.
- Use supportive tools if desired: Crystals or essential oils may enhance the atmosphere of your practice, though they are optional.
- Reflect on your experiences: Journaling can help you notice patterns, insights, or changes over time.

There is no right or wrong way to practice self-Reiki. Trust your intuition and allow your practice to evolve naturally.

EXPLORING JAPANESE REIKI TRADITIONS

Reiki originated in Japan, and while it has evolved as it spread globally, many practitioners value learning about traditional Japanese perspectives. These traditions offer historical context and foundational practices that continue to influence Reiki today.

The following sections introduce commonly taught ethics and techniques associated with early Reiki traditions. These are shared as part of the Reiki lineage and practice history.

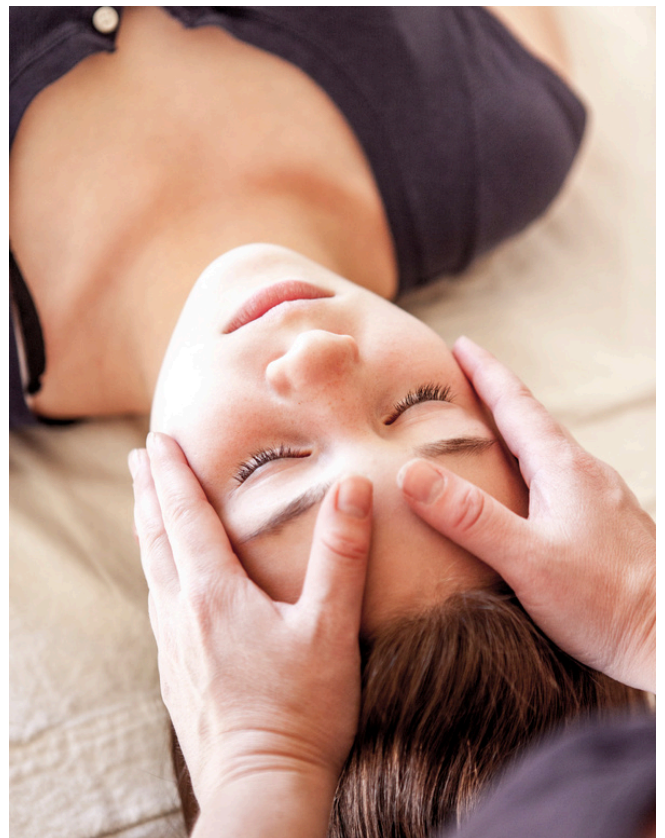
Japanese Reiki Ethics

The Importance of Lineage: Japanese Reiki traditions often emphasize honoring lineage to acknowledge the teachers and practitioners who have passed down the practice. Lineage is understood as a symbolic and educational connection rather than historical proof of outcomes.

Respect for Tradition: While Reiki continues to evolve, traditional practices provide a framework that many practitioners find grounding and supportive.

Self-Practice and Discipline: Regular self-practice, meditation, and reflection are commonly encouraged within Japanese Reiki teachings. These practices are viewed as ways to deepen awareness and connection over time.

Intuition and Inner Guidance: Alongside structure, practitioners are encouraged to trust intuition and develop sensitivity to subtle energetic cues. As you grow your Reiki practice, you'll most likely become more attuned to the subtle flow of energy, and your intuition will guide you to where Reiki is needed most.



JAPANESE REIKI TECHNIQUES

Reiji-ho:

Reiji-ho is an intuitive hand placement technique that emphasizes awareness and responsiveness. Rather than following fixed positions, practitioners allow their hands to be guided by sensation, intuition, or attention. As you practice, you may notice sensations such as warmth, tingling, or a sense of focus drawing you to certain areas. These experiences are personal and may vary from session to session. Many practitioners share stories of intuitive moments during sessions. These are personal experiences rather than guarantees and are best understood as examples of how intuition can develop through practice.

1. Begin by entering a meditative state and connecting to Reiki energy.
2. Place your hands a few inches above the recipient's body, or your own for self-Reiki.
3. Close your eyes and focus on your breath.
4. Slowly move your hands over the body, paying attention to any sensations you feel. You might feel warmth, tingling, coolness, or a magnetic pull towards specific areas.
5. Trust your intuition and let your hands be drawn to the areas where you feel most guided.
6. When you feel a sense of "settling" or completion in one area, move your hands to the next area that calls to you.

Kenyoku:

Kenyoku, often called "dry bathing," is traditionally used as a centering and clearing practice. It involves sweeping motions along the body, paired with visualization and breath, to support a sense of energetic clarity. Some practitioners use Kenyoku at the beginning or end of a session to transition into or out of practice.

1. Stand with your feet shoulder-width apart and your spine straight.
2. Bring your hands together in Gassho (prayer position) in front of your heart.
3. Inhale deeply and raise your hands above your head. As you exhale, sweep your hands down the front of your body, visualizing any stagnant or negative energy being cleared away.
4. Repeat this sweeping motion several times, visualizing your aura becoming clear and vibrant.

I will go into more detail about this later when we talk about performing a session on someone, but for now, if you choose to use this sweeping technique on yourself, imagine any negative energy in your aura field leaving and returning to the earth for transmutation.

GASSHO MEDITATION

Gassho meditation is a traditional practice attributed to Usui Mikao. It involves bringing the palms together at the heart center and cultivating focused awareness.

Practitioners often describe Gassho as a way to quiet the mind, center attention, and develop presence. While meanings and interpretations vary, the practice remains a foundational part of Reiki training for many lineages.

Here's how the Gassho meditation is typically performed:

1. Sit comfortably in a chair or on the floor with your spine straight but relaxed. You can close your eyes gently.
2. Bring your palms together in front of your chest, typically at the level of your heart chakra, located in the center of your chest.
3. Your fingers should be together, pointing upwards. The middle fingers might gently touch the sternum.
4. Your thumbs should lightly touch your chest, often near the heart center.
5. The hands are held together gently but firmly. There should be no tension or straining.
6. In Gassho meditation, the focus is often on the point where the middle fingers meet or the space between the palms. You may also focus on your breath or the flow of Reiki energy.



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BYOSEN SCANNING

Byosen scanning is a technique used to increase awareness of subtle sensations within the body and energy field. Rather than diagnosing or identifying illness, it encourages mindful observation.

As you scan, you may notice sensations such as warmth, tingling, pressure, or subtle changes in attention. These sensations are used as cues for where to place your hands during Reiki practice.

Over time, practitioners often become more comfortable recognizing their own patterns of sensation and response.

How to Practice

1. Start by holding your nondominant hand about 3 to 4 inches above your body.
2. Slowly scan your body from head to toe: Move your hand slowly and mindfully, paying attention to any sensations you feel.
3. You might notice warmth, tingling, coolness, pressure, or even a pulling sensation in your hand. These sensations can indicate areas where Reiki energy is needed.
4. Direct Reiki to those areas: When you feel a noticeable sensation in an area, place your hands on it and allow Reiki to flow. Trust your intuition and let the energy guide you.

The more you engage in this technique, the more attuned you will become to the nuanced energetic shifts within your body. Before beginning your Reiki session, take a moment to quiet your mind with a few deep breaths, allowing your focus to sharpen and your perception of subtle sensations to become clearer. Trust your intuition; if you feel drawn to a specific area, even if you don't experience an intense physical sensation, let the Reiki flow there, as your intuitive guidance is a valuable aspect of this practice.

QUICK NOTE

As you develop your Reiki practice, you may also find that your hands emit energy when they are around people who need Reiki. This can feel like heat or cold in your hands and body. Over time, you will get used to the sensations and may find that the feelings shift depending on who you're with. If you find these sensations uncomfortable and do not wish for Reiki to flow freely, you may set an intention for Reiki to flow only when you intend it to.

For example, when I first became attuned, Reiki would flow to my husband when my hands were near him without me turning it on. Rather than turning it off, I set the intention that when he needs it, Reiki may continue to flow freely to him without me having to turn it on. Now, when we're on the couch or falling asleep, it goes to him as needed, which is often.



MODULE 4 WRAP UP

Congratulations on completing Module 4. You are building a personal relationship with Reiki through self-practice, awareness, and consistency.

By centering yourself, practicing regularly, and trusting your intuition, you continue to deepen your understanding of Reiki as a supportive, experiential practice.

Self-Reiki is not about perfection — it is about presence.

KEY TAKEAWAYS

- Self-Reiki is a powerful tool for self-care and healing.
- Regular practice deepens your connection to Reiki energy and enhances your ability to channel it.
- Experiment with different hand positions and techniques to find what works best for you.
- Trust your intuition and inner guidance as you develop your self-Reiki practice.
- Gassho meditation and Byosen scanning are valuable techniques for centering your energy and identifying areas of imbalance.

REFLECTION QUESTIONS

- HOW DO YOU FEEL AFTER PRACTICING SELF-REIKI?
- WHAT SENSATIONS OR EMOTIONS DID YOU EXPERIENCE DURING YOUR PRACTICE?
- WHICH HAND POSITIONS RESONATED WITH YOU THE MOST?
- HOW CAN YOU INCORPORATE SELF-REIKI INTO YOUR DAILY ROUTINE?

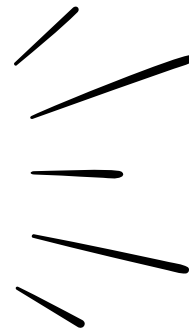


MODULE FIVE

PRACTICING REIKI ON OTHERS



SHARING THE GIFT OF REIKI



Welcome to Module 5. In this module, you'll learn how to share Reiki with others in a way that is respectful, grounded, and supportive. Practicing Reiki with others is not about fixing or changing anyone — it is about offering presence, care, and a safe space where balance and awareness can naturally unfold.

You'll learn practical techniques, ethical guidelines, and ways to prepare yourself and your space so that your sessions feel calm, clear, and supportive for both you and the person receiving Reiki.

Get ready to step into your role as a Reiki practitioner and offer the gift of healing to your loved ones, friends, and even pets. It's an incredible opportunity to connect with others on a deeper level and support their well-being. But before you start sharing Reiki with your loved ones, it's essential to establish some ground rules. Even though you're working with friends and family, it's still crucial to approach Reiki practice with respect and integrity.



Here are some key ethical considerations:

- **Always obtain consent:** Before offering Reiki to someone, even if it's your best friend or your mom, make sure they understand what Reiki is and that they have the right to say "no" or stop the session at any time.
- **Respect boundaries:** Be mindful of their physical and emotional comfort throughout the session. Avoid touching sensitive areas, and be aware of their nonverbal cues. If they seem uncomfortable, adjust your approach or stop the session altogether.
- **Maintain confidentiality:** Anything shared during a Reiki session should be kept confidential, just like you would with any other personal conversation.

GUIDELINES FOR FAMILY & FRIEND SESSIONS

When you're sharing Reiki with friends and family, you don't need a fancy healing room or a massage table. A massage table will be the easiest on your body, but you can also perform the session on a makeshift bed on the floor using a yoga mat, comfortable blankets, and a pillow. Alternatively, you can even have them sit in a chair. The most important thing is to create a space where everyone feels safe, calm, and supported. This includes both the physical environment and your own internal state.

Here are some tips:

- Find a quiet space: Choose a room where you won't be interrupted. It could be a bedroom, a living room, or even a cozy corner in your home.
- Set the mood: dim the lights, play soft music, and ensure the temperature is comfortable. Ask if they are sensitive to smells before lighting incense or candles. Do not wear strong scents and make sure you and your breath smell clean.
- Minimize distractions: Turn off your phone and any other devices that might disrupt the flow of energy. If you're using your phone to listen to relaxing music, put it on Do Not Disturb. Have the recipient also put their phone on silent.
- Explain the process clearly to the recipient and answer any questions they may have. Ensure that they feel informed, comfortable, and respected before you begin.
- Offer tissues before you begin, as many people do end up crying during their first session. Not always, but a good portion of my friends and family did.

Before starting your session, protect your energy field by visualizing a shield or bubble around your body, imagining light surrounding you, or using any other technique that feels right to you. As you get more familiar with your intuition, you may choose to incorporate spiritual or symbolic elements into your practice — such as calling in guidance, support, or intention — if that feels meaningful to you. These practices are optional and personal, and Reiki itself does not require any specific spiritual framework to be effective.

Some practitioners follow the chakra system, as described in the hand positions later in this module, while others follow Gassho and go where they are intuitively guided. If you feel drawn to a particular area, even if it's not one of the standard hand positions, trust your instincts and offer Reiki there.

Ask to be a clear, grounded channel for Reiki to flow through you for the person's highest good. You can set a simple intention for the session, such as offering support, balance, or relaxation. Remember that Reiki travels to where it is needed most. Your role is not to direct or control the healing process, but to hold space. The recipient's body and awareness guide the session.

A Reiki session can be done with your hands lying directly on the recipient or held 3 inches above their body. Always ask for permission before touching someone, even if it's your best friend or sibling. I never had someone tell me 'hands off,' but if someone has an injury, it may be better to avoid hands-on treatment in that area, even if they gave permission for hands-on care. Simply hold your hand above the sensitive or painful area instead.

It is also important to always avoid touching other sensitive areas like the chest (for women), genitals, or any area where the recipient expresses discomfort. When you reach the chest position for women, hold your hands above their heart chakra, about 3 inches off the body. Stay alert in this area so you don't let your hands fall and touch them in an inappropriate way. When you get to the root chakra, which is located at the perineum, you're going to lay your hands on the side of their thigh/hip area. Express this to them and make sure that is okay before you begin the session. If they are not comfortable with that area, you can skip it and head to the legs.

Reiki is performed while a person is fully clothed, typically without shoes. I let people know to dress comfortably, i.e., shorts, yoga pants, a T-shirt, or a tank. Some people will want to take their sweatshirt or hoodie off and make sure they are wearing something underneath. It's essential to maintain a safe and respectful space.

Let your friends and family know they may experience sensations such as warmth, tingling, or a deep sense of relaxation during the session. They might also see colors or images, or have emotions surface. Reassure them that a wide range of experiences can occur during Reiki, and that each person's body and nervous system responds in its own way to relaxation and focused attention. Some people experience nothing; assure them that Reiki energy is working for their highest good, regardless.

“WE ARE NOT DIRECTING THE ENERGY; THE RECIPIENT’S BODY IS AND WE’RE JUST WITNESSES. WE’RE HOLDING SPACE FOR REIKI AND THE RECIPIENT TO CREATE A NEW REALITY WHERE THEY’RE BALANCED AND WHERE THEY’RE WHOLE.” – LISA POWERS

STARTING A SESSION

Now you're ready to start a session with your friend or family member. They are lying or sitting comfortably. You have offered them a blanket, as some people experience cold chills and then warmth during a session. You've put tissues nearby in case emotions get released during the session. You have explained how Reiki does the healing, and you are merely a channel for it to flow through; you have told them about what they may experience. Phones are on silent, soft music is playing, and you have ensured you won't be disrupted. You have discussed whether you are having a hands-on, hands-off session, or a combination of both. You are now ready.

You start with Kenyoku (dry sweeping technique). You run your hands over their entire body, starting at the head, keeping your hands about 6 inches above the body. When you get just past the feet, you do a sweeping motion towards the ground, envisioning any stagnant energy moving into the earth. You go back up to their head and repeat this. The third time, feel for any cold or warm spots or areas that grab your attention. You will note this area to concentrate on later.

Next, you stand behind them. If they are sitting, place your hands on their shoulders. If they are lying, they are on their back, with their arms next to their body and their legs uncrossed. Be mindful of your posture. Stand with your weight balanced on both feet and keep your knees slightly bent. Your back should be straight and your shoulders slightly rounded. Remember to breathe, as this allows the energy to flow unrestricted through you. Remind them to breathe as well. You may notice they are holding their breath, and when this happens, their energy can feel stagnant.

Place your hands cupped gently under their head. (Unless, of course, they ask for hands off, then you hover above the shoulder or the crown of the head. This allows your energy to meet, and you can take a few deep breaths to ground and set your intention to be a clear and grounded channel for Reiki to flow through you to them, for their highest good, and receive many blessings. You will stay in each position for 3-5 minutes before moving on to the next hand position. I like to keep my people on their backs the whole session. This way, if they fall asleep, you don't have to wake them up to roll over. They can stay in their relaxed state. Once the session is over, you can do a sweep over the body again, then stand behind them and ask for your energetic connection to be completed. Say thank you for the healing session. You can then let the person know to slowly return to their body and wiggle their fingers and toes. I like to ask them to put their hand over their heart and take three deep breaths while focusing on their heart chakra, and to take their time sitting up or standing. This helps to ground them. Meanwhile, you can offer them a cold glass of water. If your hands are hot, you may want to run them under cold water to signal that the session is over. (cont. next page)

You can ask if they would like to share how they felt or what they experienced during their session. This helps you begin to understand how people react to Reiki energy. It's important to note that Reiki can awaken your intuition. As you practice, if you're open to receiving messages during sessions, you may find that they start coming. If the messages are for the person you're working with, you should always ask for their permission to share them instead of just blurting it out. More likely than not, they will, but we shouldn't assume. Remember never to diagnose or interpret sensations as medical information. Intuitive impressions should always be held lightly and, if shared, framed as personal perceptions rather than facts. You will find more information about this in the working as a Reiki practitioner later in this module.

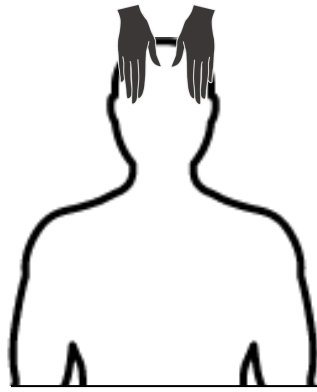
On the next page, you will find the hand positions. Please remember that these are a starting point. You can use them or decide to go with where your intuition leads you. The following positions will hit all the chakra points, starting with the crown.



HAND PLACEMENTS



01 | START POSITION
Gently cradle head in hand.



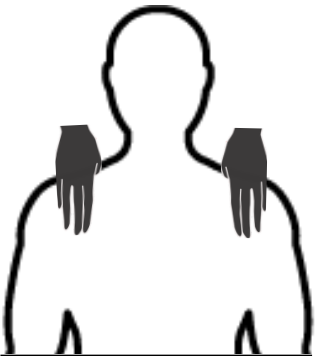
02 | CROWN OF HEAD
Place hands at the top of head/crown



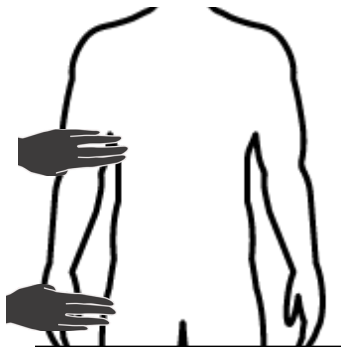
03 | SIDES OF HEAD
Place hands on both sides of the head



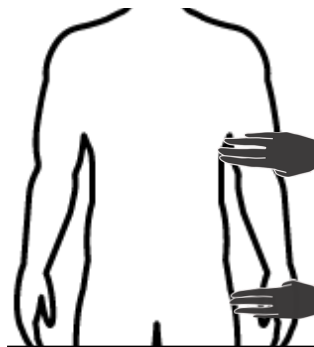
04 | THROAT
Place hands on the throat.



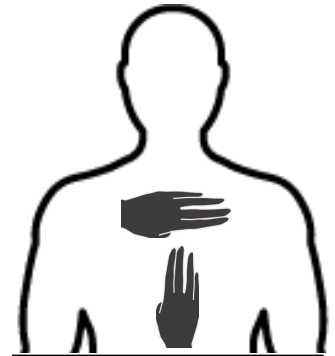
05 | SHOULDERS
Place hands on the shoulders.



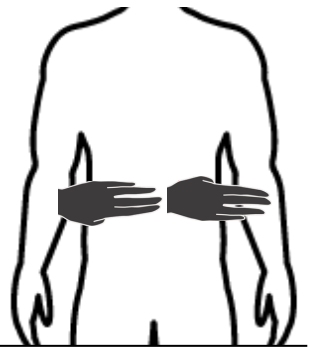
06 | LEFT ARM/HAND
Place hands on bicep and hand



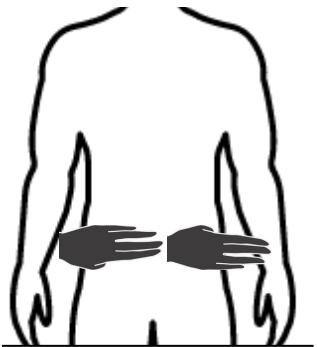
07 | RIGHT ARM/HAND
Place hands on bicep and hand



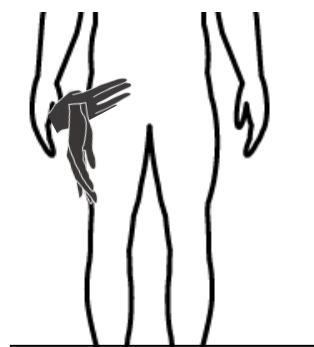
08 | HEART
Place hands on chest at the heart.



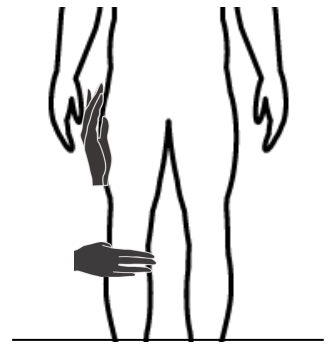
09 | ABDOMEN
Place hands on the abdomen.



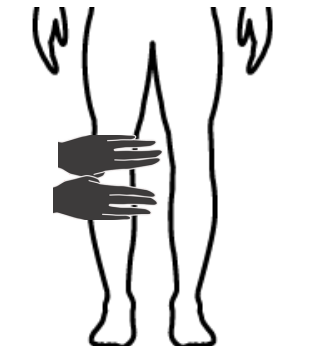
10 | LOWER ABDOMEN
Place hands on lower abdomen.



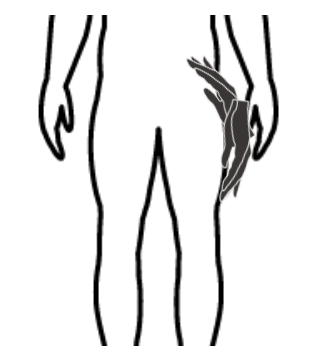
11 | HIP/SIDE THIGH
Place one hand on hip & one on thigh.



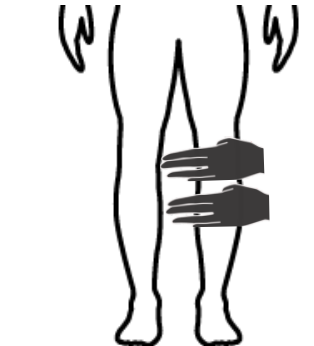
12 | HIP TO KNEE 1
Place one hand on outside of hip and one on knee.



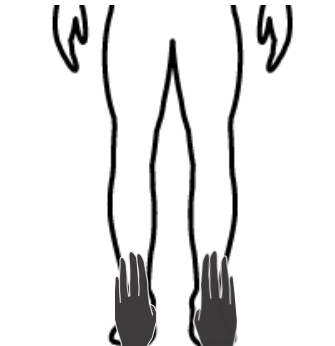
13 | KNEES
Place hands on both knees.



14 | HIP/SIDE THIGH
Place one hand on hip & one on thigh.

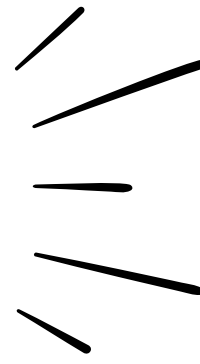


15 | KNEES
Place hands on both knees.



16 | FEET
Place hands the top of feet.

REIKI PRACTITIONER



You might find that the more you practice Reiki on your friends and family, the more you love it so much that you want to become a Reiki practitioner. It's going to be a little different than practicing on friends and family. Even if you don't want to become a practitioner, it is still good to read this section, as it includes more details than the section on working with friends and family.

As you step into the role of a professional Reiki practitioner, it's essential to establish a strong ethical foundation for your practice. This not only protects your clients but also ensures that you're providing services with integrity and professionalism.

Here are some key ethical considerations for Reiki professionals:

- **Scope of Practice:**
 - Understand the boundaries of your role as a Reiki practitioner. You are not a medical doctor, and you should never diagnose or prescribe treatments.
 - Reiki is a complementary therapy that works in conjunction with traditional healthcare. Encourage your clients to consult with qualified healthcare professionals for any health concerns.
 - Be clear about what you offer and what you don't. Don't make promises or guarantees about the outcomes of Reiki sessions.
- **Client Confidentiality:**
 - Maintain strict confidentiality regarding any information shared by your clients during sessions or consultations.
 - Create a safe and trusting space where clients feel comfortable sharing their experiences and concerns.
 - Obtain written consent from clients before sharing any information with third parties, such as healthcare providers or family members.
- **Professional Boundaries:**
 - Establish clear professional boundaries with your clients. Maintain a respectful and therapeutic relationship at all times.
 - Be mindful of your interactions with clients outside of sessions, such as on social media or in public settings.

CREATING A PROFESSIONAL REIKI SPACE

When you offer Reiki professionally, it's essential to create a dedicated space that is conducive to healing and relaxation. This space should not only be physically comfortable but also convey a sense of professionalism and safety for your clients. Here are some key considerations for creating a professional Reiki space:

- **Dedicated Healing Room:** If possible, designate a separate room in your home or office specifically for Reiki sessions. This allows you to create a consistent and dedicated healing environment. You can also seek out local healing spaces such as massage businesses and chiropractors.
- **Ambiance:** Create a calming and peaceful atmosphere. Use soft lighting, soothing colors, and comfortable furnishings. You might also consider adding elements like plants, artwork, or a diffuser with calming essential oils, and Himalayan salt lamps.
- **Cleanliness and Hygiene:** Maintain a clean and hygienic space. Regularly clean and disinfect surfaces, and ensure fresh linens and blankets are available for each client.
- **Privacy and Confidentiality:** Ensure the space offers privacy and minimizes distractions. Use soundproofing if necessary to block out external noise.
- **Comfort and Accessibility:** Provide a comfortable massage table or chair for your clients. Ensure the space is accessible for people with disabilities, with ample room for movement and assistive devices if needed.
- **Safety:** Consider safety factors such as adequate lighting, non-slip flooring, and a clear pathway for clients to move around.

NEW CLIENT INTAKE

When a new client reaches out, whether by phone, email, or through my website, my initial step is to introduce myself and my practice warmly. I'll then gently inquire about what has led them to seek a Reiki session, perhaps asking, 'What brings you in today?' or 'Have you experienced Reiki before?' I make sure to gather their essential contact details – name, phone number, and email – as well as their preferred way for me to get in touch. At this stage, I anticipate they might have some initial questions, so I'm prepared to explain what Reiki is – an energy healing modality that promotes relaxation and well-being through gentle touch or a hands-off approach. I'll also describe what they can generally expect during a session: a calm and quiet environment where they'll lie down comfortably, fully clothed, while I work with their energy. To ensure clarity, I'll discuss the session's duration and the investment involved. It's important to briefly touch upon the potential benefits, such as stress reduction and enhanced relaxation, while always avoiding any definitive medical claims. Of course, I assure them of complete confidentiality regarding any information they share.

Before their first appointment, I'll typically send them an intake form, either digitally or to complete upon arrival. This form allows me to gather more comprehensive information. I'll ask for standard personal details, as well as their health history, including any current conditions, past illnesses, medications, or allergies – just to be well-informed and consider any potential contraindications, even though Reiki is generally very safe. It's also helpful to understand their specific reasons for seeking Reiki in more detail – what are their goals or concerns? If they've had any prior experience with energy healing, I'll ask about that too. Sometimes, understanding their general lifestyle, like stress levels and sleep patterns, can provide valuable context. Crucially, the form includes a consent section that explains Reiki and asks for their agreement to receive a session, emphasizing the hands-on or hands-off nature and their right to end the session at any time. I also include a space for them to jot down any specific questions they might have for me.

When we schedule their appointment, I'll offer the available dates and times. Once we've agreed on a slot, I'll confirm all the details – the date, time, location, and fee. To ensure smooth operations, I'll clearly outline my cancellation policy. Throughout this entire initial process, I make it a priority to encourage open communication and address any questions or concerns they may have. I aim to build rapport and create a welcoming and reassuring experience right from the start, so they feel comfortable and confident as they embark on their first Reiki journey with me. This is just one way of doing things. Take what works for you and leave the rest. Be flexible and adjust things as needed.

If they end up booking online without speaking to you, it's good to have them fill out the necessary paperwork on the day, and ask if they'd like to use the restroom beforehand. When you take them back to the room, you can review the paperwork and then have a conversation about what Reiki is, what the session may feel like, whether it's hands-on or hands-off, and any areas they prefer not to be touched, among other things. Generally, a full session is between forty-five and sixty minutes, depending on what the client is paying for. If you offer a 45-minute session, you will want the hands-on portion to be 45 minutes or whatever they are paying for. Then you will want to add additional time for the before and after portions of the session. If it's their first session, you may want to dedicate more time to the "before" session and let them know the hands-on portion might be 5-10 mins less. Or you can add the extra time to the overall appointment time. For example, when I have a 60-minute session with a new client, I block out 1.5 hours. This will allow me time to talk to them before and after the hands-on portion, as well as change the sheets for the next client.

CLOSING THE SESSION

When you have completed all hand positions, there are a couple of ways you can finish your session. Some practitioners place one hand on their client's crown chakra and the other hand above the client's root chakra. Another option I like is to put one hand on the crown chakra and the other on the heart chakra. This final position can help to balance the energy and close the session.

Just as you began the session, you will also want to complete your session by sweeping your client's aura. This is done by moving your hands slowly in a sweeping motion above the recipient's body, from their head to their feet, and can be repeated a few times or as needed. You will then want to disconnect your energy from theirs by stepping behind them and setting the intention that the session is closed, and giving a silent thank you for all those involved in the healing session.

The closing section of the session for me goes like this: I have just finished the final wave over their body. I stand behind them and set the intention that our connection is closed, send gratitude, and then I say, "Okay, we are coming to an end. Can you gently move your fingers and toes? I'm going to get you a cup of water. When you feel ready, lay your hand over your heart and take three deep breaths into your heart space and slowly sit up."

When we run Reiki energy through our bodies, our awareness can shift to higher energetic frequencies, making us less present in our physical reality. Running your hands under cold water and drinking it can help us refocus on the here and now, which is helpful when we resume our daily activities.

WHEN A CLIENT DOESN'T FEEL REIKI

It's important to remember that every client is unique, and their experiences with Reiki will vary. Some clients may experience sensations of warmth, tingling, or deep relaxation, while others may feel nothing at all. This doesn't mean the Reiki isn't working; it simply means that the energy is flowing and supporting them in ways they might not be consciously aware of.

As a practitioner, it's essential to trust the Reiki energy and the client's inner wisdom to guide the healing process. Even if a client doesn't report feeling anything during a session, the Reiki is still benefiting them on subtle levels.



CONSIDERATIONS WHEN WORKING WITH OTHERS

- **Pacemakers:** Although no medical studies have validated this, some practitioners choose to adapt their sessions when working with clients who have medical devices, such as pacemakers, or who have recent injuries. This is based on personal practice traditions rather than medical evidence. When in doubt, encourage clients to consult their healthcare provider. If you decide to move to Reiki Level 2, you can also perform distance sessions with these individuals.
- **Broken Bones:** There are mixed opinions on treating someone who has just broken a bone and has not yet had it reset. Some argue that Reiki energy will start healing it right away, and should avoid Reiki because the bone needs to be put into place first. Others will say that Reiki is an all-knowing energy that will go where it is needed, and the body will know how to use it, so there's no need to worry about it. Take your time and form your own opinion once you begin to practice.
- **Medications:** When working with individuals on medications, let them know it's essential to monitor their condition and see their doctor if they notice any changes in their physical state. The doctor can then re-evaluate and adjust medications as necessary.
- **Client Intake:** It is recommended that you have your client complete a form outlining all their physical and emotional conditions. This will help you monitor the client's progress. You'll want to give new clients a brief introduction to Reiki and explain what a Reiki session involves. You can also explain the types of sensations they may experience.

REIKI AND INTUITION: A DEEPER CONNECTION

Many practitioners notice that regular Reiki practice is associated with increased self-awareness and sensitivity to subtle internal cues, which some describe as intuition. Reiki can act as a catalyst, opening your intuition and allowing you to connect more deeply with your inner wisdom and the subtle energies around you. Reiki can enhance intuition in several ways:

- Reiki helps to clear blockages in the chakras and energy channels, allowing energy to flow more freely. This can open the Third Eye Chakra, associated with intuition and inner vision, as well as the Crown Chakra, associated with spiritual connection and wisdom.
- By promoting balance and harmony in the energy field, Reiki creates a more conducive environment for intuitive insights to emerge.
- Reiki's calming effects help to quiet the mental chatter that can sometimes interfere with intuition. When the mind is still, it's easier to perceive subtle cues and messages.

During a Reiki session, it's not uncommon for both practitioners and clients to experience a heightened sense of intuition. As the practitioner, I might find myself sensing the client's underlying emotions, even those they haven't explicitly shared. It's also possible to receive intuitive messages or guidance, which can feel like a sudden insight, a word that comes to mind, or a clear image. These messages might be relevant to my own understanding of the session or something I feel compelled to share with the client. Sometimes, I might even experience brief visions that offer a deeper understanding of the client's situation or their healing journey. On a more energetic level, I might perceive distinct shifts occurring within the client's energy field as blockages are released and the healing process unfolds. These intuitive experiences can provide valuable insights and contribute to a more profound and meaningful Reiki session for both of us.

THE CLAIRS

It's a fundamental truth that access to intuition is everyone's birthright, a natural aspect of being human. While this innate ability resides within us all, the ease with which we tap into it can vary significantly from person to person. Some individuals may find that their intuitive channels are naturally open and readily accessible. Others might need to dedicate more conscious effort and practice to cultivate and trust these subtle senses. Just like any skill, developing your intuition often requires patience, attention, and a willingness to explore the nuances of your inner knowing. Whether it feels like a gentle whisper or a faint nudge, recognizing that intuition is a universal capacity can be the first step towards actively engaging with its wisdom. Understanding the "clairs"—the different ways our intuition communicates—can make it much easier to perceive energy, receive messages, and facilitate healing. Think of the clairs as the intuitive senses we all possess. Here are six main ones, along with an example of how each might manifest:

Clairvoyance- ("clear seeing") This involves receiving intuitive information through visual images, symbols, or even mental movies. **Example:** During a Reiki session, you might suddenly see a specific color around a client's shoulder, which you later intuitively understand relates to a blocked emotion they are holding in that area.

Clairsentience ("clear feeling")- This is about receiving intuitive information through physical sensations or emotions. You might feel a sudden wave of sadness in your own body when working on a client who is grieving, even if they haven't expressed it verbally. Example: An empath can walk into a room and pick up on the emotions and feelings of others. But someone who is clairsentient will be able to pick up those feelings and know why a person is feeling them, like they are sad because they fought with a loved one.

Clairgustance ("clear tasting") - This involves intuitively perceiving tastes without anything physically being in your mouth. This is a less common clair. Example: You might suddenly taste a metallic flavor when thinking about a particular medication someone is taking, offering an intuitive insight into their health

Claircognizance- ("clear knowing") Receiving intuitive information through a sudden knowing or profound inner certainty. You have information about a person or subject without anyone giving you any knowledge of it. People with this ability will have flashes of insight or know the answer to a problem. They know what others are about to say before they say it.

Clairience - ("clear smelling") This involves intuitively perceiving smells that are not physically present. This is also a less common clair. Example: I was at a resale shop and entered a booth, and as soon as I did, a wave of cigar smoke smell smacked me in the nose. It was so strong I thought someone had lit a cigar, but neither my husband nor son smelled it.

Clairaudience ("clear hearing"): This involves intuitively receiving sounds, words, or even internal dialogue. It's not about hearing with your physical ears, but rather an inner knowing that comes in an auditory form. Example: You might hear a clear word or phrase pop into your mind during a session that feels directly relevant to the client's situation. This is a hard clair for most and is often ignored because we usually hear this sound as our voice. So then it becomes about discernment and being able to tell if it's us, or if we're picking up an intuitive hit.



MODULE 5 WRAP UP

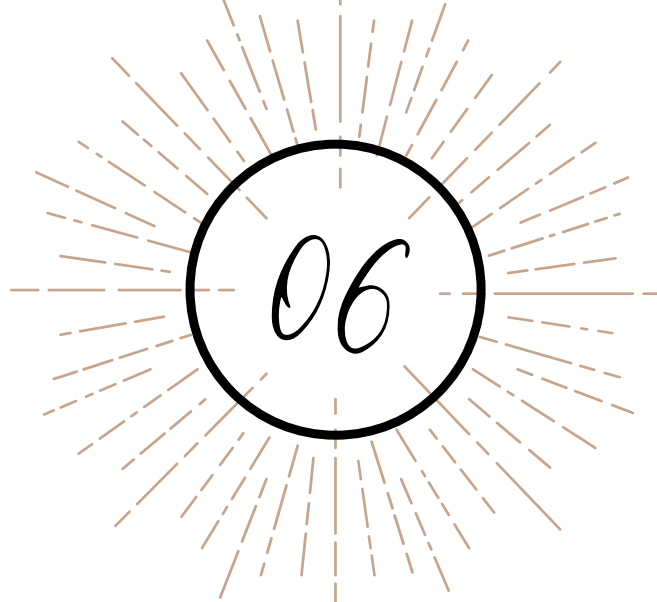
Sharing Reiki with others is a practice of presence, humility, and care. As you continue practicing, your confidence, awareness, and trust in the process will naturally grow. It's also an invaluable step in building confidence and honing your practical skills before transitioning to offering Reiki professionally, if that is your goal. As you practice with loved ones, pay close attention to the nuances of energy flow and your intuitive responses. When you feel ready to extend your practice beyond your inner circle and offer Reiki professionally, remember to establish clear boundaries, set professional fees that honor your time and energy, and create a welcoming, ethical practice environment. Building a professional Reiki practice involves not only your healing abilities but also sound business acumen and a commitment to ongoing learning and moral conduct. To help you learn, watch the module video, which shows how to perform a Reiki session effectively on friends and family. Visualizing the hand positions and techniques will solidify your understanding and prepare you for both personal and professional applications of Reiki. Remember that Reiki is not about achieving outcomes — it is about offering space, connection, and support. Trust yourself, practice gently, and allow your relationship with Reiki to unfold in its own time.

KEY TAKEAWAYS

- Communicate clearly: Explain what Reiki is and how it works.
- Obtain consent: Make sure your friends and family understand what they're agreeing to and that they can stop the session at any time.
- Respect boundaries: Be mindful of their comfort level and avoid touching sensitive areas.
- Trust your intuition: Allow your hands to be guided to where the energy is needed most.

REFLECTION QUESTIONS

- HOW DO YOU FEEL AFTER PRACTICING SELF-REIKI?
- WHAT SENSATIONS OR EMOTIONS DID YOU EXPERIENCE DURING YOUR PRACTICE?
- WHICH HAND POSITIONS RESONATED WITH YOU THE MOST?
- HOW CAN YOU INCORPORATE SELF-REIKI INTO YOUR DAILY ROUTINE?

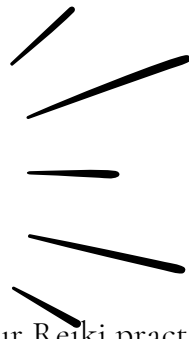


MODULE SIX

PRACTICING REIKI ON ANIMALS



EXTENDING THE HEALING TOUCH



Welcome to Module 6, where we'll extend our Reiki practice to the animal kingdom! Animals typically are incredibly receptive to Reiki energy. They often sense and respond to it even more readily than humans do.

Just as we do, animals can experience physical and emotional imbalances. Reiki is often experienced as deeply calming and supportive. Many people who practice Reiki with animals notice that it may promote relaxation, ease tension, and support emotional balance. Some also observe gentle shifts in behavior over time as animals become more settled and regulated.

In this module, we'll explore the unique aspects of sharing Reiki with animals. You'll learn how to approach them respectfully, adapt hand positions, and work with their energy fields to promote healing and harmony. When working with animals, it's essential to approach them with respect and sensitivity. Animals communicate through body language, so it's vital to be attuned to their cues.

Get ready to deepen your connection with your animal companions and offer them the gift of Reiki!



- Avoid startling by approaching slowly and gently, maintaining a calm, relaxed demeanor.
- Just as with humans, it's important to ask permission before offering Reiki to an animal. You can do this verbally, by speaking to them in a soothing voice, or intuitively, by sending them loving energy and asking silently.
- Be sure to respect the animal's boundaries and preferences. Some animals might enjoy being touched, while others might prefer hands-off Reiki.
- Be patient, allow the animal to guide the session. They may move closer or further away, or might indicate where they want you to place your hands. Trust their instincts and follow their lead.

CONNECTING WITH ANIMALS

I like to say "Reiki on," open my hand, and let the animal sense the Reiki energy. They'll often move closer and smell your hand or turn around and walk away, indicating their openness to receiving Reiki. I have two dogs, and one is open to it and loves it. The other dog is very wary of everything, and it took multiple attempts to let my hand touch her while the Reiki was flowing. So I would start with hands-off Reiki for her, and eventually, she warmed up. Same with my mother-in-law's cat. She didn't let me near her, but one day I was having an informal session with my mother-in-law on her couch, and the cat jumped right into her lap, starting to purr so loudly. After that day, when I see the cat, I crouch on the floor about 5-6 feet away from her, open my hand, and let the Reiki energy flow. The cat stops what she's doing and makes her way to me, rolls on the ground, and positions her body so that it's near or touching my hand. She purrs like crazy during these times!

HAND PLACEMENT AND TECHNIQUES

Flexibility is paramount when it comes to hand positions for animal Reiki. Unlike human sessions with more predictable positioning, you'll frequently need to adapt your approach to accommodate the animal's unique size, shape, and, most importantly, their comfort level. For smaller companions, such as cats or birds, gently cupping your hands around their body or hovering your hands a short distance above them might be the most appropriate and least intrusive method. Conversely, with larger animals like dogs or horses, you often have the option of placing your hands directly on their bodies, using a soft, reassuring touch. Beyond specific hand placements, your intuition and the practice of Byosen scanning become invaluable tools. By tuning into the animal's energy field, you may notice areas that feel warmer or cooler, or that simply draw your attention. Many practitioners use these sensations as gentle cues for where they might offer Reiki, trusting the process rather than trying to diagnose or interpret specific conditions. Above all, remember to remain adaptable and follow the animal's lead. They may shift their posture or move during the session, offering clear cues as to where they would like you to focus the healing energy.

“AN ANIMAL’S EYES HAVE THE POWER TO SPEAK A GREAT LANGUAGE.” MARTIN BUBER

Just as with humans, each animal species possesses its distinct energy and temperament, requiring sensitivity and individualized attention during a Reiki session. When working with different animals, it's essential to be aware of their specific needs and preferences. Dogs, for instance, often readily accept and enjoy hands-on Reiki, frequently responding well to grounding techniques. You might observe them leaning into your touch or even drifting off to sleep as they relax. Cats, known for their independent nature, may prefer a hands-off approach or gentle touch around their head and neck. Paying close attention to their body language is key; if they appear uncomfortable, it's best to transition to keeping your hands hovering. Horses, with their



majestic presence and powerful energy fields, often respond deeply to Reiki when it is applied to their chakras and energy meridians. It's not uncommon to witness them lowering their heads, releasing deep sighs, or even licking and chewing as they release tension. For birds and other small animals, a gentle, hands-off approach is typically the most suitable. By hovering your hands above their body or cage, you can respectfully allow the Reiki energy to flow and support their well-being without causing them any stress.

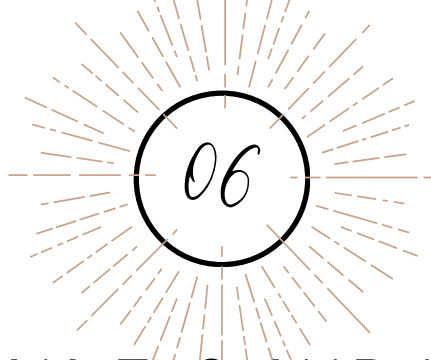
HAND PLACEMENT AND TECHNIQUES

Reiki offers a remarkable complementary approach for animals navigating a range of health challenges, providing support not only for their physical healing but also for their emotional and behavioral well-being. Physically, Many people who practice Reiki with animals describe it as a supportive and calming presence during times of physical healing or emotional stress. Reiki is often used alongside veterinary care to help animals feel more relaxed, supported, and at ease during recovery or challenging periods. While Reiki does not diagnose, treat, or cure illness, it may be experienced as a gentle complement to an animal's overall wellness and comfort. Furthermore, Reiki has the potential to bolster the immune system, contributing to an animal's overall health and resilience. On an emotional and behavioral level, Reiki can be profoundly beneficial for animals grappling with anxiety, fear, and stress, helping to cultivate a sense of calm and inner peace.

For animals with a history of trauma or abuse, Many people experience Reiki as a gentle and compassionate form of support during an animal's emotional healing journey, assisting them in releasing fear and rebuilding trust. Additionally, Reiki can provide solace and comfort during times of grief and loss, such as the passing of a companion animal or a human family member. Even behavioral issues like aggression or hyperactivity can see positive shifts through Reiki, as its ability to promote relaxation and balance energy can help animals feel more grounded and at ease. It is crucial to emphasize that while Reiki offers valuable support, it serves as a complementary therapy and should never be considered a substitute for professional veterinary care. Consulting with a qualified veterinarian for any health concerns remains paramount.

The dog I mentioned earlier, who loves Reiki, deals with much anxiety daily. It seems the older he gets, the more he fears. For example, his fears started with thunderstorms, and as he grew older, those fears expanded to include fireworks, rain, strong winds, cicadas, power tools, and more. When I see he is suffering from anxiety, we do a Reiki session, and I often notice that he becomes visibly calmer and sometimes falls asleep. In Reiki Level 2, you learn to perform distant sessions, which come in handy when treating my dog. He can be across the room in his safe space, and I can do a session from the comfort of my couch. As soon as the Reiki starts to flow, I can see his whole body relax, and his shaking subsides.





MODULE 6 WRAP UP

Congratulations on completing Module 6 and embarking on your Level 1 Animal Reiki journey! You've now unlocked a profound and compassionate way to connect with the animal kingdom and offer them the gentle yet powerful benefits of Reiki. This module has provided you with foundational knowledge and techniques to begin sharing this healing energy with the animals around you. Remember that at this level, your primary focus is on establishing a connection with the animal, creating a safe and comfortable space, and intuitively offering Reiki in a way that respects their individual needs and preferences.

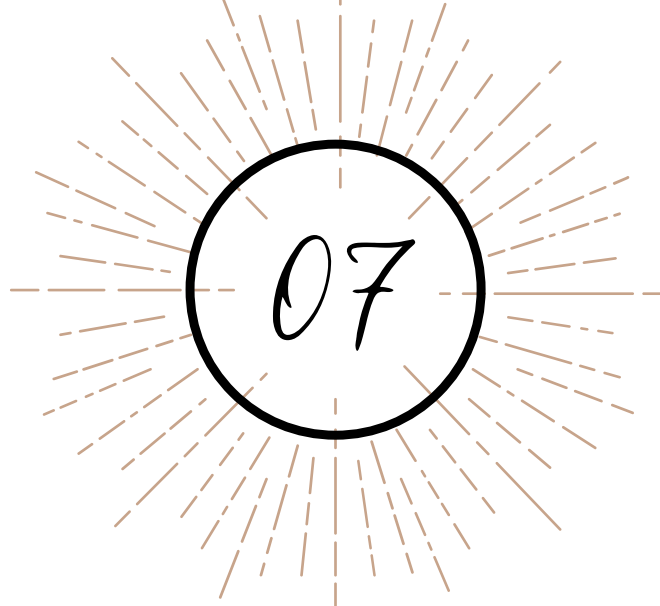
You've learned the importance of flexibility in hand positions, adapting your approach to suit different species, sizes, and temperaments. You understand that a hands-on approach might be welcomed by some, like many dogs, while a hands-off method, perhaps with your hands hovering, may be more suitable for others, such as cats or smaller creatures. As you move forward, practice with the animals in your life – your pets, those of friends and family, or even animals in shelters or sanctuaries (with permission, of course).

KEY TAKEAWAYS

- Animals are incredibly receptive to Reiki and can benefit significantly from it.
- Always approach animals with respect, sensitivity, and clear communication.
- Be flexible and adaptable in your Reiki practice, honoring each animal's unique needs and preferences.
- Reiki can support animals with various physical, emotional, and behavioral challenges.

REFLECTION QUESTIONS

- WHAT ANIMALS ARE YOU MOST DRAWN TO WORKING WITH?
- WHAT ARE YOUR BIGGEST CONCERNS OR QUESTIONS ABOUT PRACTICING REIKI ON ANIMALS?
- HOW CAN YOU CREATE A SAFE AND COMFORTABLE SPACE FOR ANIMALS TO RECEIVE REIKI?
- HOW DO YOU ENVISION INCORPORATING ANIMAL REIKI INTO YOUR LIFE OR PRACTICE?

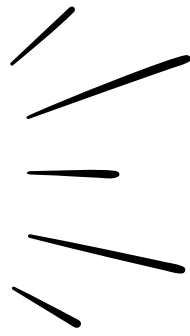


MODULE SEVEN

INTEGRATING REIKI



WHAT ELSE CAN REIKI HELP?



Reiki is a gentle, holistic practice that many people use as a supportive complement to traditional healthcare. In this module, we'll explore how Reiki is often experienced as helpful during a wide range of life experiences and transitions — physically, emotionally, and spiritually. Reiki does not replace medical care, but it may offer comfort, relaxation, and emotional support alongside other forms of care.. We will take a look at how Reiki can offer support and balance during significant life transitions. Reiki offers gentle yet profound support for a variety of health challenges. For those experiencing the pervasive effects of anxiety and depression, Many people experience Reiki as deeply calming and grounding. Some notice that it supports relaxation, helps quiet a busy mind, and encourages a greater sense of emotional balance and inner peace over time.. In managing pain, whether chronic or acute, Reiki promotes relaxation in tense muscles and may improve circulation, which encourages the body's natural healing processes and reduces discomfort. During the demanding recovery period following surgery, Reiki aids by conserving energy through deep relaxation and gently



encouraging the body's innate ability to heal and regenerate tissues, potentially minimizing pain and swelling. For individuals navigating autoimmune conditions, Reiki helps harmonize the body's energetic systems, including those related to immune function, and fosters a greater sense of internal balance, potentially lessening the intensity of symptoms. Finally, for those facing the profound journey of cancer, Reiki serves as a compassionate companion alongside conventional treatment, offering comfort and potentially alleviating side effects like fatigue, nausea, and pain, while nurturing emotional and spiritual well-being and fostering a sense of hope. In each of these situations, Reiki's gentle energy works holistically to support the body's natural healing abilities and promote overall well-being.

Pregnancy marks a period of profound physical and emotional change, and Reiki offers a gentle yet powerful way to support expectant mothers. By promoting deep relaxation and reducing stress, Many people find Reiki to be a comforting and grounding practice during pregnancy, offering emotional support and relaxation for expectant parents.. It fosters a deeper connection between mother and child, cultivates a sense of inner peace, and encourages a more graceful and easeful navigation through the various stages of pregnancy. The gentle nature of Reiki extends beautifully to newborns as well. Reflecting on a recent visit with my five-week-old nephew, I could sense his discomfort from trapped gas. His little body was tense and unsettled. With his mother's permission, I gently placed my hand over his stomach, intending to offer Reiki for his highest good, respecting his willingness to receive. Almost immediately, I felt the Reiki energy flowing, and his tense little form visibly softened and relaxed. His gaze shifted, becoming more open and engaged with his surroundings. By the time we departed, his comfort had improved, evidenced by a subsequent, albeit messy, release. This experience highlighted how readily newborns can receive and benefit from Reiki's soothing energy. Personally, recalling the challenges of colic with my son, I can't help but wonder what a significant difference Reiki might have made during that demanding time for both of us. The potential for Reiki to offer comfort and support to even the youngest individuals is truly remarkable.

END OF LIFE CARE

As we approach the end of life's journey, a time often accompanied by physical discomfort, emotional unease, and existential questioning, Reiki can serve as a profound source of comfort, peace, and acceptance. Its gentle, non-invasive nature can be particularly soothing, helping to manage pain that may arise from illness or the natural aging process. By easing anxiety and reducing feelings of restlessness, Reiki can promote a sense of deep serenity, allowing for moments of quiet reflection and a greater sense of presence. It can help individuals connect with their inner resources and find a sense of closure and understanding about their life experiences.

Reiki extends its compassionate embrace to loved ones navigating the rugged terrain of grief. By fostering a sense of calm and inner strength, Reiki can empower those left behind to navigate their grief with more resilience and find moments of peace amidst their sorrow. Imagine Reiki as a gentle, unwavering hand to hold as one transitions to the next stage of existence. It offers not just physical comfort but also a profound sense of connection to loved ones, to one's inner spirit, and perhaps to something greater than ourselves. It can help to dissolve fear and resistance, replacing them with a sense of gentle surrender and acceptance of the natural cycle of life and death. In this delicate passage, Reiki can be a powerful companion, offering a sense of continuity, peace, and the comforting assurance of an enduring connection beyond the physical realm. It's a reminder that even in the face of profound change, there is still space for grace, tranquility, and love.

INTEGRATING REIKI IN DAILY LIFE

The time has come to learn how to integrate this knowledge into your daily life and continue exploring the vast potential of Reiki.

Here are some ways to make Reiki a part of your everyday life:

- **Daily Self-Reiki:** Even a few minutes of self-Reiki each day can make a profound difference in your well-being. Find those moments in your day when you can pause, connect with your breath, and let Reiki flow through you.
- **Sharing with Loved Ones:** Continue to offer Reiki to your loved ones and animal companions. Share this gift with those who are open to receiving it, and witness the transformative power of Reiki in their lives.
- **Creating a Reiki Space:** Create a dedicated Reiki space in your home, even if it's just a small corner.

This can be a place where you go to meditate, practice Reiki, or connect with the energy.

- **Living the Reiki Principles:** Don't forget the Reiki Principles! These five principles offer guidance for living a more balanced and harmonious life. Reflect on them daily and see how you can incorporate them into your thoughts, words, and actions.

Reiki's versatility extends beyond direct healing, allowing you to infuse the objects you interact with daily with its positive energy. For your plants, gently hold their pots or touch their leaves, visualizing Reiki promoting vibrant growth and health. Cleanse and amplify the energy of your crystals by holding them during meditation or self-Reiki, intending to clear stagnation and enhance their inherent properties. Before consuming food and drink, take a moment to hold them, infusing them with Reiki and setting an intention for nourishment and well-being. Even your vehicle can benefit. While driving, place your hands on the steering wheel and imagine Reiki flowing through it, which can foster safety and a calm atmosphere. Similarly, you can harmonize the frequencies of your electronics by holding them or placing your hands on them while in use, which helps to clear any chaotic energy. By consciously incorporating Reiki into these everyday interactions, you can cultivate a more harmonious and energized environment around you.



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WAYS TO USE REIKI

The list is endless on the different ways you can use Reiki, here are a few:

- People (yourself, adults, children, pregnancies, babies, etc.)
- Accidents
- Medication - you may choose to hold medication with the intention of offering it Reiki for general support and ease (never as a replacement for medical advice or treatment)
- Animals, birds, fish, reptiles
- Plants, trees, flowers, seeds
- Food and drinks
- Crystals
- Contracts, patient files, student files
- Projects, work, letters, documents
- Your car, traveling
- Your home
- Protection
- Electronics
- Tests or exams



WRAPPING UP


Wow, what an incredible journey we've shared! Congratulations on completing the Usui Reiki Level 1 course. You've learned so much about this beautiful healing modality, and you're now equipped to embark on your own Reiki path.

You've gained a solid foundation in the history, principles, and practices of Reiki. You've learned how to channel Reiki energy for self-healing, how to share it with others, and how to extend that healing touch to your animal companions.

But this is just the beginning! The Reiki journey is one of ongoing growth and discovery. Continue to explore, practice, and integrate Reiki into your daily life. The more you work with this gentle energy, the deeper your connection will become, and the more you'll experience its transformative power.

Remember the Reiki Principles and let them guide you towards a more balanced and harmonious way of being. Embrace the healing power of Reiki, not just for yourself but for all beings. Share this gift with the world, and be a beacon of light and compassion.

Thank you for joining me on this adventure. I wish you all the best on your continued Reiki journey. May it be filled with joy, healing, and endless possibilities! And please do not hesitate to reach out with any questions you may have. I'll be here for you. And if you're wondering what else is out there in the Reiki world, keep reading. There is a Usui Reiki Level 2 and Master/Teaching training. There are also other branches of Reiki to be learned!





Completing Reiki Level 1 is not an ending — it's an opening.

There is no rush to go anywhere else. The most important step now is to live what you've learned.

Here are some gentle next steps you might consider.

- Continue practicing self-Reiki regularly
- Offer Reiki to friends, family, or animals who are open to receiving
- Reflect, journal, or meditate on your experiences
- Spend time in nature, stillness, or creative expression
- Connect with other Reiki practitioners if that feels supportive

If You Feel Called to Continue Learning you may feel drawn to:

- Reiki Level 2 training
- Energy anatomy, meditation, or mindfulness practices
- Somatic, emotional, or spiritual studies
- Teaching or mentoring (later, if and when it feels right)

Let curiosity lead you, not pressure. There is no right timeline. There is no finish line. There is only your relationship with awareness, presence, and care. Trust what feels true for you.

REIKI LEVEL 2: EXPANDING YOUR HEALING POTENTIAL

While Reiki Level 1 provides a wonderful foundation for self-healing and sharing Reiki with others, you can take your practice even further with Reiki Level 2.

In Reiki Level 2, you'll receive another attunement that deepens your connection to Reiki energy and expands your healing potential. You'll learn three sacred symbols that amplify the flow of Reiki, allowing you to work with energy in more focused ways.

One of the most exciting aspects of Reiki Level 2 is the ability to practice distant healing. This means you can channel Reiki across time and space to anyone, anywhere in the world.

Level 2 also empowers you to work with deeper energetic levels, often experienced as supporting emotional, mental, and energetic awareness.

Even with Reiki Level 1, you can become a practitioner and share this gift with others. However, Reiki Level 2 provides you with additional tools and techniques to enhance your practice and take your healing abilities to the next level.

REIKI MASTER/TEACHER: EMBRACING THE PATH OF A REIKI MASTER

The Reiki Master/Teacher level offers a profound path of service and spiritual development for those who feel a deep resonance with Reiki and desire to share this gift with the world. This level involves a more profound commitment to personal and spiritual growth, as you step into the role of a guide and mentor for others on their Reiki journey.

As a Reiki Master/Teacher, you'll learn advanced techniques for working with energy and receive further attunements that enhance your connection to Reiki. You'll also be able to attune others to Reiki, empowering them to become practitioners.

This path is not for everyone, but if you feel a calling to teach, to share Reiki with a broader audience, and to support the growth of new Reiki practitioners, then the Master/Teacher level may be the next step for you.

It's a journey of deep transformation and service, allowing you to contribute to the expansion of Reiki and its healing power worldwide.

EXPLORING OTHER REIKI BRANCHES

While this course has focused on Usui Reiki, it's important to know that there are other branches of Reiki that have developed over time. These branches often build upon the foundation of Usui Reiki, incorporating additional techniques, symbols, or philosophies.

Here are a few examples of other Reiki branches:

- **Karuna Reiki:** This branch focuses on compassionate action and includes additional symbols and attunements.
- **Holy Fire Reiki:** This branch emphasizes spiritual development and connection to divine energy.
- **Tibetan Reiki:** This branch incorporates elements of Tibetan Buddhism and energy healing practices.
- **Jikiden Reiki:** This branch aims to preserve the original teachings of Usui Mikao as they were practiced in Japan.

Each Reiki branch has its own unique focus and approach. If you feel drawn to explore other lineages, I encourage you to do your research and find a qualified teacher who resonates with you.

Important Note: While I am attuned to the Usui Reiki lineage, I am not qualified to teach or discuss other Reiki branches in detail. If you are interested in learning more about these branches, please seek out reputable sources and experienced teachers within those lineages.



Attunement: A sacred process in which a Reiki Master initiates a student into Reiki, opening their energy channels to allow for the flow of Reiki energy.

Aura: The energy field surrounding the physical body, often described as a luminous or colorful "bubble." The aura reflects a person's physical, emotional, and spiritual state.

Byosen Scanning: A technique used to sense subtle energy imbalances in the body by hovering the hands a few inches above the skin and noticing sensations like heat, tingling, or coolness.

Chakra: A Sanskrit word meaning "wheel" or "disk." Chakras are energy centers along the spine, each associated with specific organs, emotions, and spiritual aspects.

Clairvoyance: ("clear seeing") The ability to receive intuitive information through visual images, symbols, or visions.

Clairaudience: ("clear hearing") The ability to receive intuitive information through sounds, voices, or inner messages.

Clairsentience: ("clear feeling") The ability to receive intuitive information through physical sensations, emotions, or gut feelings.

Claircognizance: ("clear knowing") The ability to receive intuitive information through a sudden knowing or profound inner certainty.

Distant Healing: The practice of sending Reiki energy across time and space. This is typically taught in Reiki Level 2.

Energy Blockage: A disruption or stagnation in energy flow through the body, which can manifest as physical or emotional imbalances.



GLOSSARY

Gassho Meditation: A meditative practice in which the hands are held in prayer position in front of the heart to promote focus, balance, and connection to Reiki energy.

Grounding: The practice of connecting to the earth's energy to promote stability, security, and a sense of presence.

Healing Crisis: A term sometimes used in holistic practices to describe temporary physical or emotional shifts that some people notice when making changes in self-care or wellness routines. This concept is experiential and not a medical diagnosis.

Reiki: A Japanese form of energy healing that promotes relaxation, stress reduction, and natural healing by working with universal life force energy.

Reiki Master/Teacher: An advanced level of Reiki training that allows practitioners to teach Reiki and attune others.

Reiki Principles: Five ethical principles that guide Reiki practice and promote a balanced and harmonious way of living.

Subtle Energy System: A network of energy channels and centers in the body, including the aura and chakras, that are not readily visible to the physical eye.

Universal Life Force Energy: The vital energy that flows through all living beings and the universe. Reiki practitioners channel this energy to promote healing and balance.



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I'M GRATEFUL

Thank you for walking this path with me.

May your Reiki practice continue to unfold with gentleness and trust.

May you listen deeply to your body, your intuition, and the quiet wisdom within you.

May you offer presence more than answers, compassion more than certainty, and care more than control.

May Reiki support you in becoming more of who you already are — whole, aware, and connected.

And may whatever you share from this practice be offered with humility, respect, and love.

MIKI