

靈氣

Level 1 Manual

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To

Traditional

Usui Reiki

Natural Healing

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**This manual is dedicated to those who choose to take responsibility for  
their life.**

## **SUGGESTED PRAYER**

**Before a self-treatment or treatment of others, you may like to use a short  
prayer to centre yourself:**

**Mother, Father God.**

**Thank you for the gift of Reiki.**

**I ask that I may be a clear channel**

**For this healing energy**

**Thank you for your son/daughter .....**

**I ask that.....'s Higher Self  
Communicate to my Higher Self,**

**All that is necessary for his/her highest good**

**So be it.**

## INTRODUCTION

REIKI is the Japanese word for Universal Life Force Energy and the Universal Spirit. We are all born with REIKI for it is the energy of life itself. The Usui System of REIKI is a healing art that re=awakens and elevates this energy, channelling it from the universal power within and into another person or one-self. Through the hands and through the use of energizing symbols, REIKI is drawn not sent. The amount of energy drawn is determined by the needs of the person receiving it, and it will go through any material, including clothes and plaster casts. Personal energy is not drained because REIKI is Universal energy – channelled through and from the collective universal power within by placing our hands on one another or on ourselves and through the use of a powerful absent healing technique. REIKI was intended as a gift and still remains so, accessible to all. It is simple, effective and consistent. In my experience, one of the gifts of REIKI is the experience of the energy, instead of “having faith” that energy is present. Another gift is the feeling of being reconnected to my Source of Energy.

To become a REIKI channel, one needs a desire to learn, a commitment to use REIKI and a series of attunements given by a Traditional Reiki Master during the first degree initiation. The attunements will align and tune-in the energy centres of the student to the REIKI. This is a time of practice and learning basic hand movements for the treatments.

REIKI was discovered by a Japanese man, Dr Mikao Usui in the mid 1800's. He responded to a challenge from his university students by undertaking an extensive study of the healing phenomena of history's greatest spiritual leaders. Through travel, study, research and meditation, he evolved a healing system based on ancient Buddhist teachings written in Sanskrit. He spent the rest of his life practicing and teaching this method of natural healing, which involved attunement to the energy, and the laying on of hands.

REIKI moves towards balancing the being as a whole: both individually and collectively. Spiritual, mental, emotional and physical healing will be nurtured by the Universal Life energy. Thus everything with life benefits – plants, animals, humans. It will be as if you have come home and reached out to turn on the light switch. Through use the light will become brighter and brighter.

REIKI has been used to treat everything, from minor ailments and accidents to chronic disease. It draws out and eliminates stress, promotes relaxation and speeds up the healing process. REIKI has been successfully used, alone and in conjunction with, other wholistic methods such as chiropractic, general medicine, acupuncture, acupressure, massage, polarity therapy, shiatsu. It has been successfully used by therapists and lay persons alike. Those persons already active in the healing field receive an amplification of their healing abilities.

Reiki is a loving energy, an energy with a sense of love, warmth and security. It makes no difference who is doing the treating. Love is the end result. Follow the happenings of life, they will bring you to places and people who will promote inner growth. Focal points and priorities of living will be altered. More and more you will find a quiet honesty about your actions and your lifestyle. Be prepared for growth and change. Accept and enjoy what happens.

With First Degree REIKI you will receive an attunement which align and tune in your energy centres to REIKI. You will need to learn and practice the hand positions and also to give yourself a self-treatment every day.

Six written case histories are required to complete your level 1 and you will be certified as a First Degree Traditional Reiki Practitioner. First Degree is complete in itself and further training is not mandatory as a part of the use of REIKI.

**The requirements are: 2 Complete Reiki Healings on other people**

**2 Self Treatments.**

**2 Reiki healings on animals**

In each case I would like to know what you felt, saw or experienced, if anything, and the same from the person you were treating. Don't worry if nothing much happened...it doesn't mean it isn't working...in time you will "tune in" to these energies more easily. This need only be a few lines...but you can write as much detail as you want...it is up to you.

However, if you wish to go on to REIKI Second Degree this will enable you to send distance or absent healings. This involves the learning of three of the REIKI symbols. These symbols can also be used for deep emotional, mental and karmic imbalances; and to further deepen spiritual awareness and growth. You will receive three attunements which will elevate and clarify the alignment and focus the power of the symbols in the hands.

# Reiki Hand Positions

## THE HEAD AND NECK ~



These are fairly simple. Picture your client lying on a massage table and yourself sitting in a rolling desk chair. You'll be able to roll around the table at just the right height so as not to strain your back. This is by far the most comfortable way to do Reiki sessions.

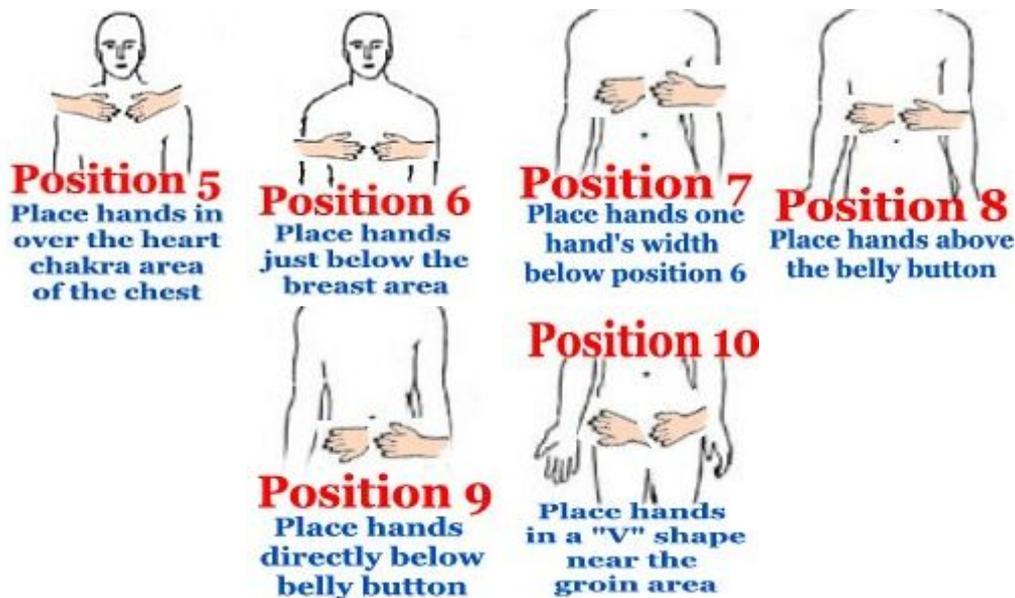
Starting, you'll be at the head of the healee, and you'll place your hands over the eyes and cheeks being sure to leave their nostrils and mouth uncovered so they can breathe. Many practitioners place a disposable napkin (Kleenex) over the eyes of the client for sanitary purposes when touching the face. You hold this position for 4-5 minutes or until you feel it is time to move them. Use your intuition to tell you when to move on to the next position.

For position 2, you will move your hands to the side of the head, one at a time. You never want to lose contact with the healee. So first move your right hand and then your left, or vice versa. Whichever hand you move first, continue to move that hand first throughout the session. Some people touch their thumbs at the top of the head with their fingers pointing down towards the ears. We like to leave the crown chakra (the fontanel spot) uncovered.

Position 3 moves the hands to the back of the head. Gently lift the healee's head and slide one hand and then the other under the medulla oblongata. This is also the area where the level 2 symbol for mental/emotional healing is turned on.

In position 4, the hands are placed gently over the throat area, again in a "V" shape. Remember to keep the hands *cupped*, fingers together, thumbs pulled in.

## THE TORSO ~



From the throat, move the hands over the heart chakra area of the chest (where the physical heart is), placing hands horizontally, fingers towards each other, as shown in position 5. The heart chakra usually draws a lot of energy as this is where many people need a large amount of healing. Allow your hands to remain here as long as you feel the energy flowing strongly. I have held this position for 20 minutes and longer.

The next position, as shown in position 6, is just below the breast area over the rib cage. Position 7 is one hand's width below that, and position 8 is directly above the belly button (the solar plexus). The solar plexus is also an area that draws a lot of energy and may require a little additional time.

Position 9 is directly below the belly button, the spleen chakra. Position 10 works on the root chakra and places the hands in a "V" shape at the sides of the groin (not touching the groin area or any genitalia).

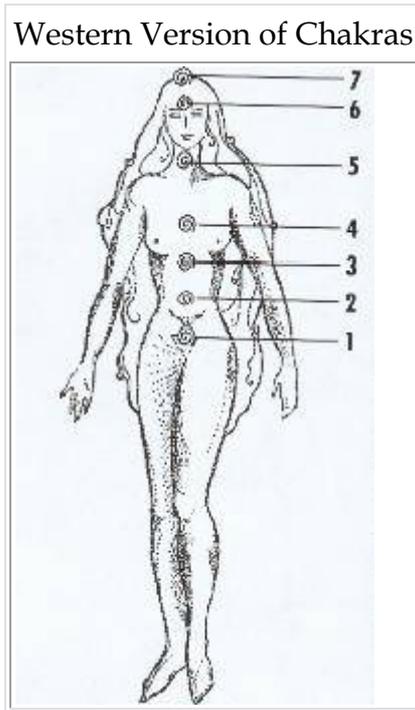
These are the major areas of healing the front side of the body. For the limbs, I move from the groin area to the arm that is nearest me and hold the hand, then the forearm, then the elbow, the upper arm, and the shoulder. Then I move to the other shoulder and work my way down that arm and down the leg on that side from the hip to the thigh, the knee, the calf and then the foot. Then I take the other foot and work my way up that leg back to the hip.

Then I have the client roll over and work on the upper shoulders, upper back and shoulder blades, middle back, and the lower back. I don't work on the buttocks unless someone has a specific problem there like the sciatic nerve. (Full Chart Below)

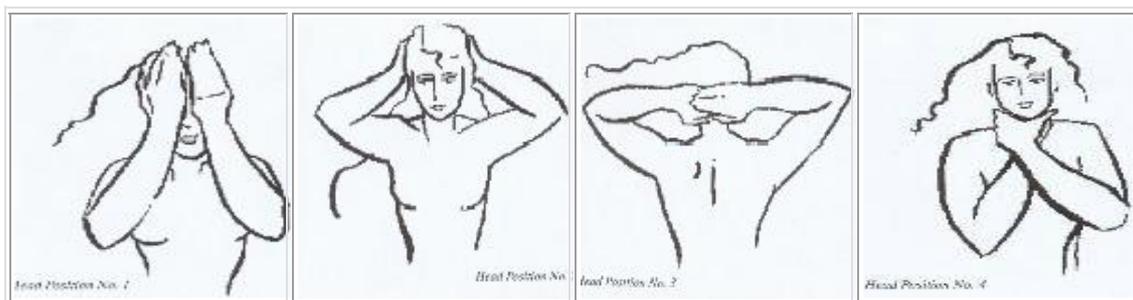
That's all there is to it! This full treatment should take an hour to an hour and a half. A full treatment does not have to be given every time, though in the case of severe illness, it is recommended to give a full treatment for four consecutive days. For treatment of a broken arm, for example, I just treat the arm.

# Reiki Hand Positions for Self Treatments

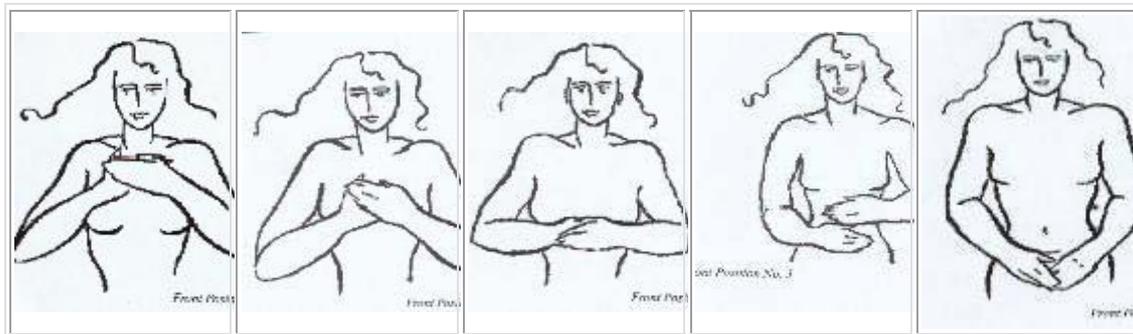
Illustrations of Reiki hand positions for self treatments are shown below. Suggested time per Reiki hand position is five minutes. The illustration of chakras is based upon a Western model for chakra locations.



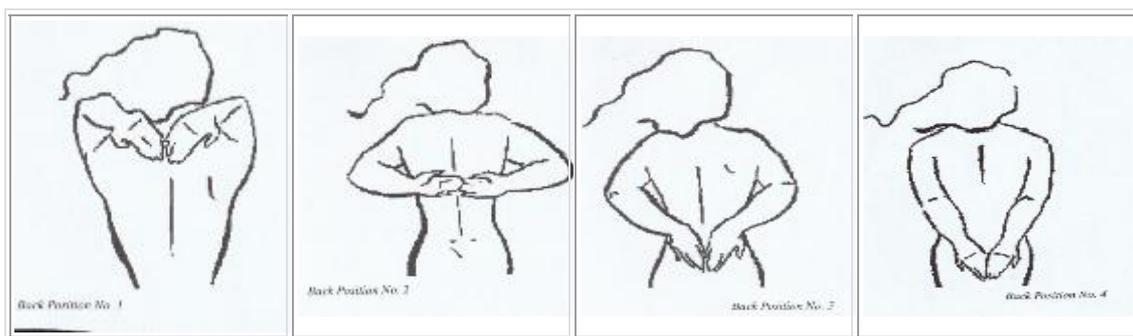
## Head/Neck Positions



## Front Positions



## Back Positions



## SELF TREAT

The REIKI self Treat is a technique which can enhance and transform your life. It is a wholistic approach to health and living and enable you to nourish and nurture yourself through loving touch. It is called wholistic because it treats the whole body.

The more you treat yourself, the more you restore or build up your own supply of energy in your body.

You can give yourself a treatment wherever you are because REIKI is always with you. It is not necessary to meditate or alter consciousness - just place your hands on and the energy flows, take them off and the energy stops. No other devices are necessary.

Whenever you feel pain, nervous, over tired or even scared, you are able to calm yourself immediately and relax by the use of REIKI. It will help you to strengthen and harmonize yourself again.

The attunements have amplified the chakras or energy centres in your hands and you can now use them on your body. The energy flows out either the back or the front of the hands. In the Self Treat, we place the hands on 13 specific positions over the body – 4 on the head, 5 on the front of the body and 4 on the back. See illustrations above.

It is important to give each position sufficient time. In the beginning, 5 minutes per position is suggested. Your body is not used to receiving energy on this way and needs educating in the absorption and distribution of the energy. “Listen” to your hands! You may experience a wide range of sensations – heat, cold, pressure, pulsation, tingling or some other sensation. Each of which is your way in that specific position of experiencing the flow of energy. Please remember you are a unique individual and in different individuals, different sensory modalities predominate.

After you have been doing REIKI for some time, you may notice that the sensation increases initially, remains steady then falls off. This is called the “rise and fall” effect and tells us how long to leave our hands in each position. Once the sensation “falls off” then it is time to move hands to the next position.

If the “rise and fall” method was used in the beginning rather than the 5 minute sessions, you may not switch off in a particular position as that area may be drawing a vast amount of energy and the treatment could last for a very long time.

### **When to do your Self Treat**

For the most benefit to you, do your Self Treat on a daily basis. Make it a special time in your day which tells you that you are an important person worthy of giving time to you. Many people put themselves last, giving it to everyone else first and if there is time left over, then they give it to themselves.

With this technique, you have the opportunity of giving to you and you will find out in the long run, that you have more to give to others. Many people have found that with consistent Self Treats, energy increases; self confidence grows; self knowledge expands; tiredness diminishes and they feel much better inside themselves. All of which is great not only for yourself, but for everyone else around you.

A full treat generally takes about an hour. First thing in the morning is the best time, yet benefit can be obtained doing it last thing at night (if you fall asleep, that’s okay) or any other time during the day. Most benefit is obtained from doing your treat in an uninterrupted hour. It relieves stress and makes you completely relaxed. You do not have to worry about missing sleep because your self treat is equivalent to the benefits of 3 to 4 hours sleep.

During your self treat, you may reach a deep meditative state. If you break your treat into two half hours, the meditative state will not be as deep. Therefore you can afford to start your day an hour earlier.

Give yourself time! If you are pressed for time, at least do the four head positions as they get the endocrine system going. Although there may be a temptation to do so, don't neglect your back - lie on your front if necessary. Yogic teachings state that a perfect spine leads to perfect health, and in particular, the sacrum area strengthens our life energy.

You can do your Self Treats anywhere - lying in bed, sitting in a chair. Anywhere you feel comfortable and warm. You can never give yourself too much REIKI as it is the energy of life. REIKI is always safe.

As you have never done this before, try it for a month and see what changes you notice in your life. Look on it as a GIFT to you. It is a wonderful GIFT so do not waste your hands. Enjoy using your hands in this wonderful way and enjoy what happens in you life.

There is a wonderful saying I found: People who get to know other people very well become wise; those who get to know themselves very well become enlightened.

**REMEMBER**

The more you do your self Treats

- the more energy build in your body.
- the greater confidence you have in using REIKI.
- the greater confidence to have in listening to your hands.
- the greater understanding you have of yourself.
- the greater health and harmony you bring into your life.

## HEALING SETTING

### **Room :**

If possible use a room that is decorated with soft and muted colours. This is very relaxing for both you and your client. Make sure that you will not be disturbed or interrupted. Meditative music is also very conducive and lighting a candle invokes the presence of both your higher selves, brings in the higher forces and represents the Light within. I like to burn incense....my favourite is Sage.....but please ensure that your client is not sensitive to the aroma or the smoke.

Try to use a massage table for your own comfort, as using a bed or the floor is very hard on your back, and it is important that you are as comfortable as your client. You may be seated if you prefer.

### **CLIENT'S CLOTHING AND COMFORT**

Your client is to remain fully clothed during the session. Ask him/her to remove all jewellery, belts and shoes and to wear loose fitting clothes. Have a small pillow to place under the head and/or knees. As body temperature may drop during the treatment (similar to sleep), keep a blanket close by to cover them and provide extra warmth. Remember that REIKI radiates heat and that when your hands are moved a cooling takes place. If you are cool, then your client may be cold.

### **HYGIENE**

Always wash your hands before and after a treatment. Keep your treatment area in a high state of cleanliness. If you are treating an open wound, wear sterile gloves or keep your hands off the wound.

### **TREATMENT**

If you like to work with crystals let your intuition guide you as to the best one/s to use...your client might like to hold a smoky quartz in their right hand so that any emotions etc that may be brought to consciousness during the treatment can be left in the crystal. Later cleanse all crystals.

It is important that you are "centred" prior to the treatment. When you are fully attuned to the purpose of being an open channel for Reiki, then the flow of energy is greater. If you are in this place, then your client will relax faster.

I use the suggested prayer (at the beginning of this manual), either silently or out loud, at the beginning of each treatment, just after I place my hands on the client. It is as much for me as it is for them. I also call in the protective white light and see us both inside it, as if encased in the protective shell of an egg.

Treat the entire body beginning at the head. It is important to begin at the head to activate the Pituitary or Master gland. Three or more treatments in a row are usually necessary to complete the initial energy balancing of the "healing curve". However, treat as many times as is required. Treat each area for as long as the energy is being drawn. The hands will always indicate when balance has been reached by a diminishing of energy,, sensation or magnetic pull.

REIKI will work even if you cannot touch the body due to the nature of the injury or emotional state of your client. Second Degree REIKI can be used for Absent Healing and/or Emotional Release work.

Please be aware that many people prefer not to be touched on their breasts or reproductive areas. In many cases, it is unnecessary to make direct contact. A professional attitude will neutralize any uneasiness about this.

Quiet conversation during the treatment can be helpful, especially if your client feels like opening up and discussing the emotions causing their unwellness.

Place your hands on the body positions with relaxed and gentle touching. Any pressure or heaviness from your hands will be a discomfort to your client. When changing your seating/standing positions always maintain auric contact with your client.

When the treatment is finished I place both hands on the soles of my clients feet and hold them there for a few seconds to "ground" my client. Also two fingers lightly pressed to the "third eye" centre has the same effect.

Allow your client to stay on the table as long as necessary.

Above all relax, allow the energy to flow and enjoy yourself.

## REIKI IS A GIFT OF LOVE

REIKI is experiential and therefore cannot be learnt from a book. We each experience REIKI differently because we are unique! **We are not healers, we can only heal ourselves.**