

REIKI TRANSFORMATION & LIBERATION



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WHAT IS REIKI?

Reiki is a Japanese technique designed to help reduce stress and increase relaxation while promoting healing. Reiki is rooted in the belief that an unseen "life force energy" flows through all of us. This life force energy is what causes us to be alive. Reiki is administered by "laying on hands".

If a person's life force energy is low, it is believed that we are more likely to feel stressed or fall ill. However, if our life force energy is high, we are more capable of being healthy and happy.

The word "Reiki" itself comes from two different Japanese words. "Rei" meaning "Spiritual wisdom or the higher power" while "Ki" means "life force energy". Thus, Reiki's actual meaning is "spiritually guided life force energy".

Reiki treatment delivers a sensation that feels like a wonderful glowing radiance is flowing through you and around you. Reiki takes a holistic approach and treats the entire person. It treats the physical body, the mind, the spirit, and the emotions, creating many benefits when it comes to relaxation and feeling peace, security, and well-being. Those who have received Reiki treatment occasionally report miraculous results. Reiki treatment is simple, natural, and completely safe. It is a method of spiritual healing and anyone can use it for self-improvement. Reiki is thought to be effective for helping a person with virtually any illness or malady, and the system always leads to beneficial effects. Reiki is sometimes used in conjunction with other medical treatments and therapeutic techniques to help relieve side effects while promoting recovery.

Reiki truly is an amazingly simple method for anyone to learn. Using Reiki is not a skill that's taught in the usual sense. Rather, the ability to use Reiki is transferred to a student during a hands-on Reiki class. During one of these classes, a Reiki master will give a student an "attunement" where they will allow the student to tap into a limitless supply of life force energy. This will enable them to improve their health and enhance their life's overall quality.

The ability to learn and use Reiki is not based on a person's intellectual capacity or spiritual development. Therefore, this technique is available to everyone. Reiki has been taught successfully to thousands of people of all backgrounds and ages.

The Reiki healing method is spiritual in nature, but it is by no means a religion. Reiki has no dogma and you do not have to believe anything specifically in order to learn and use the Reiki method. In fact, Reiki does not depend on any sort of belief system at all. It's also thought that Reiki will work whether you believe in it or not.

However, because Reiki comes from God, many practitioners find that using this technique makes them feel more in touch with the spiritual experience of their religion compared to only having an intellectual concept surrounding it.

Although Reiki is not a religion of any sort, Reiki Masters will say that it is still important that we all live and act in a way that helps promote harmony with others. Mikao Usui, the man who founded the Reiki system of healing, recommends that we practice certain ethical ideas that help to promote peace and harmony in the world. The ethical ideas Mikao Usui suggested are very simple and they were chosen because the concepts of peace and harmony are universal across nearly all cultures.

Many years after he developed the Reiki natural healing system, Mikao Usui was in a meditation session when he decided to add Reiki Ideals into the Reiki system. In part, these ideas came from the Meiji emperor of Japan's five principles. Mikao Usui admired the Emperor and used his principles to inspire the new ideals of the Reiki system.

The Reiki Ideals serve the purpose of helping people realize how healing the spirit by choosing to consciously improve themselves is necessary to the overall Reiki healing experience. It is said that, in order for the healing energy delivered during a Reiki session to have lasting results, the client has to accept responsibility for their own healing and take an active role in it.

The Usui system of Reiki is about more than just Reiki energy. The Usui system of Reiki also includes an active commitment from the client to improve themselves, which is what makes it a complete and effective system. The Reiki Ideals are guidelines for a person to live a gracious life and they are also virtues worthy of practice simply for their inherent value.

Reiki Masters can be located around many parts of the world where interested people can go to learn the ways of the Reiki system and become practitioners themselves.

THE SECRET ART OF INVITING HAPPINESS
THE MIRACULOUS MEDICINE OF ALL DISEASES
JUST FOR TODAY, DO NOT ANGER
DO NOT WORRY AND BE FILLED WITH GRATITUDE
DEVOTE YOURSELF TO YOUR WORK. BE KIND TO PEOPLE.
EVERY MORNING AND EVENING, JOIN YOUR HANDS IN PRAYER.
PRAY THESE WORDS TO YOUR HEART
AND CHANT THESE WORDS WITH YOUR MOUTH
USUI REIKI TREATMENT FOR THE IMPROVEMENT OF BODY AND MIND

- USUI MIKAO, FOUNDER

Many people who are first introduced to the Reiki system fail to understand its true foundation. There are often many questions that come along with the initial explanation of the Reiki system, so the most common answers will be covered here.

THE HISTORY OF REIKI

My teacher, William Rand from the International Center for Reiki Training, spent more than twenty years researching Reiki and the history behind it after realizing there was a great lack of accurate information on the topic.

While Mikao Usui played a significant role in expanding the Reiki system, many wrongfully consider him the creator of Reiki. In doing so, they think that the word "Reiki" only applies to the healing modality that he discovered and helped to develop. However, when researching the origin of Reiki, one can find that there were at least four other styles of Reiki being practiced in Japan before Usui Sensei developed his own style of healing.

Two Japanese Reiki researchers, Hiroshi Doi Sensei and Toshitaka Mochitzuki Sensei, give a very in-depth explanation of these older practices in the book *An Evidence-Based History of Reiki*. Those interested in diving deeper into the history of Reiki and going further than we will go in this chapter, should certainly consider reading their book.

Mataji Kawakami created his healing system, Reiki Ryoho, in 1914. He went on to publish multiple books on the subject, but there were other Reiki healing styles in use at the time as well. These styles included: Reikan Tonetsu Ryoho (created by Reikaku Ishinuki), Senshinryu Reiki Ryoho (created by Kogetsu Matsubara), and Seido Reishojutsu (created by Reisen Oyama).

Nearly ten years after Mataji Kawakami had begun his own system of Reiki healing, Usui Sensei had a mystical experience in March 1922 in which he developed his own style of Reiki, known as Usui Reiki Ryoho. Researchers found it interesting that Usui Sensei chose to use this name since it seems to indicate that he was aware of other styles, like Reiki Ryoho, in use at this time.

Because of the circumstances that arose during World War II, other forms of Reiki soon fell into disuse and they remained relatively unknown to the greater public. Meanwhile, Usui Reiki continued practicing his own style and it soon grew in popularity.

Many people raise debate over what should or should not be referred to as Reiki. However, we must consider that not only have many systems of Reiki healing been created that do not have a link to Usui Sensei, but also that Reiki energy itself has been around for thousands of years, if not longer. Many feel it has been around since the beginning of time itself. Therefore, it makes sense to say that any system using Reiki energy and its symbols can be called Reiki and not just those systems linked back to Usui Sensei.

However, a thorough understanding of the Usui Reiki system is important since it will provide practitioners and masters with a solid foundation for understanding Reiki healing, thus making it easier for you to connect with its essence. The reason why the Usui Reiki system has sustained itself while others have gone relatively unrecognized is largely because Hawayo Takata brought Reiki to the Western world where Usui Reiki predominantly became the most practiced form of Reiki around the world.

USUI SENSEI

Usui Sensei was born in 1865 near present-day Nagoya, Japan. Throughout his life, he expressed interest in learning and he studied many subjects extensively. His curriculum included psychology, medicine and religion alongside the art of divination which has long been known as a worthwhile skill in Asia. Usui Sensei later joined Rei Jyutsu Ka, which was a metaphysical group dedicated to developing psychic abilities.

Through his life, Usui Sensei held many jobs, including that of a civil servant and journalist. He helped rehabilitate prisoners and he later became Shinpei Goto's secretary (Goto was the head of the Department of Health and Welfare and later became Tokyo's Mayor). Usui Sensei became a successful businessman thanks to the connections he made through his job.

However, despite being a successful businessman, Usui Sensei was inspired to direct his attention towards discovering his life's greater purpose. During his search for this purpose, he learned of a special state of consciousness that, once achieved, would give a person an understanding of their life's purpose while also guiding them to achieve that purpose. This special state is known as An-shin Ritsu-mei (pronounced "on sheen dit sue may") and, in this special state, one would always be at peace no matter what was going on in the outer world. This state maintains itself when practiced regularly.

Usui Sensei was able to understand this concept on an intellectual level, but he sought to actually achieve it. He dedicated his life to reaching this state and began Zazen meditation to try and achieve it. He found a Zen teacher who let Usui Sensei in as a student, but after three years of practice he had not found success. It was at this time that his teacher suggested a severe practice in which the student had to be willing to completely surrender the ego in order to achieve An-shin Ritsu-mei.

Usui Sensei accepted that and, after preparing for death, he went to the sacred mountain Kurama Yama in February 1922. He went to fast and meditate and intended to do so until he passed on to the next world. At this time, he was not trying to discover a method of healing rather, he was seeking the special spiritual state that he had been striving for. He then discovered that this state is the secret of healing.

After fasting for twenty-one days and growing weaker and weaker, at sunrise Usui Sensei suddenly saw a powerful clear light enter his mind. It came in through the top of his head and he said it was as if he had been struck by lightning. The force made him fall unconscious.

I also experienced this phenomena 6 months after my first Reiki course with Gary Samer, without the unconsciousness. However it was too blissful to move and I felt like my body was being charged with golden light.

The sun rose and Usui Sensei soon awoke, realizing that he no longer felt weak. Instead, he was filled with a blissful feeling of vitality like he had never experienced before. He described it as a miraculous kind of high-frequency spiritual energy that had overtaken his normal state of consciousness. An amazing level of awareness was now present in him.

The excitement Usui Sensei was filled with led him to run down the mountain where he met with his Zen master to share his good fortune. On the way down the mountain, he tripped on a rock and placed his hands over his toe as anyone would in response to the pain. But, when he did this, he realized healing energy flowed through his hands all on its own. He was amazed that the pain instantly disappeared from his toe and it was healed. He now understood that this was his life's purpose: to heal and teach others to awaken their spiritual nature.

It was in April of 1922 that Usui Sensei moved to Tokyo where he began a healing society called Usui Reiki Healing Method Society. He later opened a Reiki clinic where he gave treatments and taught classes. Over time, Usui Sensei developed a system of healing, especially after 1923 when the Great Kanto earthquake and tsunami left many people in Tokyo injured. Due to the number of people in need of help, Usui Sensei chose to share his healing methods with other teachers.

This was when Usui Sensei developed Gassho, Byosen scanning, Gyoshi ho, Reiji-ho, Seishin-to-itsu, and many of his other practitioner techniques. This was also when he developed his formal attunement method, which he called Reiju kai. This made it easier for other people to learn the Reiki system and become teachers themselves.

Usui Sensei called the first degree of his Reiki training Shoden, and it was divided into four levels: Loku-Tou, Go-Tou, Yon-You, and San-Tou. The second degree was called Okudun, or Inner Teaching, and it had two levels: Okuden-Zen-Ki and Okuden-Koe-ki. The third degree was known as Shinpiden (Mystery Teaching), which is what those in the Western world call the Master level. This level includes Shihan-Kaku (assistant teacher) and Shihan (venerable teacher).

Usui Sensei's teaching methods were highly favoured and the demand for Reiki became so great that he soon had to move to a bigger clinic in Nakano, Tokyo. Usui Sensei's reputation as a healer began to spread across Japan and he soon began travelling so he could treat and teach even more people. It's said he directly taught more than 2,000 students as he travelled. The Japanese government issued him the Kun San To award for his honourable work. However, in 1926 while travelling to Fukuyama, he died from a stroke.

CHUJIRO HAYASHI

Prior to his passing, Usui Sensei asked Chujiro Hayashi Sensei to open a clinic and expand and develop the Reiki system further using his own experience as a medical doctor in the Navy. Hayashi Sensei was very motivated by his request and soon opened Hayashi Reiki Kenkyukai (Institute), a school and clinic.

Located in Tokyo, Hayashi Sensei kept careful records at his clinic that detailed the illnesses and conditions of each of his patients. He also recorded what hand positions worked best to treat the different conditions and illnesses. He used these records to create the Reiki Ryoho Shinshin, or the Guidelines for the Reiki Healing Method. This became a class manual that he gave to his students, but the handbook was only used if Byosen scanning was not able to find the best hand positions to use.

Hayashi Sensei made some changes to the way Usui Sensei had done Reiki treatments. While Usui Sensei had one person sit in a chair and receive treatment from one practitioner, Hayashi Sensei had them lie down so they could receive treatment from multiple practitioners at once. He also made a new and more effective attunement system and increased the value his students received while travelling by using a new method of teaching. Hayashi Sensei encouraged students to continue receiving Reiju regularly from their local teacher or Shihan to refine the quality of the Reiki energy they were channeling.

Hayashi Sensei's wife, Chie Hayashi, took over his clinic after his passing and ran it for many years.

HAWAYO TAKATA

Hawayo Takata was born in 1900 on the island of Kauai, Hawaii. After being widowed in 1930, Mrs. Takata was alone to raise two children. She worked very hard to provide for her children. Five years later, she developed a severe lung condition and abdominal pain and ended up having a nervous breakdown.

Soon after, one of her sisters died so Hawayo Takata had to travel to Japan, where her parents were settled, to deliver the news to them.

After informing her parents, Hawayo Takata entered a hospital in Japan where she sought help for her conditions. She was diagnosed with gallstones, appendicitis, asthma and a tumour. She was asked to prepare for an operation but heard of Hayashi Sensei's clinic which she visited instead.

Hawayo Takata was not familiar with Reiki but she was impressed that the Reiki practitioners had closely matched the diagnosis the hospital had just given her, so she began receiving treatments. Two practitioners worked with her each day. She later told a newspaper that the heat from their hands was so strong that she thought they must be secretly using some kind of equipment.

One day, she grabbed the large sleeves of one of the practitioner's Japanese kimono during treatment thinking that she had found the place he was concealing the equipment, but she found nothing. The startled practitioner laughed when she explained what she was thinking and he told her what Reiki was and how it worked.

Hawayo Takata took four months to heal as she progressively got better with each treatment session. Due to the miraculous results, she wanted to learn the Reiki method for herself. It was in the spring of 1936 that she received First Degree Reiki from Hayashi Sensei. She worked with him for a full year and then received Second Degree Reiki. She returned to Hawaii in 1937 followed by Hayashi Sensei who came to help establish the practice in the Western world. In February 1938, Hayashi Sensei initiated Hawayo Takata as an official Reiki Master.

Hawayo Takata gave sessions at her own clinic in Hilo, Hawaii from 1939 through 1949. Takata Sensei ended up establishing several different clinics, including one in Hilo on the Big Island of Hawaii. She initiated students up to Reiki II and became a well-known healer. She travelled across the United States and other areas of the world where she gave treatments. Takata Sensei had her own unique way of practicing and teaching the system. Takata Sensei told one of her most respected students, John Harvey Gray, that she had to change the way she taught because the Japanese way was far too complex to pass on to the Western world.

Takata Sensei simplified the system and even developed her own hand position system that she called the foundation treatment. This system had eight hand positions. Takata Sensei never taught the Byosen scanning technique, although Usui Sensei and Hayashi Sensei indicated it was the most important part for a student to master. She also did not teach Gassho, Reiji-ho, Kenyoku, Gyoshi-ho, or Koki-ho. Additionally, she came up with her own attunement method for each level of Reiki. She taught students that the attunements empowered the symbols and she also taught a Master symbol that was given to Master students.

"IN HER SYSTEM, THE MASTER SYMBOL WAS NEEDED IN ORDER TO GIVE ATTUNEMENTS, AND IT COULD ALSO BE USED DURING REIKI SESSIONS FOR PURPOSES OF HEALING. SHE DID NOT ENCOURAGE HER STUDENTS TO RECEIVE AS MANY ATTUNEMENTS AS POSSIBLE AS WAS TAUGHT BY USUI SENSEI AND HAYASHI SENSEI, BUT TAUGHT THAT JUST ONE SET OF FOUR ATTUNEMENTS FOR REIKI I AND ONE ATTUNEMENT FOR REIKI II AND ONE FOR THE MASTER LEVEL ARE ALL THAT ARE NECESSARY."

Takata Sensei taught a simplified system that was proven to be effective. It produced valuable results for her clients and students which is why she is considered an important innovator of Usui Reiki Ryoho. While many people feel she should have kept things traditional, one thing that's very important to grasp is that, if it were not for her, Reiki likely would have fallen into obscurity. It never would have reached worldwide recognition and likely would have been mostly forgotten after Hayashi Sensei's passing as had the other forms of Reiki.

"...THE USUI REIKI RYOHU GAKKAI DECIDED THAT THEY DID NOT WANT TO BE CONTROLLED BY A LICENSING BOARD AND INSTEAD CHOSE TO GO UNDERGROUND. THEY DECIDED THAT THE MEMBERS WERE NOT TO TALK TO ANYONE OUTSIDE THEIR GROUP ABOUT REIKI AND THAT THEY WOULD ONLY PRACTICE REIKI WITH EACH OTHER. THIS MADE IT DIFFICULT FOR ANYONE TO FIND OUT ABOUT REIKI IN JAPAN, INCLUDING THE JAPANESE. ALSO, BECAUSE IT BECAME VERY DIFFICULT FOR NEW MEMBERS TO JOIN, THE MEMBERSHIP SLOWLY DECLINED. THIS PROBLEM EXISTS EVEN NOW, AND THE GAKKAI MEMBERSHIP CONTINUES TO SLOWLY DWINDLE. IF THIS CONTINUES, AT SOME TIME IN THE NOT TOO DISTANT FUTURE THE GAKKAI IS LIKELY TO COME TO AN END."

Thanks to Takata Sensei, learning Reiki in Japan and then bringing it back with her to Hawaii before World War II, she prevented it from becoming lost. She was a wonderful teacher and promoter and she eventually taught the method across Hawaii and the United States mainland before passing. She left behind 22 Reiki Masters who have helped carry on the tradition and teach more masters.

THE BENEFITS OF REIKI

Reiki is not limited to patients experiencing terrible physical ailments. Rather, Reiki is appropriate for any person at any time, whether they are suffering from a physical ailment or find themselves struggling emotionally. It can also prove beneficial for any person seeking to connect with their spirituality on a deeper level, even if they are not facing pain of some sort. As the Buddha states “pain is inevitable, suffering is optional”.

Reiki heals “the cause” and eliminates “the effects” of imbalances. Reiki is a viable natural healing and wholistic method which can easily be combined with other techniques. Reiki does not conflict with medical procedures and enhances medical treatments.

Other benefits of Reiki:

- energises your entire system safely and quickly
- helps to minimize your sense of helplessness and powerlessness when faced with disease and crisis situations
- helps eliminate accumulated daily stress acquired from the rigours of modern life
- is not a belief system – therefore, once activated, it will always turn on when used as instructed
- is simple, easy and safe
- is a self-help technique which includes a simple, safe way to help others effectively
- lasts an entire lifetime – once activated, it never runs out and does not become obsolete. Your investment in your Reiki seminar is an investment in your life
- promotes (from within) the qualities of compassion, trust, self-actualization, good will, wholeness, peace and serenity

Reiki is a powerful tool that can be used for applications that stretch far beyond physical and emotional healing. Wellness Centers around the world have begun sharing the power of Reiki, usually promoting it with the following seven benefits at the forefront:

1. **Stress reduction and relaxation.** Reiki triggers the body's natural healing abilities to vibrate at a higher frequency which leads to a relaxed state.
2. **Inner peace and harmony.** Reiki is a very valuable tool in a person's quest to grow spiritually. It helps promote happiness and internal health.

3. **Mental balance.** Reiki practice helps to balance a person's mind and emotions. Receiving regular Reiki treatments can also help a person achieve a calmer state of being where they can better cope with the stress of everyday life.
4. **Enhanced learning.** Reiki is also able to enhance learning, memory, and mental clarity. Reiki is able to help a person heal their mental and emotional wounds while working through dysfunction. It can even help alleviate mood swings, frustration, fear, and even anger.
5. **Healthier relationships.** Reiki is able to strengthen and heal a person's relationships with others. Reiki practice enhances a person's capability to love and can help open you up more to those around you, cultivating healthy relationships. It also increases your empathy, allowing you to connect with others on a deeper level.
6. **Emotional relief.** Reiki practice can provide relief from emotional distress and sorrow. Reiki is very powerful during the grieving process as it helps clear a person's emotions. It also offers perspective "to let go".
7. **Faster recovery.** Reiki helps to speed up a person's recovery from long term illness or surgery. Reiki can help reduce side effects from medications and treatments while also helping a person adjust to them. Reiki has been used to help patients find relief and it is also effective for physical and mental illnesses. Reiki can benefit a person, regardless of their current state.

HOW DOES REIKI HEALING WORK?

Each one of us is alive because there is a life force flowing through us. The life force flows through the physical body through pathways that are called chakras, meridians, and nadis. If you have ever practiced yoga or other ancient techniques, you have likely heard these terms before. The life force flows around us within a field of energy that's called your aura. The life force is what nourishes your organs and cells and supports their vital functions.

When the life force flow is disrupted, it leads to the diminished function in one or more of your organs or tissues within the physical body. This life force is responsive to your feelings and thoughts. When you accept negative thoughts or feelings about yourself, either consciously or unconsciously, the life force becomes disrupted. The negative thoughts and feelings become attached to the energy field and they disrupt the life force's flow. These leads to our physical body's diminished function.

The Reiki healing system can help you heal by flowing through your energy field's affected areas and charging them up with positive energy. A Reiki treatment raises your energy field's vibratory level both in and around your physical body where negative thoughts and feelings have become attached overtime. This leads to the negative energy breaking apart and falling away. With this method, Reiki is able to clear and heal your energy pathways, allowing your life force to flow healthily and naturally again.

WHEN SHOULD REIKI BE USED?

While all healers use energy, or the life force, not all healers use the Reiki system. Reiki is a special kind of life force and it can only be channeled by someone who has been attuned to it. Some people may be born with Reiki or could have received it in some other way. However, most healers who have not received the Reiki attunement directly from a Reiki Master will not be able to use Reiki. Instead, they'll use some other system to activate life force.

Healers who have been using another life force for some time and then choose to take Reiki training report a fifty percent or more increase in the strength of their healing energies after being taught by a Reiki Master, which speaks to its power.

The beautiful thing about Reiki is that it can never cause harm regardless of whether the person receiving or using the Reiki system is open to the idea or not. Reiki is guided by the spiritual-consciousness and thus, can never lead to any sort of harm. Reiki itself is always aware of what a person needs and it is able to adjust itself in order to create the appropriate effect for them. Reiki is always helpful so one never has to worry about whether they should use it or not.

Additionally, the practitioner facilitates healing through guided life force energy – so the ego can stay out of it. Since the practitioner is not doing any of the healing themselves, it is also much easier for them to keep their ego out of the way and let the presence of their spiritual nature shine through with great clarity.

Another wonderful thing about Reiki is that the energy source can never be depleted. Reiki is a channeled healing method, which means it is not taking energy from the practitioner but rather flowing through the practitioner from a limitless source. In fact, the Reiki consciousness sees both the practitioner and client as people in need of healing.

Thus, a practitioner giving a Reiki treatment will end up increasing their own energy levels while leaving both them and their client surrounded with feelings of love and well-being.

BRIEF “SUMMARY” OF REIKI LEVELS

REIKI I:

At this level the initiate is attuned and connected to the Reiki source of healing energy. After receiving attunements, you are capable of performing healing on yourself and others. There are four attunements at this level. Reiki I deals primarily with touch or being near the etheric body of the Reiki receiver.

REIKI II:

At this level the initiate has one attunement and is introduced to the Reiki symbols – “The Power Symbol”, “The Mental Symbol” and “The Distant Healing Symbol”. These symbols can then be used to help focus energy for specific purposes which are : sending distant healing; healing negative mental/emotional states; and talking to the subconscious mind. You must have previously been attuned to Reiki I before receiving this level.

REIKI III/MASTER:

When the initiate is attuned into this level, all the Reiki energy is unlocked. The initiate learns about one more symbol, the “Master Symbol”. You will be able to perform Reiki attunements for others and yourself. There is only one attunement at this level. You must have previously been attuned to Reiki I & II before receiving this level of Reiki.

GIVING REIKI TREATMENTS

PREPARATION

- From a hygiene perspective, you should always wash your hands before and after treatments
- Prepare the treatment room, perhaps light a candle, have soft and relaxing music ready
- Remember to keep a light touch, so the energy can flow freely
- Scan the body for energy with your hands over the major energy centres, channels and joints and sense for where your hand is drawn inwardly or pushed away. These are areas to work with immediately
- Move your hands from one position to another slowly, gently and maintain contact all the time if possible
- Remember that Reiki is not diagnostic; we do not in any way attempt to locate or define medical or psychological needs. Anyone seeking Reiki treatments that have a medical condition should be reminded to see an appropriate practitioner
- Your clients may have a memory, feel energy in the form of heat, cold flow, tingling, receive messages, have a memory of past events or see lots of colours. It's all okay, don't try to place concepts around it.

SELF TREATMENT/HEALING

One of the keys of Reiki is that you treat yourself. Reiki works just as well on you as it does on others.

It is important that the Reiki practitioner gives themselves Reiki, preferably on a daily basis. It is worth waking up a little earlier each morning to ensure that time is available to give a self-treatment.

After a few treatments, the general beneficial effects on your health and ability to deal with issues in your life will be apparent and you will actively look forward to receiving the energy. Self-Reiki can be used when you feel stressed, anxious, or run down and exhausted. A daily 30-60 minute practice for 3 months will give great benefit.

REIKI TREATMENTS/HEALING OTHERS

Once attuned, the Reiki practitioner only has to place their hands on the subject and the healing energy will flow automatically. It is important that in the initial weeks after First Degree Reiki attunement that the student gives Reiki as much as possible, both for themselves and for others. This continues the refining process initiated by the attunement.

When giving someone a treatment who has not had a Reiki session before, explain the following to them before starting:

What to expect from the treatment – lightly placing hands over different parts of the body and that most people feel warmth or tingling. Also let them know that it is okay if they don't feel anything, that doesn't mean nothing is happening.

Ask the person if they are comfortable lying on their backs or face down. Otherwise, do the Reiki with a person sitting in a chair.

Ask them whether there are any areas they are sore or do not want to be touched. You can treat these areas by staying above the area without touching the body.

Advise them that they may sleep and that their abdomen may rumble, and tell them they are both good signs because they show that they are relaxing, and that energy is moving. Let them know this is their time to relax, and that you don't usually talk during a treatment.

Soft, gentle music can often help the person relax, but always ask them whether or not they would like music as some people prefer to relax in silence.

When you place your hands under their head, let them know you will move their head for them, they can just relax.

Ensure that the person is comfortable before beginning, people often feel secure and cosy with a sheet or blanket over them, particularly on a cold day. Place a pillow under their knees to help keep the low back comfortable.

Before starting, ask the client to close his/her eyes. You then relax and take 3 slow deep breaths and relax into your heart chakra. Also you can practice the 36 breaths or 9 breathings, learnt in my Reiki 1workshop

REIKI COMBINED WITH OTHER THERAPIES & TECHNIQUES

Reiki taps universal life energy and definitely can be used with many other therapies to enhance and to facilitate your helping, healing, wholing process:

Reiki ...

- enhances medical treatments and does not interfere or conflict in any way with medications, surgery or other medical procedures
- is especially effective and helpful when used prior to and immediately after surgery
- can be combined easily with various forms of meditation, with Yoga, Tai Chi, Qi Gong or athletics to achieve desired results effectively
- combines with and enhances massage techniques, Rolfing, chiropractic techniques, psychological therapies, acupressure, therapeutic touch, polarity, meridian techniques, and non-touch as well as touching-healing methods
- in itself is a complete method – it balances and aligns all major centres (chakras) naturally. No additional techniques are necessary
- is essential for restoring and maintaining energy and positive wellness in combination with weight control techniques and / or when fasting
- combined with therapeutic music promotes a beautiful, healing, wholistic experience
- cannot, in any way, be used to harm anyone. Reiki is completely safe at all times, in all situations, and adjusts naturally to the receiver's needs.

Reiki safely promotes your natural process of healing, of maintaining wellness, and of preventing imbalances. When you need additional information and treatment, seek help from a medical expert. If you are interested in other techniques, go to a person properly qualified to assist you. In promoting a life-long sense of wellness and wholeness, each of us has to find the combinations suited to our individual needs. What works for one person might not for another. What is safe for one person might be harmful to another. Use your Reiki every day!

ABOUT THE AUTHOR

Dr Mark McAuliffe (Acupuncturist), Herbalist and Reiki Master

Since 1980 Mark has been involved with natural healthcare, exercising his special blend of healing arts, bodywork and spiritual awareness. In 1990 Mark became a Reiki Master and he has been a registered Acupuncturist and Doctor of Chinese Medicine since 1998.

The modalities Mark has mastered and now uses in his professional health clinic are Acupuncture, Craniosacral Therapy, Bowen Therapy, Reiki, Trager Therapy, Herbal Medicine, Structural Alignment, Jin Shin Jyutsu and Cupping Therapy.

For 5 years Mark lectured at the Australian College Natural Medicine, Queensland in Acupuncture and Chinese Medicine. The subjects he taught were Acupuncture Point Location, Chinese Medicine Philosophy, Chinese Dietetics, Nutrition, Chinese Herbal Medicine, Chinese Medical Pathology, Differential Diagnosis and he was a Clinic Supervisor for final year students.

Mark has been fortunate to study with great masters in Australia, Nepal and Vietnam. He has seen thousands of patients and has become adept with many western and eastern healing methods. Mark has also studied spirituality and meditation methods of self-realization with the guidance of great masters from Tibet, India and Burma in the Dzogchen and Vipassana mindfulness traditions.

His Reiki teachers have been Gary Samer, Yesnie Carrington, Marvelle Lightfield, Denise Crundall and William Rand.

EXPANDING YOUR STUDY

Through this reading so far, you have likely realized the true limitless potential of Reiki. From treating Takata Sensei's tumour and countless other conditions, to helping many clients through the years recover from all kinds of illnesses, Reiki is a very powerful, safe and gentle healing method.

There is so much to cover when it comes to Reiki and all the methods that have been used through the years. Those looking to learn more should certainly branch out to the courses and publications mentioned below.

BOOKS

- *The Original Reiki Handbook of Dr. Mikao Usui: The Traditional Usui Reiki Ryoho Treatment Positions and Numerous Reiki Techniques for Health and Well-Being* by Mikao Usui, Frank Arjava Petter, and William Lee Rand
- *Self-Healing with Reiki: How to Create Wholeness, Harmony & Balance for Body, Mind & Spirit* by Penelope Quest
- *Reiki: Hawayo Takata's Story* by Helen J. Haberly
- *REIKI: A Comprehensive Guide* by Pamela Miles
- *Early Days of Reiki: Memories of Hawayo Takata* by Anneli Twan and Barbara Brown
- *The Chronic Pain Solution* by James Dillard and Leigh Ann Hirschman
- *Healing Pain* by John E. Sarno

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Shiomi Takai, "Searching the Roots of Reiki," The Twilight Zone (April 1986), 140–143.

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William Lee Rand, "An Interview with Hiroshi Doi, Part II," 12.

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