

**REIKI
FIRST DEGREE
MANUAL**

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The Meaning of Reiki

Reiki (pronounced *ray-key*), is a healing technique that is both spiritual and energetic. The word Reiki is Japanese, and is commonly written in two characters, called *kanji*, as it is portrayed on the cover of this manual.



The first *kanji* is *rei*—meaning spiritual, or sacred—it has also been interpreted as “life force” or “living energy”. The second *kanji* is *ki*—meaning energy. The word *ki* is similar to the term *chi* in Chinese, or *prana*, as the Hindus call it—both denote energy or life force. Commonly, **Reiki** is translated or understood as “universal healing energy”.

If you look at the first *kanji*—*rei*—it can be almost viewed as an artistic representation of the heavens. The first stroke represents heaven, and the space in between the first and second stroke represents the veil between the heaven and the earth. This is followed by strokes representing the clouds and rain drops, and also prayer.

The second *kanji*—*ki*—incorporates strokes that represent the steam produced by the rays of the sun—

culminating in a cooking pot with grains of rice expanding.

For those who learn in a more visual or symbolic way, this explanation of the strokes may be more appealing.

Reiki is used to as a form of stress reduction or relaxation as well as a technique to promote physical, spiritual, mental, and emotional healing.

The founder of **Reiki** is Mikao Usui, a Buddhist monk who lived at the beginning of the twentieth century. The story of Reiki’s beginnings will be discussed shortly in a subsequent chapter.

How Reiki is Learned

Reiki is a simple technique to learn and use—and unlike others, can be used on oneself. In fact, the newly minted Reiki practitioner is encouraged to start using Reiki on him/herself from the first attunement. Reiki is not learned out of a book—but is passed on from teacher to student through what is called an attunement—it is a sacred transfer of the energy, from master to student. We all have the capability to channel and pass on the Reiki energy. The Reiki Master Teacher merely awakens this ability in the student. While there are many forms of energy practiced out there today, Reiki represents a specific frequency so to speak. When one is attuned to the Reiki healing energy, one is able to access the Reiki frequencies. This is similar to the act of dialing the knob on a non-digital radio—which enabled one to “tune” into a particular station.

Once a student has been attuned to the Reiki energy, he or she has that energy

available for life—even if it were not to be used for years. Turning the Reiki back on would be similar to running the water in a faucet after coming back from a vacation. Once the water ran for a while, it would run clear and more forcefully. Every one who is attuned receives the Reiki energy, whether or not it is actually felt or not. There is no instance ever recorded of a person not receiving the energy or not being attuned to it. However, the more one practices using the energy, the more one becomes familiar with how it feels to run the energy. With regular practice, one may feel that their energy becomes stronger, more noticeable, and in many cases, one will become aware of the energy being activated without one's intention. The Reiki healing energy will go wherever it needs to go—whether or not you call upon it. I have had experiences of brushing by people, or lightly touching someone who has instantly felt the energy—or felt something unusual—whether or not the person was actually familiar with Reiki.

To activate the energy, all one has to do is lay hands on another—be it a person, animal, or even a plant! I have been known to bring African violets from the brink of death merely by giving the plant some Reiki healing energy. Others believe that you can keep a car or computer running smoothly by giving it Reiki regularly. While I cannot verify whether or not that may actually be beneficial, I have been known to give Reiki to inanimate objects as well.

Nothing else has to be done for the Reiki energy to flow. Intent is everything. The minute you lay your hands on someone, or intend for Reiki energy to be sent via distance techniques (which are taught in

Reiki 2), the energy goes out wherever it is meant to go. Some of my most powerful experiences with Reiki have come as a result of doing distance Reiki.

Reiki is not a Religion

Reiki is not a religion. It is important to make that clarification right from the outset, because there are many who shy away from Reiki, thinking that it will somehow be in conflict with their religious beliefs. It is important to note that most religious traditions—including Christianity, have a tradition of healing. One can present Reiki as healing energy which has God as its source. Or it can be explained as a stress reduction technique, or even a form of “laying on of hands” and praying for the individual. Reiki, as we have seen, is often defined as universal healing energy. As such, it is also a loving energy. The practitioner and client often report feeling warmth, acceptance, and a feeling of being embraced in a Reiki session. One of the most wonderful things about Reiki, is the practitioner also receives the healing energy. Indeed, the Reiki practitioner is a vehicle for the flow of this energy which comes from its universal source, and is freely given to the client.

Reiki can be explained to the religious skeptic as:

- *An Eastern or Japanese stress-reduction technique*
- *A relaxation technique*
- *A complementary or alternative, or therapeutic technique*
- *Asa form of prayer—involving laying on of hands*

Bear in mind that you may not be able to sell Reiki to a skeptic. Some folks are simply close-minded to anything they have not already experienced, or they may have objections which are the result of religious upbringing or indoctrination, or perhaps even other reasons. Some people are simply afraid or wary of anything new—or anything that has a foreign origin. On the other hand—some may be initially concerned about Reiki, even skeptical—but may have an open mind towards this healing energy. Others may be openly curious. I find that how you present Reiki, and the language you use, could determine whether a person is in the end, open to a Reiki session or not. How you describe Reiki—whether or not you use terms or language that is familiar to your audience, is very important in your audience's ultimate reaction or acceptance of Reiki.

Reiki is a very powerful system of healing that can unblock energy stuck in the body. It is capable of balancing and restoring the person who is receiving the healing energy. As mentioned previously, Reiki is equally beneficial for persons, as it is for animal companions and friends. Many of them respond very favorably to Reiki. There are of course, some exceptions. Many cats do not initially like Reiki, but there are others that do. If a pet is ailing, they are usually quite responsive to Reiki. Of course, you would not have to perform Reiki on a pet for as long as you normally would do so on a person. Nor would you have to use traditional hand positions. All you need to do is to hold the pet, or lay hands on it for the animal to receive the Reiki energy. As in all cases, use your best judgment. Don't ever force Reiki on either a person or a pet.