

Usui method of Spiritual Being;
Body / Mind Harmony.
Reiki First Degree Manual

With illustrations of hands positions



By Reiki Masters/Teachers

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Rei = Universe / Life
Ki = Energy

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*To Life -
Thank you,
for creating such beautiful people...*

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Light Invocation

I invoke the Light of God/Life within

I am a clear and perfect channel

Light is my Guide

**I am what I say I am,
and I experience what I say I experience.**

The Light invocation is a simple method to increase the strength of your aura field. You can say it aloud or silently to yourself.

Reiki Principles

Just for today, I will let go of worry.

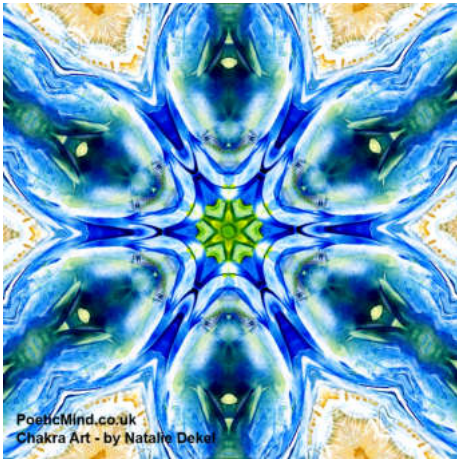
Just for today, I will let go of anger.

**Just for today, I will give thanks to my
many blessings.**

Just for today, I will do my work honestly.

**Just for today, I will be kind to my neighbours and
all living thing.**

Explanation of Reiki principles



Dr Usui adopted the five Reiki Principles from the Waka poetry of Japan's Emperor, Meiji (1818 – 1912).

The Reiki Principles are seen as the art of inviting happiness, and as a tool to heal illnesses. Every morning and evening you may join your hands and remind these words to your heart.

'Just for today'

Time is a psychic experience created by people. It is not something that is 'out there' in nature. Rather, it is an illusion conceived by the human mind for the purpose of ordering events (one after the other) in physical reality... The only time that truly exists is the moment of Now, the present moment. Everything happens in the Now, at this single moment, yet the brain can only conceive things that happen one after the other. Hence, the concept of time – past, present, future - was invented.

We say '*Just for today*' because only Now and only Today truly exist.

'Just for today, I will let go of worry'

Worrying is simply a habit that people are used to have. We tend to worry as we relate to something in the future, so we usually worry about an event that may (or may not) happen in the future. Worrying is a by-product of the illusion of time. It is never about something in the Now, rather something in the future-illusion.

To let go of worries just be aware of them – do not be afraid of them – but simply let them rise; let them come up, and then allow them to pass by. Worries have no powers to over you. It is you who attach them to you...

If you just look at yourself at the present moment, the Now, you will find that you are perfectly ok right now, at this perfect moment. There is no need to worry.

'Just for today, I will let go of anger'

Anger is often the outcome of fear which lays hidden inside. When we are afraid of being mentally “attacked” we tend to “attack first”, using the tool of anger.

Anger represents a belief that all people should behave as we want them to... We sometimes expect people to do as we wish, yet people have their own personalities and individualities. When people behave differently to what we expect we tend to get angry, assuming that there is only one way of approaching life, and that all people should walk that path...

Life seems to have given people a great gift – the gift of free will. All people have free will to choose their path, even if some paths are seen by others as “wrong”. Life will never deprive people of their free will, and so we should not.

As anger rises, the body releases chemicals, which harm the body and mind. So, it is best to learn to release anger in a positive way, so to speak. When anger rise in you, simply imagine that you are sending it upwards to the Divine/God. Do not attach yourself to anger. Instead, imagine that you attach anger to an arrow (or a missile) that shoots up. The Divine is not harmed by our anger, as the Divine draws positive energy when we heal. This positive energy is much stronger than any negative energy of anger that we produce.

'Just for today, I will give thanks to my many blessings'

Think of things in your life to be grateful for. Start by thinking of one thing only. When you think of one thing only, soon you will see more things to be thankful for...

'Just for today, I will do my work honestly'

Emperor Meiji said: 'You have a pure soul if you have nothing to be ashamed of in front of God, whom you cannot see, who knows you all.'

Doing our work is not just about how we 'earn a living', but how we are 'living' - how we understand relationships, how we relate to people, how we talk to each other, how we love.

Honesty brings truth into relationships, and truth allows one to look deep into the eyes of others, and to see the Divine there.

'Just for today, I will be kind to my neighbours and all living thing'

All things are part of the so-called Divine. One Life, one Source, one God. We are all One.

When one hurts another person, one truly hurts oneself. Treat others as you would like them to treat you. Love your neighbour as you love yourself. For, in reality, loving others is loving ourselves.

The History of Reiki

There are two versions of the history of Reiki known in the West: a contemporary story, and the traditional story. The traditional story of Reiki and Dr Mikao Usui came to the West from Mrs Hawayo Takata. Recently it has been researched by several Reiki Masters, such as William Lee Rand, Frank Petter and Chris Marsh. In the early 1990s Chris and Frank came up with new evidence about Mikao Usui, mainly thanks to the discovery of Usui's grave memorial stone in Japan, and visiting Usui's students that were still alive.

Here are the two versions. First the traditional story, followed by the contemporary one.

Western traditional Reiki story



Reiki was re-discovered by Dr Mikao Usui, the founder of the Usui System of Reiki. Dr Usui was a principal of a school in Japan. One day his students challenged him by asking how the biblical prophets healed. Dr Usui could not answer this. Being an honourable Japanese man he decided to dedicate his life to discovering the inner healing powers and the ultimate purpose of life.

He set out to try to understand this, travelling first to America to study at the University of Chicago. Even though he received a Doctorate in Theology he could not find what he was looking for. Eventually he returned to Japan. He then began visiting Buddhist monasteries, searching for the knowledge of physical healing.

Usui talked to many Buddhist priests and scholars about physical healings, but was told that the ability to heal the body was lost long ago. Eventually he came across an abbot of a Zen monastery who allowed him to study the sacred writings in the Japanese Sutras (ancient teachings) and Sanskrit Sutras of Tibet. The abbot was also interested in physical healing. He suggested Usui make a spiritual pilgrimage to Mt Kurama – a mountain where Buddhist monks used to meditate for enlightenment and spiritual growth. Usui meditated there for 21 days in the hope of receiving enlightenment. He set 21 stones aside to count the days, and discarded them one by one, day by day.

On the 21st day, being anxious for not finding what he was looking for, Usui then saw a light in the distance – coming towards him at a great speed. The power of the light struck him on the forehead, making him unconscious. His spirit rose out of his body in an out-of-body experience where he saw a beautiful rainbow of colours and bubbles of light. The light contained the symbols of Reiki, which he had seen before in the ancient sutras. When he became conscious again he went dashing down the mountain and stubbed his toe. He held it in his hands, only to realize that the pain had gone. For the first time in his life Usui revealed the healing energies within everyone.

When he came down from the mountain to get some food he spoke to a shop-owner's daughter who was complaining about a toothache. Usui put his hands over the girl's face and her tooth was healed.

Soon after Usui returned to Kyoto he began working as a healer in a beggar's colony, which he did for seven years. He noticed that some of the poor who he had healed before were returning to beg in the streets. He asked them why they had returned to life of begging, and they replied that it was too hard to live otherwise. Dr Usui was upset by this and realized that he had ignored their spiritual needs, which were as important as the physical healing. After meditating on this he came up with the Reiki Ideals (the 'just for today' principles).

Eventually, Usui left the beggar's colony and started to teach people how to heal themselves. Usui practised and taught Reiki throughout Japan for the remainder of his life, and passed on the Master attunement to 16 other disciples.

Before his death in the late 1920s he passed on the Master attunement to one of his students, Dr Chujiro Hayashi.

Dr Chujiro Hayashi



Chujiro Hayashi (b. 1878) was a former Captain in the Imperial Navy, and a Naval Doctor. He took his Master training with Usui in 1925 at the age of 47. He and two other Naval Officers, Ushida and Taketomi, were the last to be taught by Usui.

Hayashi opened a clinic with eight beds and 16 healers, where clients would be treated by two or more healers. Hayashi kept a detailed record of the treatments, and used this information to create a manual of 'standard' hand positions for different ailments.

Hawayo Takata



Mrs Hawayo Takata was born in 1900 on the island of Kauai, Hawaii. She suffered from serious medical conditions, and was about to undergo an operation. On the operating table, just before the surgery was about to start, Mrs Takata heard a voice saying: "The operation is not necessary". She asked her doctor if he knew of any

other ways to restore her health, and he referred her to Dr Hayashi's clinic.

Mrs Takata felt the heat from the practitioners' hands in Hayashi's clinic being so strong that she was sure they were using some sort of electrical equipment – maybe little electric heaters secreted up their sleeves. She looked into the large sleeves of their Japanese kimonos, and under the treatment table, but there was nothing there. Her scepticism turned to belief as her health problems resolved, and she decided that she wanted to learn Reiki.

At the same time Dr Hayashi was looking to teach Reiki to another woman besides his wife, knowing that women would not be called up to fight in the war. As Mrs Takata was dedicated and persistent he taught her to a Master level, in 1938, and gave her permission to teach Reiki in the West. She was the 13th and probably the last Reiki Master that Dr Hayashi initiated. Between 1970 and her death in 1980 Mrs Takata taught 22 Reiki Masters. Until quite recently, all Reiki practitioners in the West derived their Reiki from this lady.

It cannot have been easy to Mrs Takata, teaching a Japanese healing technique in the United States, after the Second World War, with memories of Pearl Harbour still in everyone's minds. The American people were not in favour of anything Japanese. For that reason Hawayo Takata adapted the Reiki principles to the West. She modified the practices of Reiki, and also felt obliged to put together a devised story about the history of Reiki. Out went Mikao Usui, Tendai Buddhist, and in came Dr Mikao Usui, Christian theologian, who travelled the world on a great quest to discover a healing system that could replicate the healing miracles of Jesus.

Phyllis Lei Furumoto

Phyllis is Mrs Takata's granddaughter. She received her First Degree initiation as a young child. At age 27 years old she received Second Degree initiation.

Towards the end of the 1970s she was initiated as a Master, and worked with her grandmother on training others.

After Mrs Takata's death the Western Reiki society split in two: 'The Reiki Alliance' led by Phyllis, and the 'Radiance Technique' led by Barbara Webber Ray. Barbara divided Reiki into seven degrees under the system she named 'The Radiance Technique'.

The contemporary Reiki story

According to the modern story Usui (b. 1865) was a bright man of many talents. Usui was looking for a spiritual path that would rekindle ancient traditions while embracing new ways. Reiki was one of such systems developed at this time in Japan. The system was rooted in Tendai Buddhism and Shintoism.

Usui was teaching his system long before he carried out the meditations. He referred to his system as a "Method to Achieve Personal Perfection". According to Usui's Memorial stone, Usui was well-known and popular healer. He would give his students empowerments (energy initiations) to connect them to Reiki permanently. In such way they could treat themselves in between appointments with him. If they wanted to take things further they could begin an open-ended program of training in his system. In April 1922 Usui opened his first 'Seat of Learning' in Harajuku, Tokyo, using a small manual book. It did not contain any hand positions for healing others, but contained the Precepts, Meditations and the Waka poetry.

Usui's teachings method was leaderless, so to make sure that no one would lay claims on it, and that it would be freely available to all.

In 1923 the Kanto earthquake struck 50 miles from Tokyo, destroying Tokyo and Yokohama. An estimated 140,000 people died in the quake and the fires that followed. Usui gave many treatments to victims, healing a few people at once. In recognition he was awarded an Honorary Doctorate. It was when he was giving healing at a Naval base that he met a group of Imperial Officers who later became his students, including the man who would be credited with allowing Reiki to be taught in the West, Dr Chujiro Hayashi.

Mikao Usui died from a stroke in the town of Fukuyama in Hiroshima in 1926.

What is Reiki ?



Reiki is a method of drawing concentrated life force energy and radiating it. Reiki (pronounced ray-key), is a Japanese word.

- > **Rei** - spiritual wisdom, mysterious power, essence.
- > **Ki** (Chi in Chinese) - vital life force, light.

Reiki means 'Universal life energy', and it can also mean 'soul energy', 'spiritually guided life force' and 'a system that has been arrived at a moment of enlightenment'.

Reiki is the non-physical force that flows through all living things, and animates them. Life force plays important role in everything we do. It enlivens the body as well as the emotions, thoughts and spirit. Reiki reaches all levels of existence and strives to bring these differing levels into balance. It seems to have a way of knowing what is needed for the person, as it naturally drawn by the recipient in a treatment.

The knowledge that unseen life energy flows through all living things, and is connected with healing, has been part of the wisdom of many cultures since ancient times. This energy was measured and can be seen in Kirilian photography. The wisdom is also the ground for such theories as Quantum Physics. Modern science gives us new understandings of this life energy.

The Reiki healer is a channel through which this energy flows, and while the healer directs the flow of Reiki to a person's body, the healer is charged with it at the same time.

Reiki is simple and natural method for transferring Universal life energy. One of the most wonderful benefits of Reiki is that it is one of the only few integrated therapies where you can work on your own body. Once a person is open to Reiki, the energy will flow through their hands for the rest of their life.

The ability to channel Reiki is ever-present, even if the energy is dormant for a length of time. Reiki is there whenever one wishes to use it.

How does Reiki work?

We are alive thanks to a life force, which flows through us and from us. This life force flows within the physical body through pathways called Chakras and Meridians. It also flows around us in a field of energy called the Aura. Life force nourishes the organs and the cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it interrupts the functions of one or more of the organs and tissues of the physical body.

Life force corresponds to our thoughts and feelings. It becomes disrupted when we accept, consciously or unconsciously, negative thoughts or feelings about ourselves or others. Negativity is not something that disappears into thin air; rather it attaches itself to the energy field, creating obstacles. According to Quantum Physics theory, thoughts affect the arrangement of the atoms that make up the physical bodies. Negative thoughts can, if allowed, diminish the vital functions of the organs of the physical body.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibrations of the energy field in and around the physical body where negative thoughts and feelings are attached. This breaks the negative energy. In so doing, Reiki clears, heals and balances the energy pathways, thus allowing the life force to flow in a healthy and natural way.

While giving Reiki treatment, the brain wave patterns of the practitioner and the receiver become synchronized in the alpha state, characteristic of deep relaxation and meditation, and pulsing in unison with the universe magnetic field. The bio-magnetic field of the practitioners' hands is at least 1000 times greater than normal. The linking of energy fields allows the practitioner to draw

on the universal energy field. Since life force is guided by a Higher Intelligence, it is drawn to where the body needs it most, sometimes not where one would expect it to go. The healer is only a channel for this gentle and loving energy. The healer or the healer's mind, cannot guide it, therefore it cannot be misused.

Reiki Treatment

Reiki treatment can feel like a wonderful glowing radiant energy that flows through you and surrounds you.

As the hands are placed systematically on the body, and the 22 positions are held for anything from 3-10 minutes in any one place, the recipient can feel heat, ranging from hot to warm to cool. Some people feel gentle tingling in the hands or feet, while others feel strong waves of energy surging through the body. The stomach often rumbles as the energy flows through the system.

Sometimes a release of emotions can occur and tears will flow; irritation might appear or there may be a laugh of relief, or the recipient may fall asleep.

Reiki will work in whatever way the recipient needs it most, and this explains why students report on diverse experiences. Some students experience visions, receiving messages, healing, or past-life images during this special time. The majority of people find that it is an extremely relaxing experience:

"I saw colours"

"I felt very nurtured and loved"

"Your hands felt so warm"

"I could feel tingling in my fingers and toes"

"I feel that I am not afraid anymore to face my problems"

"I felt very heavy on the couch"

"I now understand exactly what I need to do next"

"I felt disorientated"

"Old memories surfaced"

To practice Reiki you do not need special faith or belief system. While Reiki is spiritual in nature, it is not a religion. It has no dogma, and there is nothing you must believe in to learn and use it. Reiki is used by many faiths and religions as well as free thinkers and followers of many different philosophies. While it has nothing to do with any religion it can enhance a person's religious beliefs by giving them a greater feeling of connectedness to the source.

Response

A 'healing response' can occur in days or weeks following a healing session. It is traditional within Reiki to think in terms of a 21-day period of clearing out or cleansing, as the energy starts to work on you.

Each person is different and Reiki can have different effects. A healing response is healthy sign that the toxins in the body are being released. With the release of toxins there may be slight side effects, which usually last for about three days. It is important to drink plenty of water. Sometimes there is an acceleration of a condition following a treatment, and this is a positive sign that the energy is working through it. During a treatment or shortly afterwards, it is possible that 'old' conditions may re-emerge. This is because the energy is moving and breaking down toxins, which will normally disappear quickly.

It is important to remember that Reiki **can never harm**. Each person draws exactly what he or she needs at that time. Remember that we cannot direct Reiki to specific conditions and that it may work in unexpected ways. The client may not be relieved of a condition that they hoped to be relieved of. But they may find that other benefits have occurred, such as emotional release or improvement in a condition that they have had for long and have become accustomed to. Whatever healing occurs will be for the person's highest good.

People often ask how many treatments they should have. Ideally, three treatments close together, on consecutive days.

Giving Reiki Treatment

Giving treatments to yourself

In Western-style self-treatment you will rest your hands in a series of standard positions on your head, shoulders and torso, and let Reiki flow into you.

Hand Positions – Self treatment



In your Reiki First Degree course we will go through all the techniques and hand positions that are described here.

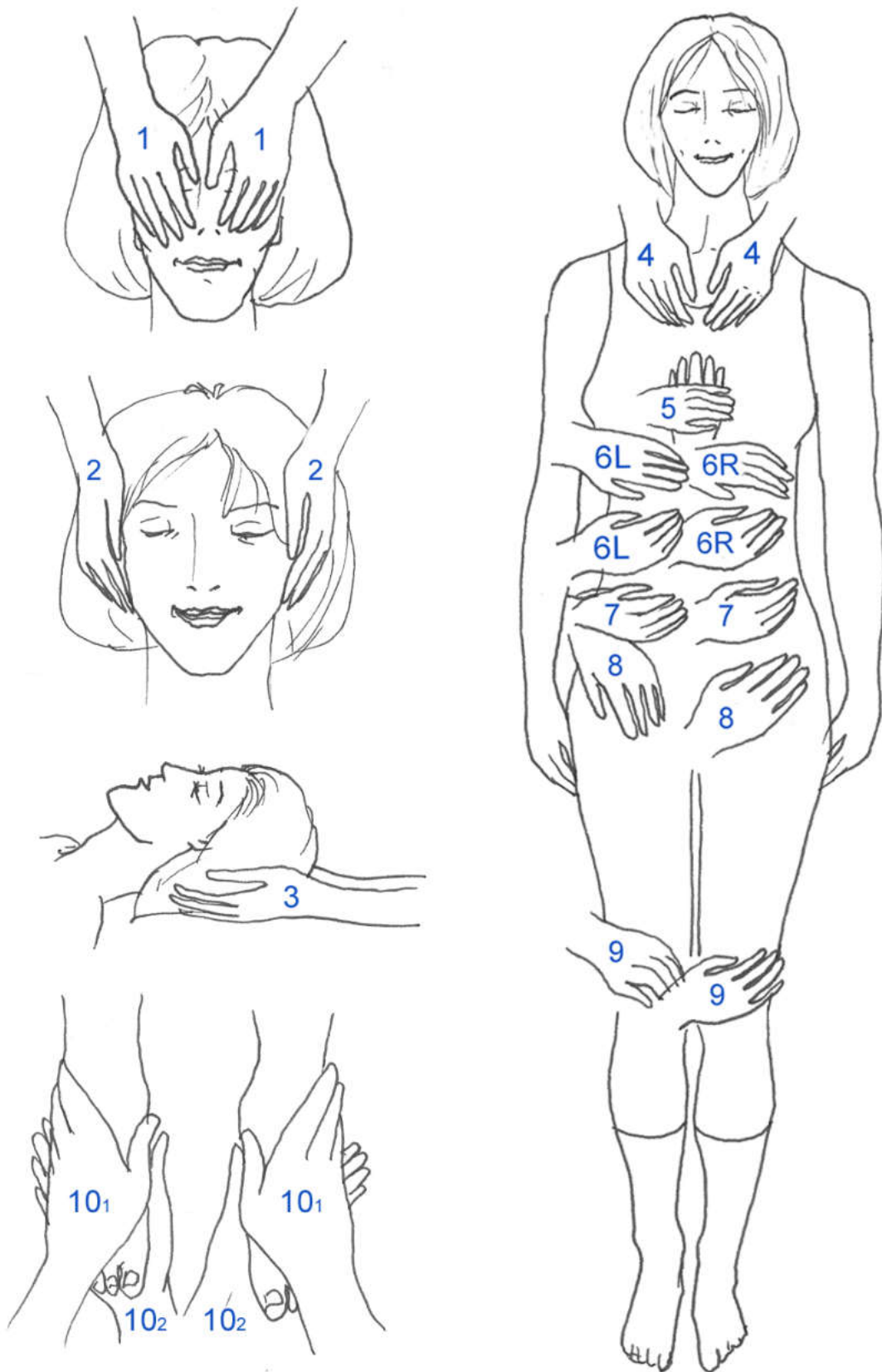
Giving treatments to others

Once you have been attuned to Reiki, you only need to place your hands on someone and the energy will automatically flow to the areas of need. It knows where to go. If you try to 'force' the process by 'willing' the recipient to get better, your ego is getting in the way and there might be lessening in the power. You can 'draw down energy from above', though, in a neutral way, to help increase the flow. Remember that you are a channel for the energy and that you are not the source of the healing. This explains why Reiki treatments do not drain you at all, but actively replenish and invigorate you. It is not your energy that you are dealing with.

Preparations for treating clients:

- > Wash your hands (and wash once again after giving the treatment).
- > Suggest to your client to take off shoes and glasses, and loosen any restricting clothes if needed.
- > Make sure your client is warm and comfortable on the treatment bed.
- > Connect with the client. Place your hands on your client slowly and gently. When removing your hands do so in slow movements.
- > When your hands are over the client's face, be careful not to press on their eyelids or against their nostrils.
- > When working on the client's neck, take care not to let the weight of your hands rest on their throat.
- > Do not lean on your client or apply pressure.
- > Do not try to force the outcome; just let the energy flow.

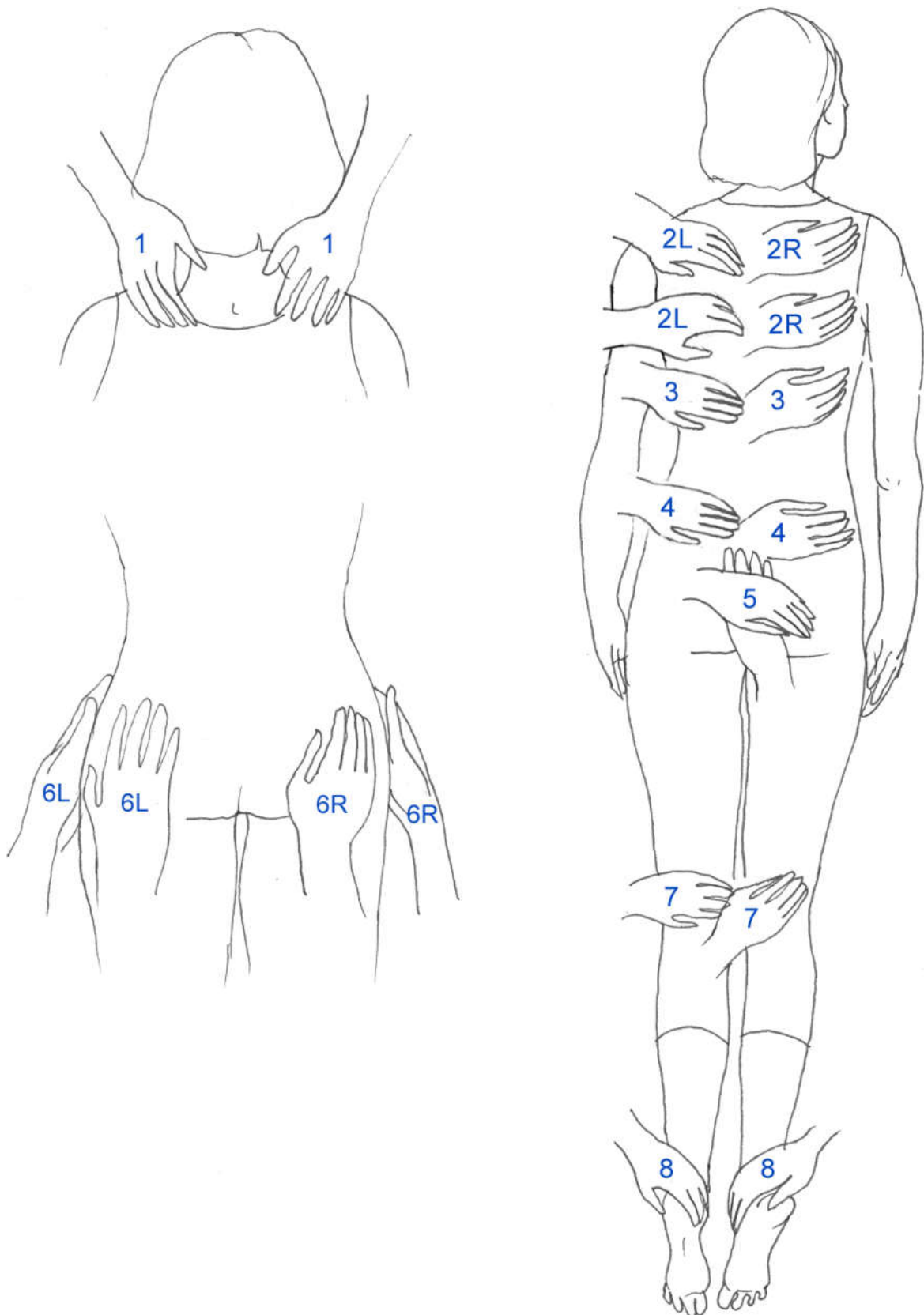
FRONT Hand positions – Treating others



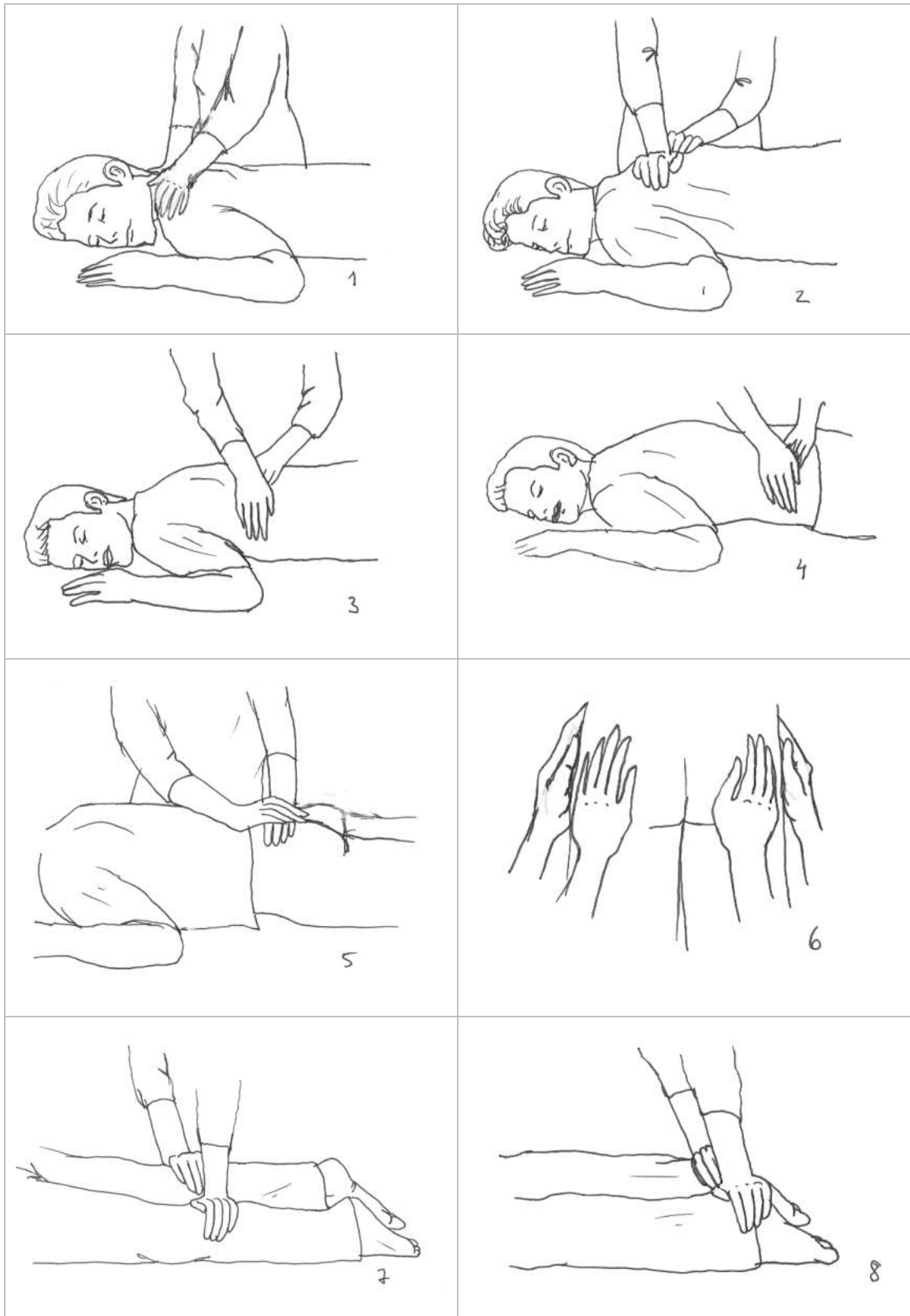
(continue) FRONT Hand positions – Treating others



BACK Hand positions – Treating others



(continue) BACK Hand positions – Treating others



Intuitive work

Once you had some practice with treating other people, Reiki will increase its guidance in your treatment sessions – guiding you to specific areas in the client's body. This will happen as long as you are open to the possibility of working intuitively. This is not essential though. Don't worry if you end up doing most treatments following the 'standard' hand positions, because it will still work.

Start your treatments with a neutral state of mind, and do not try to 'force it'. Simply let the energy flow and trust that it is going to the right place.

Scanning Method

To practice scanning, let your hand or hands hover over the person's body. Move your hand(s) gently over the body – you do not have to be too slow. You can be quite quick, but not too quick so to miss the sensations. Notice any sensations in your palm and fingers, while you 'scan', and any changes in the sensation. As you scan, Reiki will guide you to the areas where healing is most needed, for you to work on.

Ending a Treatment

Smooth down the aura -

Make a number of sweeps over the recipient's aura, from the crown to the feet (not the other direction). Smooth the energy field all around the client's body, front and back.

Disconnect -

At the beginning of a treatment you have tuned yourself to the recipient, so at the end of a treatment you should disconnect. You can 'shake' your hands or rub them together. Or simply blow energy into and through them.

The 'Dantien'

The Dantien is an energy centre located two fingerbreadths (3-5 cm) below your tummy button, and 1/3 of the way into your body. It is your personal energy store, the focus of your personal power. It is also seen as the centre of your intuition and creativity, so when people carry out ceremonial rituals such as the Japanese calligraphy, the Ikebana (flower arranging) or the tea ceremony, they focus on the Dantien. The Dantien, a Chinese word, is referred to as the 'Tanden' in Japanese.

Chakras

Chakra is a Sanskrit word for a wheel. There are hundreds of Chakras all over the body, but the main seven (listed below) are considered to be the key energy centres to start work and heal with. They are situated along the centre of the body, running from the crown to the base of the spine.

These centres transmit life force energy to the physical body and from it. Each Chakra has a specific main colour, and corresponds to a body system, state of mind and emotions.

At perfect health each Chakra is clear and balanced (open). Yet, mental and emotional conditions can create blockages, which prevent one or another Chakra from functioning at its optimum. The Chakra is then 'closed'. With Reiki treatment it is possible to open-up the Chakras.

The Chakras and their positions in the body

The 7th chakra, the crown.

Located just above the top of the head.
Colour: violet or white.
It maintains an overall balance, stimulating cosmic perception, intuition and inspiration.

The 6th chakra, the third eye.

Located at the centre of the brows.
Colour: indigo.
Concerned with understanding, perception, intuition, knowledge and mental organization.

The 5th chakra, throat.

Located at the throat.
Colour: blue.
Communication, personal expression and the flow of information.

The 4th chakra, heart.

Located at the centre of the chest.
Colour: green.
Deals with love, relationships, personal development, direction and sharing.

The 3rd chakra, solar plexus.

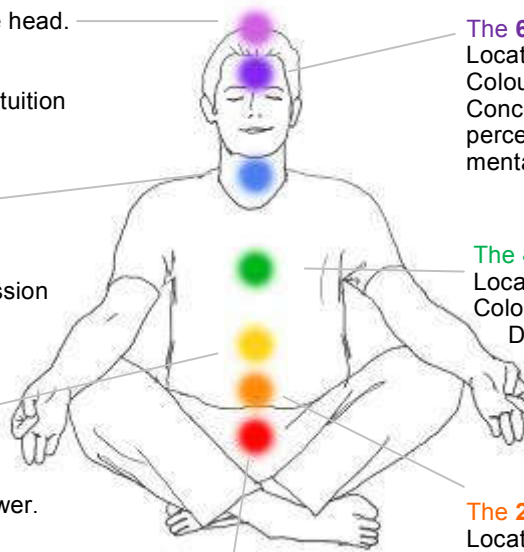
Located just below the ribcage.
Colour: yellow.
Develops the sense of identity, self-confidence and personal power.

The 2nd chakra, sacral.

Located in the lower abdomen just below the navel.
Colour: orange.
Creativity, feelings, sexual drive and pleasure, and exploration.

The 1st chakra, base/root chakra.

Located at the base of the spine.
Colour: red.
Physical survival, energy distribution and practicality.



Chakras	Glands	Location
root	gonads/ovaries	base of spine
sacral	leydig	5-7.5 cm (2-3 in) in below navel
solar plexus	adrenals	between ribcage and navel
heart	thymus	centre of chest beside the heart
throat	thyroid	middle of the throat
third eye	pituitary	centred just above eyebrows
head/crown	pineal	crown of the head

Element	Organ
Wood Element	Liver
Fire Element	Heart
Earth Element	Stomach
Metal Element	Lungs
Water Element	Kidneys

Reiki First Degree Techniques

The following techniques are taught and explained in Reiki Level 1 lesson:

'Hatsu Rei Ho'

'Hatsu Rei Ho' seems to have originated in Tendai Buddhism, with links to purification rituals. It is used within the Usui Reiki Ryoho Gakkai, and it was only in autumn 1999 that it was revealed to the West by Hiroshi Doi, a member of Usui's Association. Hatsu Rei Ho is designed to be carried out every day for 10-15 minutes.

The Japanese word 'Ho' means 'technique'. 'Hatsu Rei' means 'start up Reiki'.

Kenyoku (Dry Bathing)

Kenyoku can be carried out at the beginning of a treatment as a way of disconnecting you from unwanted energies and from your thoughts. At the end of a treatment it can disconnect you from the treatment's energy. It can also be used to protect you from worries or stressful situations; and can stop you from 'bringing work home'.

Gassho

Gassho means 'hands together', and the correct position is to have your hands together in front of your chest (like praying hands), just above your heart, so that you can breathe out onto your fingertips.

Hold this position for meditation. Focus your awareness on the point where your middle fingers touch. You can try touching the roof of your mouth with your tongue, with each in-breath, and let the tongue go down, in each out-breath. See if that makes any difference for you.

Energy exercises

Here are some exercises that you can carry out to experience the energy and build up your sensitivity. You will need a partner for most of them.

Feel Energy between your hands

Rub your hands together for half a minute. Hold your hands out in front of you, shoulder width apart, with your palms facing each other.

Now slowly bring your hands closer together until you feel something tangible between your hands. You may feel something squashy like a marshmallow, a balloon or a rubber ball; you may feel a surface, a layer, some resistance, or some magnetic repulsion... some 'thing' that your hands are resting on, and which prevents them from touching each other.

You are feeling your energy field, which was always there... You have now become aware of it and experiencing simply by focusing your attention...



Feel a Rainbow between your hands

Rub your hands together for half a minute. Put your hands on your lap or just in front of you, with the palms facing up. Now, try to feel a rainbow of colours, with its right 'leg' on your right palm, and its left 'leg' on your left palm. Try to move your hands to see if the rainbow expands.

Now, try to 'hand over' one leg of the rainbow to your partner, keeping the other leg on your palm. The Rainbow now goes from you to your partner. What colours do you see? Is there a flow of energy? Does it move from you to your partner, or from them back to you?



Feel Energy on a partner's hand

Sit near to a partner. Rub your hands for half a minute. Hold one hand out in front of you, at shoulder height, with your palm facing your partner's palm, rather like you were about to push his/her hand away from you.

Now, you and your partner slowly bringing your hands closer until you have an impression that there is something tangible between your hands. See if you can agree between you about the point where you can both feel that 'contact', an energy presence or surface that may feel like magnetic resistance.

Now, one person should keep their hand still while the other slowly moves their hand vertically up and down, from side to side, and slowly towards and away. How does this feel? What sensations are you experiencing?



Feel Energy on a partner's head & shoulders

Your partner sits and closes their eyes. You stand behind them, holding your hands, palms down, 'hovering' about 30 cm above the other person's head. Now, bring your hands slowly down, 'bouncing' them down until you feel that your hands are resting on your partner's energy field. Move your hands away again and 'bounce' them down on an adjacent area above the head, so you can feel and compare the energy field over different parts of the partner's head, the forehead, the back of the head and the temples.



Push someone off-balance using Energy

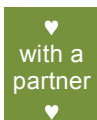
Your partner should stand up, standing still with their eyes closed. They should not try to stand stiff, but be relaxed. If they feel that their body wants to drift slightly either forwards or backwards then they should not resist, but simply allow their body to drift naturally. If they need to take a step back to steady themselves then of course they should do so.

Stand about two metres behind the person with your hands in front of your chest, palms facing away from you and towards your partner, as if you were going to push their shoulders. Slowly move towards them until you sense that your hands are resting on the person's energy field. You may have some physical sensations or you may simply 'know' that your hands have made contact with the person's energy field.

Now, try to 'pull' their energy field away from their body (towards you) for 20-30 seconds, by moving your palms away from their body. You can take a step back, or even a few steps back. You can imagine that their energy field is being stretched out like an elastic field, being pulled away from them. Then try pushing.

Do not alternate quickly between pushing and pulling. You need to be either pushing their energy field for a while, or pulling it for a while.

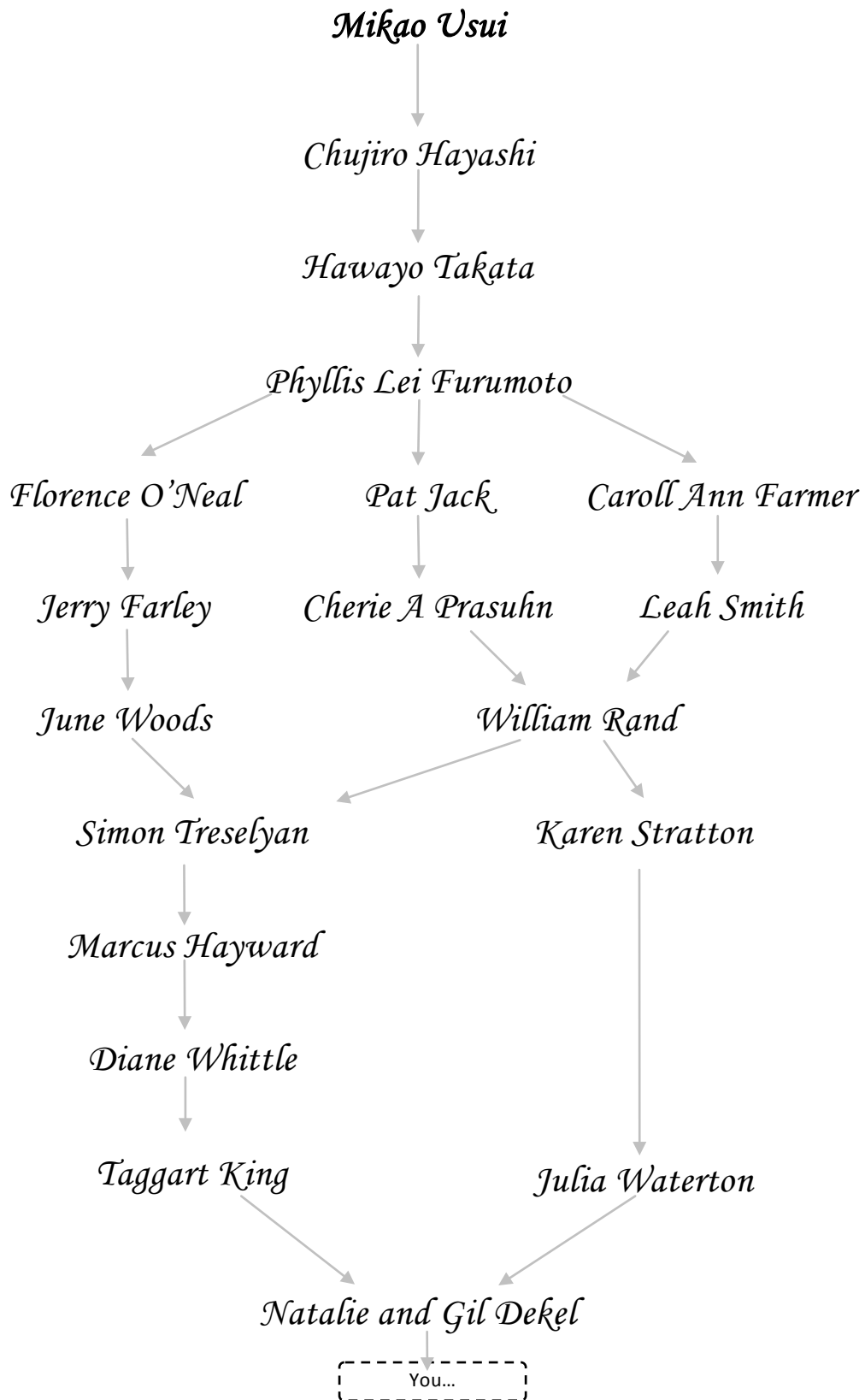
The body is used to being in the centre of its energy field, and if you pull that field then the body seems to want to drift into a position of balance.



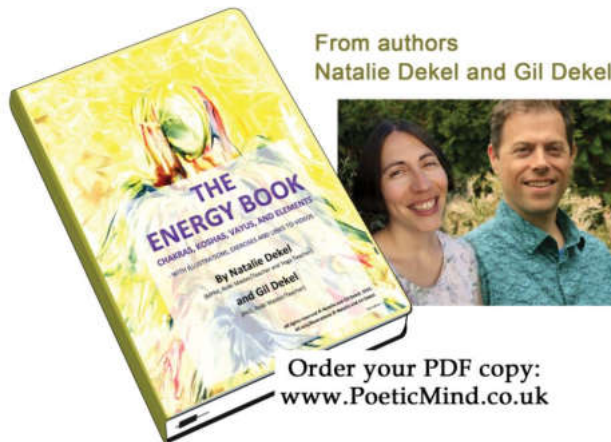
Play with 'Energy Balls'

Hold your hands approximately 20 cm apart and imagine that energy is flooding through your palms into the space between. You are building up a ball of energy between your hands. Bounce your hands gently against this ball of energy and feel it becoming bigger and denser over a couple of minutes. When you feel ready, slowly pass the energy ball to someone sitting next to you by placing it gently in their hands.

Lineage



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About Masters/Teachers Natalie and Gil Dekel



Natalie Dekel (MPhil, Reiki Master/Teacher and Yoga Teacher) and **Gil Dekel** (Doctor in *Art, Design and Media*, and Reiki Master/Teacher) practice Reiki since 2002.

We believe that the best way to heal is by giving people tools to heal themselves. Reiki is a wonderful technique that helps you find your inner gifts... Our wish is to bring people back to themselves, and keep remembering that the Divine is within all of us, always. More about us, see:

<http://www.poeticmind.co.uk/about/>

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