

Usui Shiki Ryoho Reiki,



Tibetan Reiki



and

Medicine Buddha Mantra



Level 1 – Shoden (The entrance)

Training and Reference

Manual

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WELCOME NOTE

In finding Reiki and being drawn to learning and applying the energy given, you are embracing that part of the divine which seeks to restore the harmony, the light, and the beauty which makes us what we truly are. Prepare for a journey of self discovery, a personal sojourn to find the truth of all things. From now on, life will never be quite the same as it was.

- Sandra Straw, Reiki Master

The words above were written by my first Reiki Master, who attuned me to First and Second Degree Reiki. I use them because what she said was absolutely true for me. Two years after completing my Second Degree Reiki, in 1996, I went on to complete Reiki Masters with another Master, Allan Sweeney, and by using Reiki energy on a regular basis since First Degree Reiki, I can honestly say that my life has changed in many ways, sometimes in subtle ways, sometimes more profoundly. Reiki changes lives, but always at a manageable pace and ultimately always for the best. So enjoy the ride!

- Jo Hobart, Reiki Master

In turn I have been attuned to all three degrees of Reiki by Jo Hobart and I have found that the sentiments above are certainly true. During my development through the Degrees of Reiki and with regular use of the Reiki energy I became very content within myself, my confidence grew exceedingly and I found that I was all round a much more relaxed individual. The shifts in attitude and demeanour have happened so gradually and in such a subtle way that this process of personal renewal has been a quiet surprise. I have found Reiki to be a profound pleasure and I embrace this opportunity to share such a gentle system of Natural Healing with you and therefore the world.

I wish you joy and peace on this new path.

- Shairin Farrell, Reiki Master

WHAT IS REIKI?

Reiki is pronounced Ray-Key. The root words (as we would call the Latin to our English) are 'Raku-Kei'. Raku-Kei is a discipline of self-improvement and the knowledge and science of universal mysteries, used by Tibetan Lamas for many thousands of years. It is understood that Raku names the vertical flow of energy through the body and Kei is the horizontal flow.

Reiki has been practiced by monks in Japan for thousands of years. The use of *Ki* or Life Force (*Chi* in China, *Prana* in India) in this way is thought to have originated in Tibet. All healers use *Ki* during healing, although only when initiated or attuned to Usui Reiki is the healer able to use Usui Shiki Ryoho Reiki. This is a formal discipline that provides thorough training and practice of channelling pure Universal Ki. To differentiate this technique from other energy or spirit healing techniques it is named Usui Reiki in honour of Dr Mikao Usui whom rediscovered this valuable method.

Usui Reiki is not a religious practice although it can be a spiritual path. It is a technique of natural healing that involves therapeutic touch in the manner of laying hands on the person to be healed, cleansed and nurtured. Symbols, mantras, breathing techniques, body scanning and remote healing are also used for healing and self mastery.

Usui Reiki allows us to be attuned to this Universal Energy and channel it through our own energetic body and our hands into places, people, animals or objects. This adds to the Life Force already present, cleansing, energizing and encouraging the full potential for balance, harmony and healing that is in accordance with the place, person, animal or object's natural functioning state. When a person, place, animal or object is in a condition of balance, all parts are working together, to create the perfect environment for a healthy expression of itself.

As Usui Reiki encourages this state of healthy expression in a person, it becomes not only a method of physical healing, it is also a therapy of the mind and spirit. The feelings of peace and calm that are a part of the Usui Reiki experience provoke an internal change of outlook. Gently over time with use of the Usui Reiki energy we are able to express our true selves and may become more accepting and tolerant of the world around us, others and ourselves.

REIKI KANJI

There are many forms of each Kanji of the Japanese language as they have evolved over the course of history. Each individual Kanji has several layers of meaning and interpretation from the mundane to the mysterious.

To define the meaning of the word Reiki we can see that this Kanji contains two separate ideograms, the Rei above with the Ki underneath.



Rei – universal energy and sometimes the realm of spirits or ghosts



Ki – Life force energy; the dashes above at the top symbolize rain.

This represents the flow of Life Force Ki raining down from the spirit or universe above.

Reiki is most often defined as Universal Life Force.

An earlier form of the Japanese Kanji for Rei-Ki:

The simplified translation for this character as read from top to bottom is:-

- ☯ Rei - Universal or Spiritual Energy
- ☯ Descending like rain into the
- ☯ Three mouths or receptors of Body, Mind and Spirit
- ☯ Above and through the Shaman
- ☯ then flowing as
- ☯ Rain precipitating from the heavens
- ☯ and Ki - the life force (which also contains the Japanese kanji for rice. Rice is considered the staple food for sustaining life and also represents vitality, satiety and purity).



HISTORY OF REIKI

Shamans have existed in many cultures throughout history and up to modern times. We know them by many different names. They are the wise ones, priests, monks and all those whom dedicate their life to channelling, harnessing and accessing the natural and unseen worlds for healing and knowledge. Today we can bring this ability together with the qualities of love, wisdom, compassion and self awareness, to ourselves and others, through the practice of Usui Shiki Ryoho and Tibetan Reiki.

Reiki is a Japanese word that is used for spiritually channelled energy. In Japan it is used for many forms of energy healing. Dr Usui re-established this particular form of Reiki and thus it is called Usui Shiki Ryoho. This translates as Usui style technique. The history of Usui Shiki Ryoho Reiki therefore begins with the story of Dr Mikao Usui.



Dr Mikao Usui (15th August 1865 – 9th March 1926).

Dr Mikao Usui was born in the village of Yago in the Yamagata district of Gifu prefecture Japan on the 15 August 1865. Dr Usui Sensei (Master Teacher) studied Kiko at a Tendai Buddhist Temple (Kiko is a Japanese form of Chi Kung). He became a Zaiko or householder Priest of Kiko. The emphasis in this art is on the flow of Chi through slow moving exercises, breathing exercises and healing meditations, including the laying on of hands. This method of healing required chi to be stored in the body before healing and then feeling one's own energy supplies depleted or

drained afterward. He wondered if there was a way to avoid this. Usui researched and developed his technique that channels Ki and therefore does not drain the practitioner when it is given.

Seeing that many people were sick or had physical disabilities, Dr. Usui has a desire to help these people so he set out on a quest to learn the secret of healing. At a young age he was impressed with Buddha's desire to help others, noting that the Buddha was said to be able to heal physical illness and that the Buddha's disciples acquired healing abilities by following his teachings.

Dr. Usui travelled throughout Japan, visiting many Buddhist Temples searching for knowledge of physical healing. He studied the Buddhist scriptures, the Sutras. The Japanese translations did not have the answers he sought, so he learnt Chinese in order to study the books in their original language. He also studied Christianity and lived for a time with a Christian family. Still without success, he learnt Sanskrit so that he could read the Buddhist writings that had never been translated into any other language. In the Indian Vedas, written in Sanskrit, he discovered the formula for contacting a higher power that Buddha himself had used. This is where the link to Medicine Buddha is found.

At the end of a seven-year search, Dr. Usui had the information but not the ability to heal. He decided to follow the formula and go up on Mount Kurama to meditate for twenty-one days.

Dr. Usui climbed the mountain and began his fasting and meditation. On the first day he set out twenty-one stones in front of him and each day threw one stone away. On the twenty first day he saw a beam of light shooting towards him and realized that the light was going to strike him. The light was so powerful that he felt it might kill him. He decided that the ability to heal was worth risking death and although he was afraid he did not move.

The beam struck him on the forehead, knocking him unconscious – rising out of his physical body he realised that this was the healing ability that he had been searching for. During his experience Dr Usui is said to have seen bubbles of light containing symbols and received knowledge of each of these. This is how he was initiated into Reiki healing. This experience, a profound breakthrough, is known as Satori in Buddhist tradition.

As Dr. Usui walked down the mountain he stubbed his big toe, tearing the toe nail. He jumped with pain and grabbed his toe with his hands. In minutes the pain was gone and the bleeding stopped. When he reached the foot of the mountain he stopped at an inn for food. The innkeeper warned Dr. Usui not to eat such a large meal after so long a fast but Dr. Usui had no adverse effects. The daughter of the innkeeper had a bad toothache and had been suffering for three days. Dr. Usui laid his hands on her face and in minutes the swelling receded and the pain stopped.

For the next seven years Dr. Usui worked in a beggar camp in Kyoto, healing the sick and giving them regular blessings and empowerments of his Usui Shiki Ryoho Reiki. Those that were young and able were then sent off to find work. One day he noticed that those he had helped kept returning to the camp. He asked why the beggars were back and they answered that working was hard and it was easier to beg. Dr. Usui realised that he had not taught the beggars to appreciate their life or a new way of living. It was here that he learnt that mindfulness was an essential part of the practice. Dr. Usui left the beggar camp and looked for people who longed to be healed.

Dr Usui made use of his mystical experience on Mount Kurama and his knowledge and studies of Religions, Psychology and Philosophy by sharing his Usui Shiki Ryoho Reiki and treating many people in Japan. In 1923 there was a major earthquake in Kanto, Japan and Mikao Usui was given the honorary title of Doctor and became popular for his work healing and assisting the earthquake survivors.

Dr Usui was a humble man and also said that he was number 2 in the Reiki Hierarchy even though he was the founder. Whilst Dr Usui was primarily a Tendai Buddhist he is known to have said that "Our Reiki Ryoho is something absolutely original and cannot be compared with any other (spiritual) path in the world." [Taken from his Reiki Ryoho Handbook].

During his life he taught over 2000 students to use Reiki via direct transmission with attunement empowerments and repeated blessings called Reiju. Many of his students received First Degree or *Shoden* – the entrance, training and some also received *Okuden* training, which is equivalent to Second Degree – Practitioner training. 16 of his students continued their training to reach *Shinpiden* level, equal to the Western Third Degree – Master /Teacher level. Dr Mikao Usui transcended (died) in 1926.

THE TEACHINGS OF DR USUI

During his teaching and treating with Reiki Dr Usui gave many lectures on self improvement and often used the famous Haiku Poems of Emperor Meiji to induce a deeper understanding in his students. Some examples of these are:

SKY	MOUNTAIN	PINE
<i>The spacious sky Spans serene and clear So blue above, Oh, that our soul could grow And become so open!</i>	<i>High in the sky There can be seen towering A tall mountain, Were one but wish to climb it A path of ascent exists.</i>	<i>In a world of storms Let there be no wavering Of our human hearts; Remain as the pine tree With root sunk deep in stone</i>



Dr Mikao Usui giving Usui Shiki Ryoho Reiki

Dr Usui understood that the natural state of health is more than a physical state. Health is also a state of mind. He taught people how to heal themselves and gave them the Principles of Reiki to help heal their thoughts and purify the mind.

There are some variations of these which can be found in the vast literature available concerning Reiki. One common expression of Dr Usui's Principles of Reiki is given on the following page. An extra copy is included to place on your fridge or somewhere that you will notice them each day, as a friendly guide and inspiration.

THE PRINCIPLES OF REIKI

JUST FOR TODAY

DO NOT WORRY

JUST FOR TODAY

DO NOT ANGER

JUST FOR TODAY

HONOUR YOURSELF AND ALL OTHERS

JUST FOR TODAY

WORK HARD ON IMPROVING YOURSELF &

EARN YOUR LIVING HONESTLY

JUST FOR TODAY

SHOW GRATITUDE FOR EVERYTHING

- Dr Mikao Usui

HISTORY CONTINUES



Dr. Chujiro Hayashi

One of these 16 students whom attained Shinpiden level was Dr Chujiro Hayashi, a retired Naval Officer. In 1925 at age 47 Dr Hayashi received Shinpiden - the Master Teacher Attunement from Dr Usui and was asked to keep the essence of Reiki alive and intact.

Dr Usui used many methods to teach his students over the course of his life. At the time that he was teaching Dr. Hayashi he developed a set of symbols that condensed his vast knowledge and experience into a simple and profound form. These symbols could be taught to anyone and remained a focus for the essence of Usui Shiki Ryoho.

After Dr Usui's transcendence Dr Hayashi opened his own Usui Shiki Ryoho Reiki Clinic in Tokyo. He kept detailed records of treatments, which demonstrated that Usui Reiki finds the source of the physical symptoms then fills the energy needed by the body to return to healthy functioning and restores the body to wholeness. This information assisted him in creating the standardised hand positions, the system of three degrees and the initiation procedure.



Mrs. Hawayo Takata

The daughter of Japanese immigrants living in Hawaii, Mrs Takata went to Japan to receive medical treatment for a tumour. In hospital as she was prepared for surgery she heard a voice say the operation was not necessary. She refused surgery and was taken to Dr. Hayashi's clinic. In four months she was completely healed and asked to learn Reiki herself.

Mrs Takata stayed with Dr. Hayashi for one year and then returned to Hawaii. Dr. Hayashi visited Mrs. Takata in Hawaii to help establish Reiki there and initiated her into Shinpiden as his thirteenth and last student.

Mrs Takata introduced Reiki to America in 1938 and told the story of Dr Usui's life differently. Dr Usui was said to be a Christian monk whom rediscovered how Jesus had

healed the sick. This was done at a time when World War Two caused bad feelings between cultures and East and West were largely unknown to each other. This may explain why all Buddhist traces were eliminated from this branch of the Reiki lineage tree.

Twenty-two Reiki Masters were initiated by Mrs. Takata including her grand-daughter, Phyllis Furomoto, who succeeded her as honorary Grand Master Teacher upon her death in 1980. The title Master/Teacher was introduced by Mrs Takata to suitably translate the Japanese term Sensei (teacher) and achievement of Level Three Usui Reiki.

Usui Shiki Ryoho (Usui Style Method/Technique) Reiki

Dr Mikao Usui developed USUI SHIKI RYOHO REIKI which is still practiced in Japan today. In April 1922 the Usui Shiki Ryoho Gakkai (Usui Reiki Healing Society) was formed in Tokyo. It is said that Dr. Usui was the President of the Usui Reiki Ryoho Gakkai until his transcendence. Since then many have followed as Presidents of his Gakkai and currently this group still exists and is known to have 500 permanent members all of whom are Japanese.

USUI SHIKI RYOHO Reiki is the title given to the lineage of Usui Reiki that was passed from Dr Usui to Dr Hayashi and then Mrs Takata whom revealed this technique to students in other countries and cultures. Each Reiki Master has added their own experience and flavour to their teaching of The Usui System of Natural Healing, yet the key elements remain the same. These are the Usui Shiki Ryoho attunement to pure Reiki energy, the activation of healing through the hands and the five Reiki Principles of living.

This stand alone technique that is easily understood and used by anyone provides a firm foundation, to which other techniques and information can be added that complement, enhance and ensure that Usui Reiki progresses and moves with the times. Thus remaining an ever current and accessible Spiritual, Philosophical and Healing system.

The Role of Lineage Acknowledgement

Usui Shiki Ryoho Reiki has traditionally been passed from master to student via the hands on attunement process. Your Usui Reiki Lineage is a list of the Masters, Master/Teachers or Sensei's directly involved in your path to attunement. This list is given to you as a form of proof of authenticity and many Associations and some clients will require that you provide your Usui Reiki Lineage.

YOUR USUI SHIKI RYOHO REIKI & TIBETAN REIKI LINEAGE

Dr Mikao Usui – Reiki Master



Dr Chijiro Hayashi – Usui Shiki Ryoho Reiki Master



Mrs Takata – Usui Shiki Ryoho Reiki Master



Phyllis Lei Furumoto – Usui Shiki Ryoho Reiki Master



Pat Jack – Usui Shiki Ryoho Reiki Master



Cherie A Prasuhn – Usui Shiki Ryoho Reiki Master



William L Rand – Usui Shiki Ryoho Reiki Master & Tibetan Reiki Master



Allan Sweeney – Usui Shiki Ryoho Reiki Master & Tibetan Reiki Master



Jo Hobart – Usui Shiki Ryoho Reiki Master & Tibetan Reiki Master



Shairin Farrell – Usui Shiki Ryoho Reiki Master & Tibetan Reiki Master and
Empowerment of the Medicine Guru of Tibetan Buddhism



TIBETAN REIKI

Tibetan Reiki was introduced into the Usui Reiki tradition via Usui Reiki Masters whom studied in Asia. Tibetan Reiki entered our Usui Reiki lineage through the multiple lineages of well known author and Reiki Master William Rand, whom is one member of our Usui Reiki lineage.



William Rand has received training and attunements from many Japanese Reiki Sensei's and Western Usui Reiki Masters and has done much to research and revive the original teachings of Dr Usui. He has written many books on the subject of Usui Reiki and other Usui Reiki based styles, and is a valuable source of information.

Reiki Master William Lee Rand with hands transmitting Reiki energy.

The true origins of Tibetan Reiki are shrouded in mystery and may be based on a pre Buddhist shamanic method or a Tibetan Buddhist practice. Recent authors have linked the symbols to Buddhist origins. Whatever the case Tibetan Reiki was not part of the original Usui Reiki teachings. The Tibetan Reiki additions are in accordance with Usui Reiki and given the Tibetan Buddhist origins of Usui's Reiki method, they are a nice addition.

Tibetan Reiki has been passed from Reiki Master/Teacher to student for many decades as a complementary practice to Usui Reiki styles. The addition of Tibetan Reiki to Usui Shiki Ryoho Reiki attunes you to both Reiki systems.

As a Level One Usui Reiki practitioner a Tibetan Reiki attunement adds a Tibetan flavour to the Reiki energy that you channel. It does not alter the technique of giving Reiki to self or others. It does add a Tibetan dimension to your self-realisation and self healing. There is just one additional practice which is a visualisation and breath focused exercise that enhances your Tibetan Reiki channelling abilities and is a self healing method that has interesting links to the Medicine Buddha and his assistance. The breathing practice and the Medicine Buddha information is included on page 29 and 32.

THE ATTUNEMENT PROCESS

Reiki is a form of Energy healing and the Usui Shiki Ryoho is learnt differently to other healing therapies. The ability to channel pure Chi from the Universe and direct this energy through the hands, is received by a physical process that opens the pathways of your body, to allow the flow of energy to pass through you.

The attunement process is a simple procedure that connects your mind, body and spirit to the Source of universal chi – Reiki. This is much like connecting an electrical appliance with the power supply or tuning in your radio to a particular station. Each attunement strengthens the connection and anchors it in your being. Once completed this connection is present for life. Regular use of Usui Reiki self healing and treating others keeps the channel open and enhances both your ability and experience of the Usui Reiki energy.

For the attunement process you will be asked to be seated and to place your hands together in Gasho (prayer position) at the level of your heart. During the process the Usui Reiki Master will direct you to move your hands and to open your palms as the paths for channelling Usui Shiki Ryoho Reiki and or Tibetan Reiki are gently cleared and anchored.

This process may be envisioned as similar to gently running water through a hose or pipe to delicately remove any debris or obstruction that may be present.

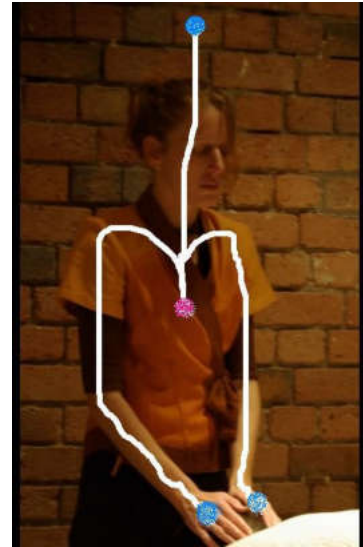
For students with prior Usui Reiki Level 1 attunement the Tibetan Reiki attunement will be given in one attunement process that also refreshes your Usui reiki channels via a Reiju style blessing.

The attunement process itself is a very special time for you and your Usui and Tibetan Reiki Master. The sacred and ceremonial nature of this initiation creates an atmosphere of supreme peace and joy. Many people have seen colours or other visions, or feel the presence of loved ones and guides of spirit or have sensations of the mystical. Whether this is true for you or not is of no concern. Each individual has their own unique experience of Usui and or Tibetan Reiki, what is important is your very real and new ability to tap into the universal life force for the benefit of yourself and others.

First Degree Reiki is given as four separate attunements. Each one builds a strong channel for Usui Reiki energy to flow freely through you. The fourth attunement completes your initiation as a Reiki Level 1 healer. Your ability to channel this Usui Reiki energy is then present for life.

HOW REIKI ENTERS THE HUMAN BODY

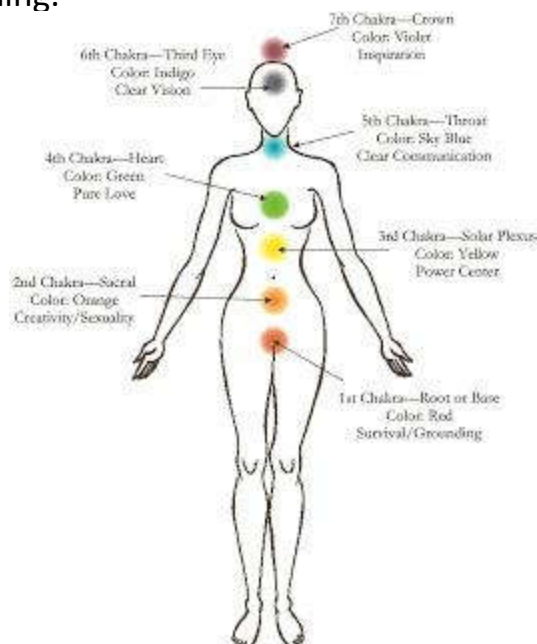
The energy systems of the human body have not been proven by modern science, although it is thought that Usui Reiki energy enters the body via the chakras. In Sanskrit, an ancient Indian language chakra means spinning wheel of light. The body consist of seven major and many more minor chakras or energy centres.



The crown chakra is where the energy enters and then into your other chakras in turn. As Usui Reiki fills your chakra system, your body is nourished and each cell is filled with universal Ki. The Usui Reiki is then directed as a gentle flow from your palm chakras.

Usui Reiki channels Ki to your body to clear blockages of energy and for your body to use the extra Ki to enhance its own natural and spontaneous healing ability.

Usui Reiki promotes relaxation of the sympathetic nervous system (the fight or flight reaction) thereby allowing the parasympathetic nervous system to activate this directs blood flow to the intestines and other organs and spontaneous healing throughout the body to occur. One of the first things that happens during Reiki session is gurgling in the stomach and this shows that this process is happening.



HEALTHY MIND, HEALTHY BODY



Looking for the silver lining in the clouds of thought and experience that enter our lives each day can be challenging at first. The system of natural healing inspired by Dr Usui is also a spiritual path.

Many studies over the past decades have led to the discovery that the connection between mind and body is an integral part of a workings of the human being. It can be shown that a positive outlook, in a patient that has severe illness or injury, greatly improves the speed and effectiveness of recovery.

Many ailments can be increased or lessened in severity by the way we think about them and our general overall attitude be it positive or negative. Therefore if the mind is relaxed, then the body has a greater opportunity to exist in a healthy state and to heal itself perfectly when necessary.

There are some interesting books which ascribe physical pains, injuries and diseases to areas of thinking and feeling which are blocked or ill expressed. You may find these or other natural healing therapies and spiritual books helpful. Often termed self help books the right ones at the right times can be useful tools for self knowledge, health and wellbeing.

A happy or cheerful outlook also affects your experience of everyday life. Focusing on the positive experiences that you have had and are having, allows your body to release those feel good chemicals that are so very vital to health and vitality. Each day we have a choice of what to focus our attention on. This is where the powerful tool of mindfulness can be implemented. Mindfulness is a technique of training ourselves to allow our natural calmness, peace and awareness in the present moment, to dominate our thoughts. This is done gently as both a cognitive mindfulness where we observe our thoughts, with interest, patience and courage, and choose not to take the mind's chatter and emotions too seriously. And as a meditation where we set aside time to sit and practice the techniques of mindfulness. This can be combined with daily self healing, which is a very beneficial and necessary aspect of Usui Shiki Reiki Ryoho.

THE PRACTICAL APPLICATION OF REIKI

As a Usui Reiki Healer you have been attuned to the Source of Universal Chi and can now direct this healing, relaxing and cleansing energy through your palms, hands and fingers at any time for the rest of your life. Usui Reiki can be used on your friends, inanimate objects, food, water and yourself.

THE METHOD AND INVOCATION

The method of using Usui Shiki Ryoho Reiki or Tibetan Reiki is simply to invoke the spirit of Usui Reiki by asking that:

Only my Reiki Guides and Helpers come close to me as I command and direct this Reiki energy to (yourself/person/animal or objects name) to heal (yourself/person/animal or objects name)'s mind, body and spirit, in accordance with (my/their/it's) Highest Divine will and for the good of all beings.

Then Place your hands on and activate the flow of Reiki with the intention and thought

HANDS ON REIKI ON!

There are guidelines for treating others with Reiki including hand positions but as long as your hands are ON the Reiki will flow.

When finished say internally

HANDS OFF REIKI OFF!

Thank your Reiki Guides and Helpers or the Universal Life Force for assisting you in the process.

Dr Usui would teach his students to sit in Gasho (with hands in the prayer position at the heart) and repeat - “ For Body, Mind and soul, Usui Shiki Ryoho”. This is also a good practice to align with this Usui Shiki Ryoho Reiki Energy.

THE TECHNIQUE

Each position should be held for 3 – 5 minutes, with longer times for head positions in all treatments, as this is where most of our tension begins. We spend the majority of the time on the head positions as it is recognized that the mind-body connection plays a significant role in the health of the whole being. Also the brain is the control centre for the body and is an important regulator of bodily functions.

During the treatment keep your fingers together and your hands fully in contact with the person or object. At intervals remember to gently lift your hands a minute fraction, to ensure that you are not placing too much pressure or leaning on the client. In certain situations where hands on touch is not possible then the hands may be placed up to three inches from the client or object being treated with Reiki. Remember that this Usui Reiki energy fills the whole body and applying hands on Usui Reiki to any part of the body will provide healing and relief to an inaccessible wound or ailment.

When changing between positions leave one hand in contact with the client whilst you move the other to the new placement, allow a few seconds before moving the other hand. This ensures that the flow of Usui Reiki energy is continuous and creates a smooth flow of movement. This also allows the recipient to experience complete ease and relaxation.

Before giving a full body treatment on front and back ask the reiki recipient whether they would like to be energized or calmer after the session. Hand position 22 of the full body healing chart, shows the position over the tailbone that can be the final placement. This is the grounding placement and the hands are reversed for an energizing end to the treatment.

For your own Chakra healing and balancing place your right hand over your left, upon each centre or chakra point in turn.

THE CONTRA-INDICATIONS FOR TREATING WITH REIKI ARE:

Do not give any Usui Reiki:

- If it is unwanted. Always ask for permission before placing your hands on anyone and never force Reiki on a person or animal.
- when under the influence of alcohol or drugs of any kind
- to persons whom are under the influence of alcohol or drugs of any kind
- to broken bones before they are set, as the immediate healing action of Reiki can be potent

Caution should be taken when treating people

- with heart conditions as Reiki may affect pace makers
- Insulin dependent diabetics as the amount of insulin, or other medication that they need to take, may fluctuate

Children and pets absorb the energy a lot faster and the length of treatment time should be shorter or even halved.

Keeping this in mind the Reiki energy is itself intelligent, can never cause any harm and knows best how much energy is needed and where it is needed. You are a channel for the Reiki energy and not actually the healer although you are a catalyst for healing to occur.

Do not attempt to control, force or manipulate the Reiki energy as this will block the flow. Put aside personal desires and have the intention of healing, in alignment with the highest divine will and good, clearly in your heart and mind.

When giving yourself or others Reiki ensure that your surroundings are clean and pleasant and that you shall be free of interruptions. Also it is physical and energetic cleanliness to wash your hands before and after treating someone else with Reiki.

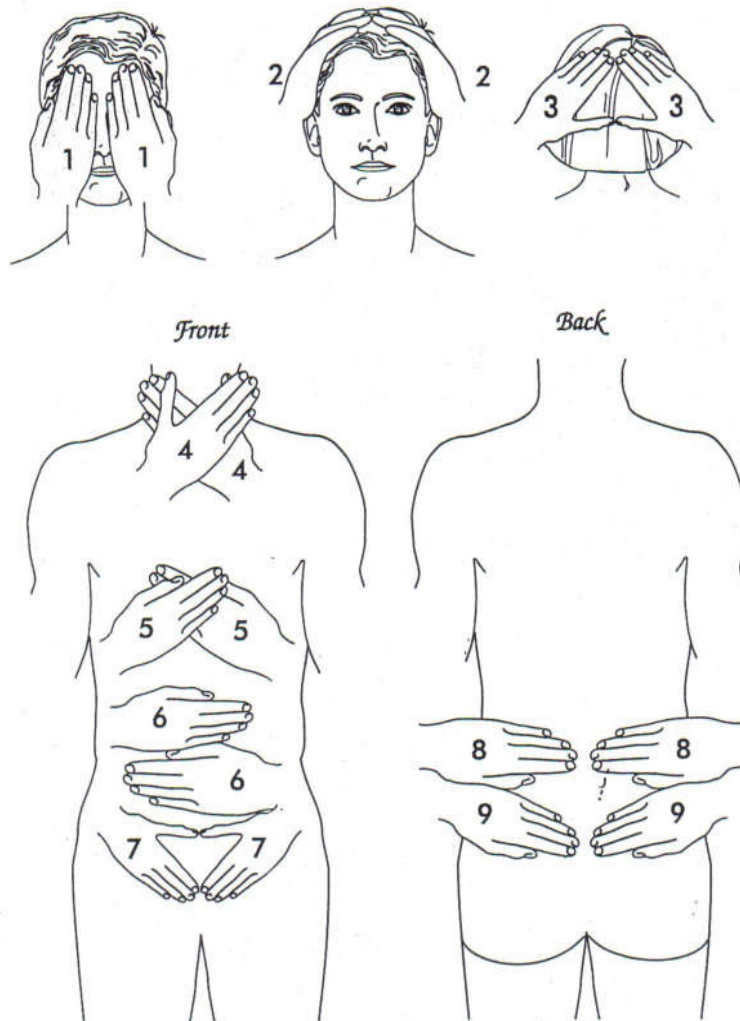
A Reiki treatment is a time to enjoy the relaxation and opportunity for time out from the demands of everyday life.

SELF HEALING

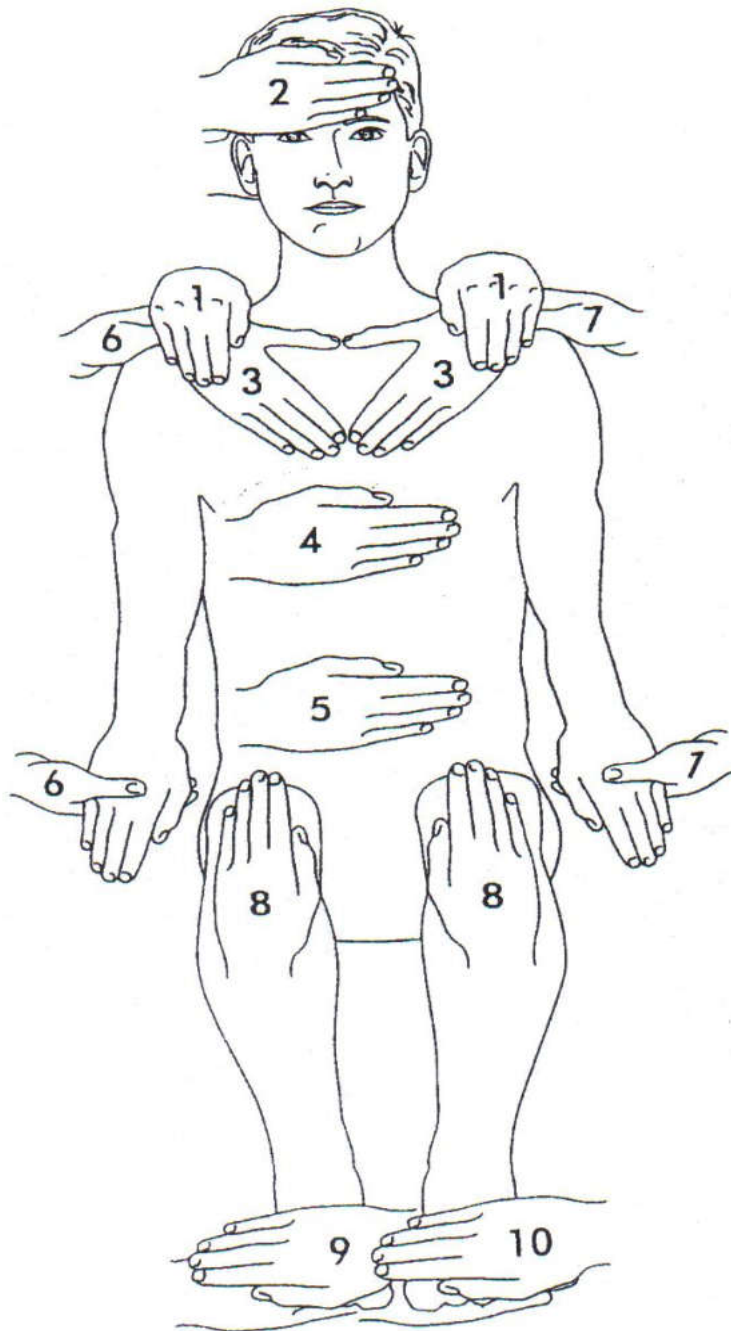
Self healing is the fundamental purpose and benefit of First Degree Usui Reiki. It is recommended that you practice self healing each day for one hour. This can be broken down into 30 minute treatments morning and night using the full sequence of hand positions given on the next page. Quick treatments of a few minutes each, throughout the day when you have spare moments are also beneficial.

The set hand positions allow good coverage of the body surface and attention to be paid, to areas of greatest need. Any position that places your hands in contact with your body will allow self healing to occur.

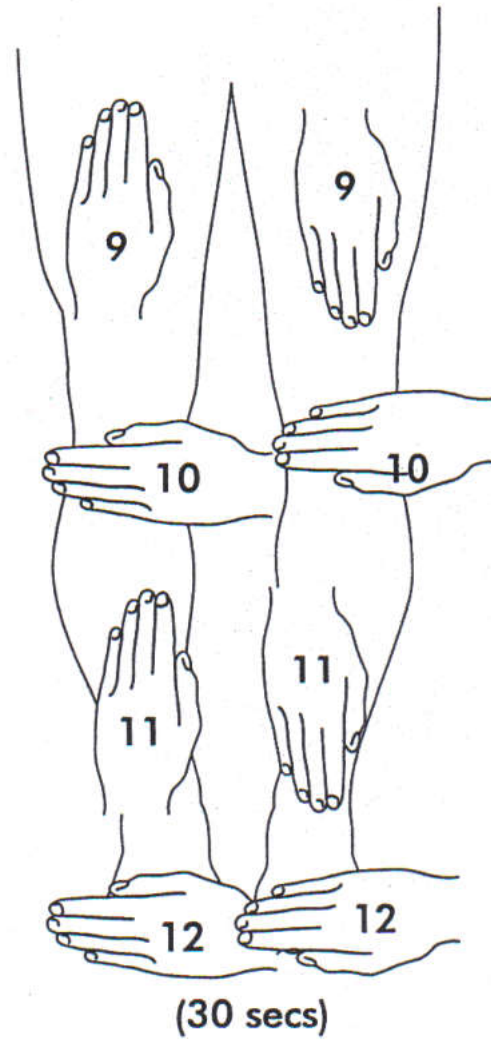
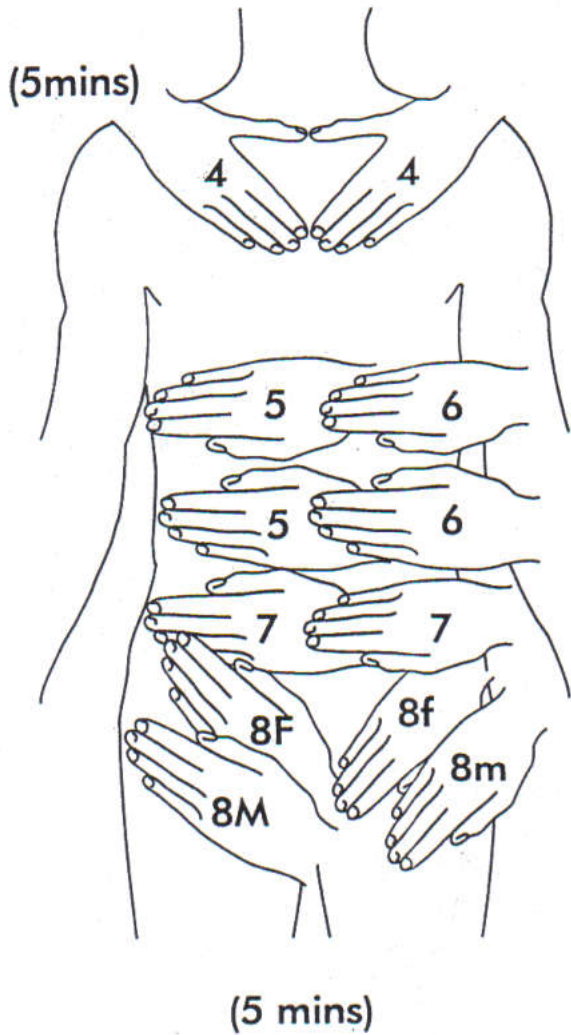
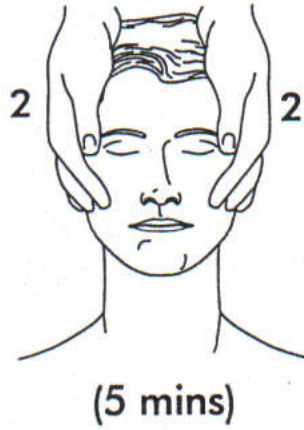
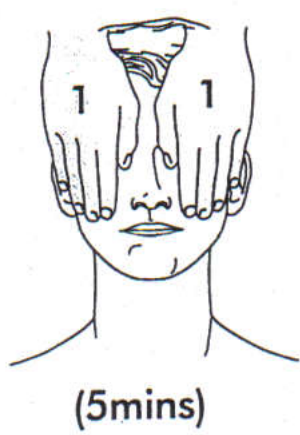
SELF HEALING HAND POSITIONS



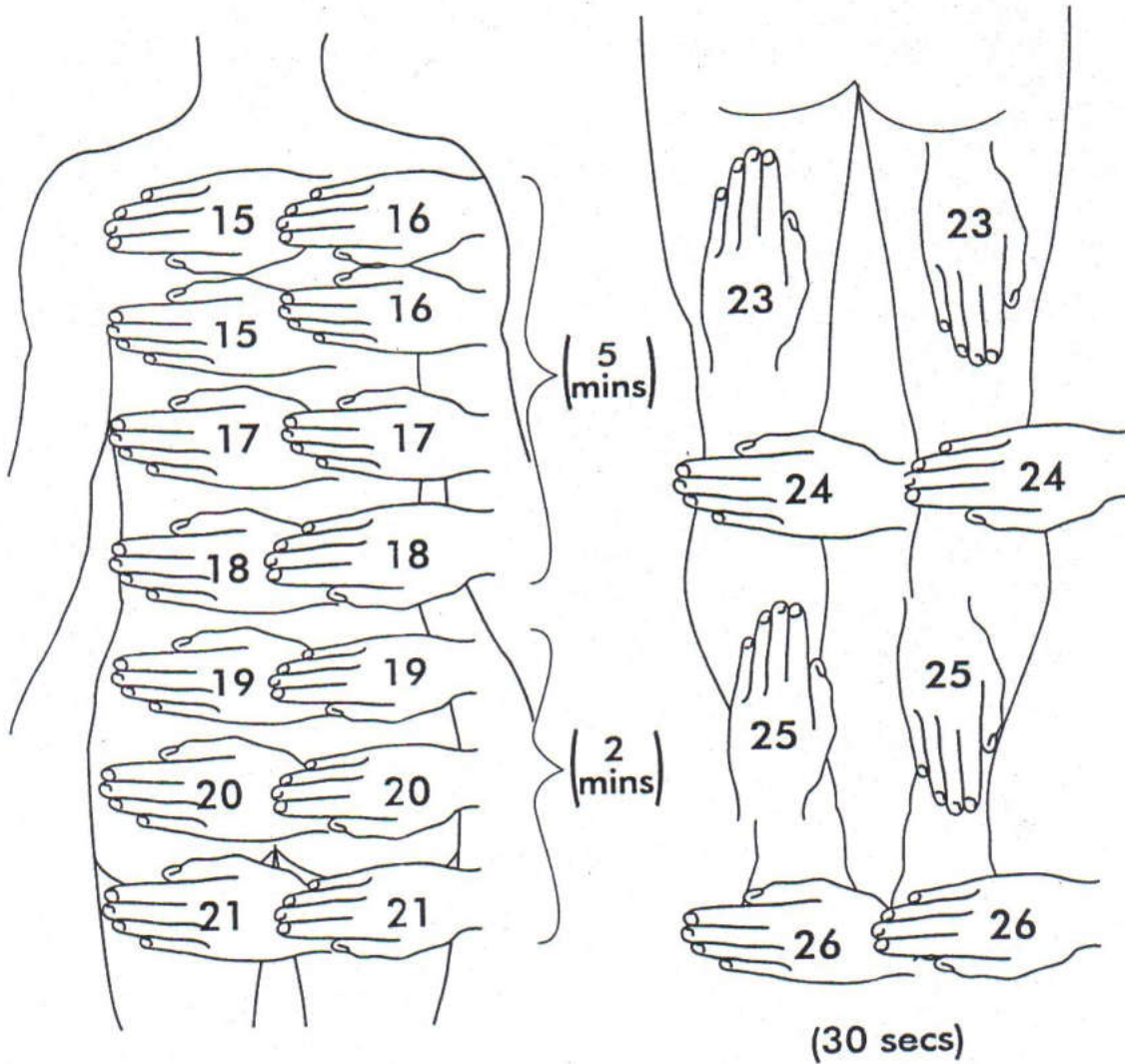
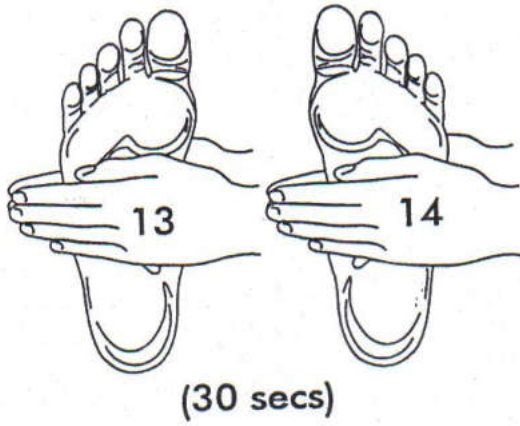
HAND POSITIONS FOR A SEATED RECIPIENT



FULL BODY TREATMENT HAND POSITIONS FOR THE FRONT



FULL TREATMENT HAND POSITIONS FOR THE BACK



OTHER USES OF THIS REIKI ENERGY

REIKI FOR FOOD AND WATER

The water that we drink and the food that we eat are important sources of nourishment for our bodies and can be given Reiki beforehand to give yourself and others an internal dose of Reiki.

Medications can also be Reiki-ed to minimize the less favourable side effects. Water and medications can be held for a few minutes to allow the Reiki to penetrate the container or glass. The ingredients of food can also be treated this way or when prepared you can hold your hands a few inches above the plate or bowl and allow Reiki to flow down into the food.

REIKI FOR PLANTS

Plants trees and seeds all benefit from Reiki energy. To give seeds Reiki simply hold them in the palm of your hand for a few minutes. Pot plants can be given Reiki by placing one hand either side of the pot and holding them for a few minutes. Hugging a tree and allowing Reiki to pass through your hands into the trunk is a lovely thing to do as the tree responds by giving you its own natural Ki at the same time.

REIKI FOR PETS

Pets often sense good energy and may come to you for a pat and some hands on Reiki. Your pet will often let you know when they have had sufficient Reiki treatment by moving away from you.

REIKI FOR CRYSTALS AND STONES

Crystals and stones hold energy of their own as everything does. The difference with Quartz crystals is that they give off this energy continuously in regular pulses. A crystal can be programmed to hold certain energy and then placed in your home or carried on you to enhance the area by its presence. This makes them potent tools for healing, cleansing, protecting and radiating joy, peace and even Reiki in a space.

To charge a stone or crystal with Reiki energy, simply hold it in your left hand and then place your right hand on top and “Hands on Reiki on” for 10 minutes.

This process needs to be repeated once a week or month to recharge and cleanse the stone or crystal.

REIKI AROUND THE HOME AND OFFICE

Cards and letters can be held and Reiki-ed before being sent so that the recipient will receive a little Reiki glow upon opening them.

Computers, printers and other gadgets may benefit from Reiki when they are not operating properly.

REIKI DISTANT FRIENDS, RELATIVES OR AREAS

As a First Degree Usui Shiki Ryoho Reiki practitioner you can send this Reiki energy to distant objects, people or places with the assistance of your guides, photographs or a surrogate object. To send healing to another being simply request or ask your guides to ask the recipients guides to give Usui Reiki healing to the person, if they would like it. Remember that intention is everything and a heartfelt gift of Reiki to another person is given in accordance with their highest divine will and in alignment with the best possible outcome for all beings. It is important to stipulate if they would like it as this allows the recipient a choice in accepting energy healing from you.

A photograph may be used to send distant Reiki. Simply hold a photograph of the recipient, recite the invocation and apply Hands On Reiki On for one to 40 minutes.

Using a surrogate item such as a Teddy Bear or yourself is another method. The invocation is stated using the intended recipient's name and the intention of sending them Usui and Tibetan Reiki is firmly established in mind and heart. With the addition of the sub clause – if they would like this Reiki healing.

Good manners are paramount in any sphere of life and especially in spiritual and energy work. As a Usui Reiki therapist we channel universal Ki to assist ourselves and others with a pure intention of service.

REIKI WITH OTHER HEALING MODALITIES

Reiki works well with any other therapy or meditation practice and may increase the effects of any other therapy that you perform.

USEFUL TECHNIQUES

BRUSHING OFF

Brushing off is a technique that quickly removes tension, mental debris and energetic smog from the aura. Gently cup your hands and run them along the body about 4 inches away from the skin. Start at the shoulder and sweep down the arm with the opposite hand, do this on both sides and then down each leg. Also sweep the head, shoulder, back and torso areas. Each long sweep of the hand should finish with a tossing hand movement that flicks the energetic debris away from the body. Directing this stale Ki towards plants or shrubs ensures that any energy is given back to nature, to be absorbed and transmuted into its naturally clear and clean state.

WHITE LIGHT BUBBLE

Auras are the energy fields that surround our body and are radiate our personal vibration. There are many usually invisible layers around each of us. The Aura creates a subtle boundary between yourself and other people and also the energies or atmosphere of any place that you may be in. The Aura acts as a mesh filter which allows interaction and interconnectedness to all things and yet also defines our own unique self as a separate individual. It helps to visualise your Aura as a bubble of white light that surrounds your whole body. The higher colours are employed for this protection practice. These include; White, Blue, Green, Pink, Violet and Gold.

BOYSEN - BODY SCANNING TECHNIQUE

With the palm of your hands one to four inches from the body without touching the recipient at a medium, pace cover each part of the person from head to toe and back up again to energise. Sense any areas of heat, numbness, cold, tingling or other sensation.

This method allows you to detect potential areas of disharmony. The highlighted areas may require extra hands on Usui Reiki treatment time.

Do not alarm the recipient by exclaiming out loud about these. Ask the client after treatment if they have an injury in that area if you like. Do not diagnose, jump to conclusions or provoke fear and anxiety in the client.

GROUNDING EXERCISE

As depicted in the Reiki Kanji when performing this Usui and Tibetan Reiki we are channelling heavenly universal Ki from outside of ourselves. In order to provide a sure and centred channel and to anchor ourselves we may use this visualisation to assist in grounding ourselves. It is also a useful practice to remain earthed and balanced when conducting our day to day lives.

The emperor Meji's poem in previous pages is the perfect place to start.

Pine

*In a world of storms
Let there be no wavering
Of our human hearts;
Remain as the pine tree
With root sunk deep in stone*

The practice:

- ☀ Stand in a relaxed yet tall position and close your eyes.
- ☀ Imagine that your body is a tree trunk. Your head and upper torso are the great green vibrant leafy branches and extending from the soles of both feet are extensive tree roots that spread deep into the earth. Sense these extending beneath the floor or ground that you are standing on.
- ☀ Feel the sensation of your feet being gently yet firmly attached to the earth.



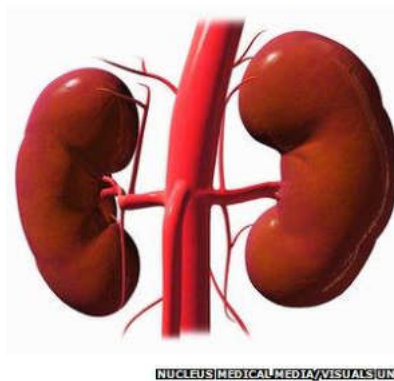
TIBETAN REIKI BREATHING EXERCISE

This breathing technique was taught by Usui Reiki Master Mrs Takata to some of her Usui Reiki Master students.

KIDNEY BREATHING (from the Conroy Master Manual – courtesy of Reiki Master Jo Hobart)

The kidneys are one of two key energy centres in the body, the other is the eyes.

Anatomically the kidneys are a pair of bean shaped organs that are 8 to 10 cm long and 4 cm wide. They lie either side of the spine, just above your waist line on the back of the body.



In Traditional Chinese Medicine the kidneys are also important and are described to be a storehouse for Chi which nourishes the liver and all other organs and the meridian energy circuitry of the whole body.

This is the process of breathing the Raku energy into the body.

- Focus above your crown and visualise a deep cobalt blue mist.
- Breathing through your mouth, inhale deeply, expanding your lower abdomen and navel.
- Mentally direct the blue mist to your kidneys.
- Breathe out a brilliant white mist.

This can be practised whilst placing the hands over the kidneys and with each inhalation feel the hands lifting off; with every exhalation allow the hands to return to the body. After practising for a while the energy will be felt without having to use the hands.

21 DAY CLEANSING PROCESS

As a natural system or energy healing Usui Reiki works in a gentle and subtle manner. After your attunement there is a process of transition as the new connection to the Universal Life Force and Source of Usui Shiki Ryoho Reiki and or Tibetan Reiki is processed by your body, mind and spirit.

During the attunement your chakric and auric channels have been cleansed and the increased flow of this Usui Reiki energy into your being, naturally initiates a state of balance within. Usui Reiki is a gentle energy that is easily assimilated by anyone. The changes that you may experience are a result of your body returning to its natural harmonic balance.

A certain amount of detoxification takes place that can be felt in the body as cold or flu like symptoms or intense dreams. These things are all a part of the process and are nothing to worry about. The energy shifts your body experiences are natural and you can be safe in the knowledge that these are good changes.

Perhaps you would like to keep a journal of your experiences during this time. It is nice to have a reference to look back on and see how your transformation happened, as it is a gradual process. With hindsight you may see how far your attitudes, patience and stress levels have changed. An ability to be compassionate, forgiving, accepting, tolerant, mindful, discerning and peaceful is a blessed addition to the physical healing benefits of Usui Shiki Ryoho Reiki and Tibetan Reiki.

Do drink more water, practice daily self healing and rest a bit more than usual if you can.

Also experiment with the Reiki energy. The only limit is your imagination which is infinite.

Have Fun and enjoy the 21 day cleansing and balancing process that harmonizes the intrinsic energy and new Usui Reiki pathways of your being.



PROGRESSION IN THE REIKI SYSTEM

Usui Shiki Reiki Ryoho is the Usui System of Natural Healing and is an internationally recognized form of Energy Healing. Tibetan Reiki is a recognised addition to this modality.

Reiki 1 is the first level and a certificate is given on completion as a record of your qualification. It is recommended that you wait three to six months before progressing to the next level as this gives you time to become comfortable with all that you have learnt.

Reiki 2 is the second level or degree of the Usui System of Natural Healing you will need to show certification of your attunement to level 1 before you can receive attunement and training in the second degree. Reiki 2 is the professional qualification that allows you to become an insured member of a recognized association and to charge fees for your services as a Reiki practitioner. Training during Reiki 2 includes the use of the sacred Usui Reiki symbols as well as information on running a clinic and all that goes with practicing Usui Reiki as a Qualified Therapist.

Reiki 3 is the Usui Reiki Master Teacher course and qualifies you to teach others Usui Reiki. Usually a student will spend time with their own Usui Reiki Master Teacher before going on to teach their own students.

The Usui Reiki Levels or Degrees acknowledge different stages of practice and use of the technique. The energy does not increase with each level attained. The practitioner with continued use of Reiki will become more proficient with its method over time and even with long periods between use, the ability to channel Usui Reiki will still be available.

Reiki Shares are a continuation of your training and provide an opportunity to continue to practice and learn the art, as well as to share your experience of Usui and or Tibetan Reiki. It is beneficial to attend these sessions as regularly as possible for the first six to twelve months after your attunement date.

Dr Usui himself called the attunements, empowerments and is known to have given repeated empowerments to his students over the course of their training. The attunements may be received more than once if it seems right for you to do so. You may choose to expand your Usui Reiki practice by having training and attunements with Master/Teachers of other Lineages. There are a vast array of Reiki paths that may intrigue you. The key is always “Hands On Reiki On” – “For the Highest Good” – “Hands off Reiki Off” – and Gratitude.

POEM

LET OUR OWN LIGHT SHINE

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond all measure.

It is our light, not our darkness that most frightens us.

We ask ourselves:

“Who am I to be brilliant, gorgeous, talented and fabulous?”

Actually, who are you not to be?

You are a child of God

Your playing small doesn't serve the world

There is nothing enlightened about shrinking so that other people won't feel
insecure around you

You were born to manifest the glory of God that is within us

It's not just in some of us;

it's in everyone

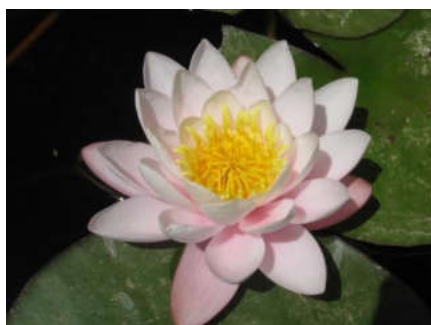
And as we let our own light shine,

we give other people permission to do the same

As we are liberated from our own fear,

our presence automatically liberates others.

- Anonymous



MEDICINE BUDDHA

The Medicine Buddha is one of a multitude of faces of Buddha. Each one represents an aspect of the whole. Buddhas are not so much Gods as enlightened beings. They are those that have gone before and with diligent practice and contemplation have attained peace, and share their blessings with us as service to Universal Good and liberation of all souls.

As we have seen the story of Usui Reiki has come from a man with Tendai Buddhist training whom searched the Japanese and Chinese translations and then the Sanskrit original Vedas and Buddhist sutras to find a Chi Gong style energy healing technique that would bring profound results without draining the practitioners own vital energy stores. In the area that Usui lived and underwent training and practise, Kyoto prefecture, the holy pilgrimage place is the Kurama mountain top. Mt Kurama itself is a Tendai Buddhist temple in which one of the three deities, as focal points to their practices, is the Medicine Buddha. This is the area where Dr Mikao Usui, the founder of Reiki made his pilgrimage to the sacred Mt Karuma and mastered his Usui Reiki.

Here we can see an early connection with this Medicine Guru. In order to teach many people his Usui Shiki Ryoho Reiki Dr Usui simplified his method. Through this and the teachings in our western lineage Usui Reiki had dropped its perhaps more Buddhist based beginnings.

Our Tibetan Reiki came into our practice with William Lee Rand's studies and the integration of Tibetan symbols and practices.

With Medicine Buddha to guide us we have another link to the Tibetan and Buddhist roots of the Usui Reiki tree.

The combination of Usui and Tibetan Reiki provides a strong and pure healing energy that is channelled by you to assist yourself, other people, pets and objects any time anywhere.

It is said that just seeing an image of Medicine Guru brings healing. I have included this image as a further inspiration to your health and healing pursuits. The mantra may also be repeated for additional healing assistance.



Mantra of the Medicine Buddha

Tibetan Pronunciation

*Tad-ya-ta: Om Be-kan-dze Be-kan-dze Ma-ha Be-kan-dze
Ra-dza Sa-mung-ga-te So-ha!*

Tibetan Script

ཏད་ཡཱ་ཏཱ་ཨོཾ་བེ་ཀཎ་དེ་བེ་ཀཎ་དེ་མཁའ་ཀཎ་དེ་
ར་དམ་སཱ་མུང་གཱ་ཏེ་སོ་ཧཱཎི།

Image credit: (Dharma-haven, 2015). <http://dharma-haven.org/tibetan/medicine-buddha.htm#WebImages>