

Health and therapy

What is health?

Emotional
Physical
Mental
Social
Environment
Economic
Cultural

Everything in balance = Health

Conventional medicine is organ based treating our bodies like a machine, replacing individual organs as they don't function well or prescribing tablets to numb the pain (symptoms) This treatment does not treat the body and mind as a whole.

Business aspect:

They prescribe only one type of medicine for the problem, e.g. all doctors prescribe a particular tablet for headaches. The medical industry is a business. The main interest is profit. This medicine exists since 200 years.

Hanneman is the originator of homeopathy. Previously he was an English doctor in allopathy (Conventional medicine). He discovered that allopathy shifts the problem when giving one medicine the problem may go away but after 3 days it may arise on a different part of the body, another problem as a consequence or because the problem becomes another problem. E.g. stomach pain become constipation. That's why he invented homeopathy.

Allopathy is very useful for emergency treatments. The technical aspect is highly developed, e.g. blood scan for checking which organ is effected.

3 categories

1. **Alternative Medicine** (Healthcare & treatment), alternative to allopathy, includes Akupuncture, Akupressure, Yoga, Meditation, Ayuvedic Medicine
2. **Complimentary Medicine** (Healthcare & Accute treatment) combination of allopahty and alternative medicine, e.g. Akupunktüre, Reiki, Chemotherapy for a cancer patient; Giving additional support to the main therapy
3. **Integrated or Holistic Medicine** (Healthcare) combine many therapies which ever is suitable. More for healthcare not so much for acute treatment. E.g. when the canceri at its initial stage.

Alternative Medicine

250 worldwide, main therapies: applying to the body, basic corresponding system = body, direct body application

1. Acupuncture

Originated in China

Meridians or channels (basic concept)

14 meridians (12 + 2)

12 organ based meridians for 12 main organs (brain, heart, lungs, spleen (hemoglobin, mucus), stomach, kidney, large intestine, pericardium (cover around the heart), urinary bladder, gall bladder, liver, triheater (comparing body temperature)

these meridians are connected to these organs and they are invisible energy flow.

2 other channels

1. Conception vessel (Kundalini)

starting below the nostril and above the upper lip, energy flow continues down to the root chakra



Fig. 1

2. Governing vessel or Ren Channel

Starting from near root chakra, one inch from anus going up to the front part of the body until the chin



Fig. 2

2. Acupressure

Akku = needle

Puncture = hole

Treating by method of needles

Clearing unwanted energy, may be excess or reduced energy flow.

Theory is same like acupuncture but with some special techniques using mainly fingers for creation of pressure and some special techniques and instruments.

1. first we set up a rapport between the patient and the therapy with our hands directly to the patient (main difference to acupuncture where there is no relation between them both apart from the needles)
2. Relaxation techniques (touch of hands, soking feather touch)
3. Treatment techniques, e.g. back pain, ly down on belly, moving one leg, touching bum, then other, use thumb to press on spine sides, hold down with pointy finger and rotate on the point
4. Balancing techniques

3. Sujok

Korean therapy, Needs hands and feet for treatment

Main concept theory: Our full body is corresponding to our hands

Right hand for right side treatment
 Left hand for left side treatment
 Primary hand: right hand for right side
 Secondary: right hand for left side



Diagnosing process

Pressing points on our hands

Inside front, outside back side of hand

Ying = feminine, negative, homo, contraction, soft

Yang = masculine, positive, expansion, hetero, hard

Our body contains ying & yang, naturally balanced

Ying = front of body, negative

Yang = back of body, positive

We have a tendency to go for the negative if both energies are well balanced, we cannot go in a wrong way because our body is in our hands, all meridians can be treated in our hands using pressure points

Professor Park jaewoo is the originator of Sujok

Also smile yoga, smile meditation, smile taiji

Every creature of this universe has a spiral curve , a cylindrical, circular motion or shape, elliptical or spherical shape

Energy is flowing in a spiral circular, elliptical way in our bodies

= advanced level of Sujok

this circular energy should be balanced

Circular energy balancing

used in twist therapy

e.g. we use our body for limited movements



movement of arms: up and down only

fig. 3

Smile Taiji



Fig. 4

Body smile
Mind smile
Soul smile ☺

Neutral - achieve balance, full satisfaction

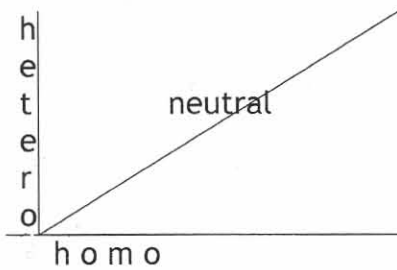


Fig. 5

Balance of personality, finding the right way with fulfillment and satisfaction

Feel miracle particles or metaphysical
M=particles protect us from happenings (clair voyance)

Energy level therapy or treatment

1. Reiki
2. Branic healing

Reiki 1

The human body has 7 layers of energy (energy body or subtle body)
Varies from person to person
With this energy body we are connected with god and all living beings in this world

The **universal life force energy** is common for all living beings (like air) if you use it in a good way it'll be good for you
Everybody is using his energy without knowing subconsciously

Aura - The first layer covering our immediate physical body is called aura.
Common person = 2 - 3 "
Saint can be 1 km aura

Principles of Reiki energy

We're taking the universal life force energy or Reiki energy and channeling it for things through our hands

Chakras are the main energy centers in our body (ancient Asian philosophy)

Japanese philosophy

1. root chakra Mulathara
2. hara Sadhisdaha
3. Solar Plexus (for balancing)
4. Heart Anahata
5. Throat Visudha
6. Third Eye Ajna
7. Crown Chakra Sahasrara (1000 lotus petals, rediscovered by Dr. Mikao Usui in 19th cent. (Japanese))

Healing & Treatment

Physical

Social

Mental

Environmental

Far away places

Close

Past & Future

We can heal all problems

Preparing our body to become a reiki channel

We have to prepare our body, mind and soul for this

5 basic principles

1. just for today I do not worry
2. just for today I do not anger
3. just for today I'll obey my elders (teachers, parents, old ppl)
4. just for today I'll live honestly
5. just for today I'll be grateful to every living thing (attitude of gratitude)

the patients is taken for a god / goddess

every time loving, peaceful, compassionate, honest, caring, respectful so we can access the universal energy.

Present moment is inevitable.

You can worry about the past or the future but you can only act in the present.

Prerequisites - Before Reiki - preliminary steps for everything

1. wash your hands and face
2. earthing, some mat under feet
3. sit comfortable, legs, arms should not be crossed, or lay down but never sleep
4. face towards east, where the sun rises
5. the patient should come to the reiki practitioner, never the other way round, in our family, plants, animals we can go and treat no problem.

Reiki - Treatment / healing (for ourselves)

1. sit comfortably or lay down don't cross your legs, arms
2. close your eyes
3. concentrate on breathing, relax, meditate
4. feel the energy coming through your crown chakra, throat chakra, heart chakra and hands
5. concentrate only on crown chakra and palms, some heat will be there, tingeling, vibrating
6. once you feel the energy coming into your palms, you can use the energy coming into your palms, you can use the energy for healing
7. positions, minimum 3 min or more 20 - 30 min.

Head treatment

1. starting with eyes, close eyes, put your palm on your eyes
2. ears
3. occipital area
4. third eye (right front, left back side)
5. back of the head
6. cheeks

fig. 6



fig. 7



fig. 8



fig. 9



Suggest intentions, what to do:

the energy is passing through your eyes, ears, etc. - you should feel that the eyes are working well.








The energy is passing through your third eye, - you should feel your brain working very well.

Front






Throat



fig. 10

Heart		<i>fig. 11</i>
Lungs		<i>fig. 12</i>
Solar plexus		<i>fig. 13</i>
Liver		<i>fig. 14</i>
Stomach		<i>fig. 15</i>
Hara		<i>fig. 16</i>
Root		<i>fig. 17</i>

Backside

Shoulder		<i>fig. 18</i>
Heart		<i>fig. 19</i>
Lower back		<i>fig. 20</i>
Hara		<i>fig. 21</i>
Root		<i>fig. 22</i>

Legs

- Thighs
- Knee (both sides, front and back)
- Calf (both..)
- Ankles (both)
- Sole (both)

After treatment you should wash hands with cold water or shake off better to wash hands when treating patients because of energy exchange.

Treatment of patients

1. Reiki treatment on third eye and root together
2. Then throat and hara
3. Heart & solar plexus

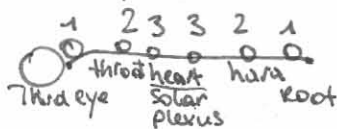


Fig. 23

4. Head (eyes, ears, occipital, third eye (front and back), back of head, cheeks)

- 5. Throat
- 6. Heart
- 7. Lungs
- 8. Solar plexus
- 9. Liver (right)
- 10. Stomach (left)
- 11. Hara
- 12. Root
- 13. Legs (thighs, knees (top and bottom), ankles, soles)

Reverse body other side

Back side

- Shoulder
- Neck
- Heart
- Lungs
- Solar plexus
- Kidneys
- Hara
- Root

Legs

- Back thigh
- Knee (back)
- Calve muscles
- Ankles
- Soles

Move up without interruption or letting go of body

1. Spinal Energy Balancing

two " left and right side of spine

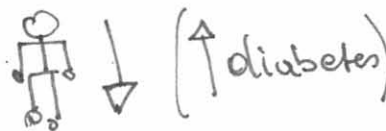


fig. 24

- diabetes patient reverse - going up
- normal case - going down
- fingers closed, thumb sticking up

fig. 25



- 2. reverse the patient
- ask patient if any heat problems or surgery
- front up - if difficulties in this position use chair or lay sideways

Chakra Balancing with touching

1. from 3rd eye to root



fig. 26

→ 1 2 3 3 2 1 ← 3 x

Chakra Balancing without touching, hovering on top of charkas



Fig. 27

→ 1 1 ← 3 x

both techniques at the end move excess energy up and out
use either technique for balancing chakras

2. Body Energy Balancing

Hand in "pistol" mudra (Sunyea Mudra)

in spiral anti-clockwise-spiral motion around the body outline one inch
distance without touching body 3 x

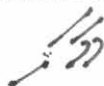


fig. 28

Finally

Wash hands with cold water or shake hands to stop this energy flow
(universal energy force)

Reiki 2

1st technique: Reiki Symbols

Use of printed form Mudras

1. power symbol (Choku-Rei) - to increase our flow of energy (see fig. 29)
2. Sei-he-Kri (mental) (fig. 31)
3. distance healing / absent healing - the patient does not have to be present (see fig. 30)

Fig. 29

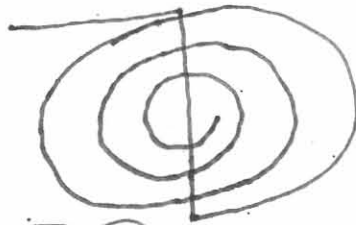


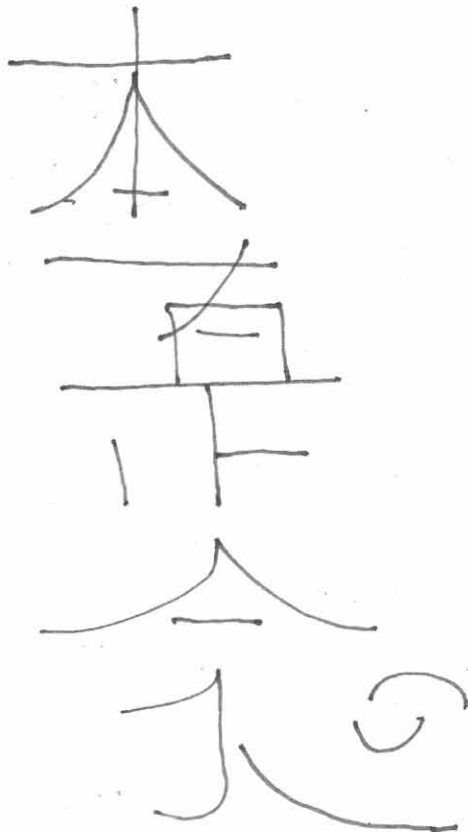
Fig. 30



Fig. 31

1. form a Sunyea Mudra (energy pistol)
2. follow the shape of the power symbol
3. find your number of cycles 3, 4, 6...

draw this symbol with the Sunyea Mudra or in your mind visualise this symbol



Use the symbols to increase energy flow and power, think of relation with one person in the distance for distance healing and tune in with the symbol for mental connection.

2nd technique: using “grid” (crossed area)

imagining a person that is in distance in a box or pyramid shaped box, cylinder or rectangular box.

1. used for any item or living being in a box to heal or to solve a problem
2. a grid used to heal relationship problems, I'm sending reiki energy in this geometric shape you can even lock the box.
3. Gift box or wish box
4. Use paper and make a small box, write your ambitions on the box give reiki energy to this box daily so that ambitions will be satisfied. This box should be kept in a divine place and daily given this energy you can get a friend ambitions in writing and put it in the box it should not be opened.
5. Application depends on anything Reiki can be used for medicine, invisible magic, use this energy daily.

How Does Reiki Heal ?

We are alive because life force is flowing through us. Life force flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in a field of energy called the aura. Life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

The life force is responsive to thoughts and feelings. It becomes disrupted when we accept, either consciously or unconsciously, negative thoughts or feeling about ourselves. These negative thoughts and feelings attach themselves to the energy field and cause a disruption in the flow of life force. This diminishes the vital function of the organs and cells 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 vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.

What can be Treated ?

Reiki is both powerful and gentle. In its long history of use it has aided in healing virtually every known illness and injury including serious problems like : multiple sclerosis, heart disease, and cancer as well as skin problems, cuts, bruises, broken bones, headache, colds, flu, sore throat, sunburn, fatigue, insomnia, impotence, poor memory, lack of confidence etc. It is always beneficial and works to improve the effectiveness of all other types of therapy. A treatment feels like a wonderful glowing radiance and has many benefits for both client and practitioner, including altered states of consciousness and spiritual experience.

If a client has a health condition, and wants to be treated with Reiki, it is recommended that they do so under the supervision of an enlightened medical doctor or other health care professional. Reiki will improve the results of all medical treatment, acting to reduce negative side effects, shorten healing time, reduce or eliminate pain, reduce stress, and help create optimism.

Who to Treat

1 First treat yourself. You are REIKI and can be in as perfect of health as your ego will allow yourself to express.

1 Next, treat family members, Normally the family unit will have provided you with many benefits and transmitting the health of REIKI is an excellent way to

complete the exchange.

| Third, consider treating anyone who asks. Asking is important, because REIKI is a system based on intent. The prospective client should express his intent for health any requesting the treatment.

| Naturally if the person is in a coma, or an infant, or someone whose family asks for the healing or someone of whom you are responsible, it is appropriate to do REIKI

| By standing in your mind, "You are free to accept or reject this healing as you will" You release the will or the client and do not impose your will upon them.

| Be cautious in treating an accident victim you don't know, in that it is legally advisable not to say anything about your healing ability.

| Simply attempt to administer REIKI in an inconspicuous manner which fortunately is very easy with REIKI.

| Speaking of infants, don't think babies-even fetuses-are too young to receive treatments.

| "REIKI just works zing-o on babies,"-"they have no barriers whatsoever. They are wide open to God's love. And that's what healing is : God loving us."

| Persons hospitalized or under conventional medical care can also be treated with REIKI.

| If the patient takes medication, instruct him to regularly consult with his physician-because as REIKI rebalances his body, the prescribed dosage might have to be lessened to avoid overdoses.

| Do not diagnose illnesses and prescribe medicines, however unless you are a Medical practitioner suggest rather than direct. Simply state what you'd if you had the condition perceived, giving the patient the responsibility to assess its merits for himself.

| It is also important to remember that you should never feel forced or obligated to heal someone, or guilty for not taking the time to heal whenever and wherever requested.

| *Don't forget pets, animals and plants, either. They have universal life energy, and REIKI works for them too.*

| *The big bonus with REIKI is that when you are treating someone else you are receiving a healing at the same time.*

| *One is never tired nor depleted after giving a treatment since we are using universal life energy, pervades all creation.*

Therefore, you can consider, applying REIKI in some rather unorthodox healing situations. "WHAT to treat can become as vital a consideration as "WHO" to treat.

How to Treat

Your master cover this topics in great detail. Here are some basic points:

| First create an environment as quiet comfortable and soothing as possible for treatment.

| In the home, set aside a room or designate a small area to be regularly used for client treatment. This "REIKI Space" will become familiar (and thus psychologically comfortable) for clients that require successive treatments and also

becomes charged with the nature of REIKI itself, thereby facilitating the healing experience.

| Wear comfortable clothing that won't interfere with the treatment positions.

| FOR MALE PATIENTS : remove glasses, vest, jacket, tie and belt, shoes, have his pockets emptied.

| FOR FEMALE PATIENTS : remove glasses, shoes, belt, scarves, and jewellery around the neck; no girdles or tight pantyhose.

| No terribly snug pants in either case.

| Most treatments by first-degree practitioners are hands-on.

| Remote, or absentee healing is taught in second-degree REIKI

| However, occasionally it may not be possible to touch the patient directly due to several skin infections/lesions or second/third degree burns, on thick layers of burns, or thick layers of clothing or plaster cast. Or you may wish to treat an infant and don't want to disturb his shallow sleep.

| Know that REIKI finish does require direct physical contact with the skin, though.

| Insist on proper hygiene for yourself, just as you would expect from any medical Professional.

| Always have clean hands, washing with soap before treatment and afterwards for 20-30 seconds in cool running water to break the energy flow. If in an emergency situation water is not available, form the hands in the "prayer" position with fingertips together and press firmly for 30 seconds.

| Place a box of Kleenex tissues and a sheet or blanket within easy reach. The tissues are for eye treatment and certain ailments; the covers for the client's comfort.

Have the client lie down, if possible, so gravity can aid in pulling REIKI into his body.

Place a pillow under his head, another under his knees to relieve pressure on the lower back. Employ the sheet or light blanket if the client complains or chills.

And don't neglect to ensure your own need either. Remember the comfort of yourself and the client is the next most important thing to REIKI itself during a treatment.

| Make sure the client's feet are not crossed; this tends to 'short circuit' the energy flow.

| Tell the client he may feel worse after the first or second treatment, either due to severe imbalance in an organ (or the body generally) or because you may stop treatment just as the illness has been brought back from the chronic stage to its acute stage before eventual release.

If this happens, a minimum three, preferably four consecutive daily treatments will be required unless healing takes place after the first or second treatment.

| "The disease must return from where it came," is a basic REIKI tenet.

| REIKI is pulled through the body at a rate corresponding to the need of the client.

The more energy needed to regenerate, rejuvenate and revitalize the injured body, the longer the healing will generally take.

| "At the end of 5 minutes almost every organ has all the REIKI it need."

TEAM TREATMENTS : Pair up on FRONT and BACK positions when possible, treat FRONT simultaneously.

Simultaneous treatment on the torso and head is also very beneficial.

Also when possible, have one healer hold the soles of the client's feet as a means to boost his energy field.

REIKI FINISH : When the client has accepted all the REIKI needed at one session conclude his treatment with the REIKI finish. It's like "icing on the cake."

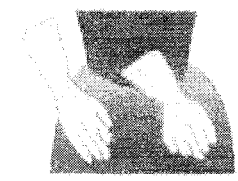
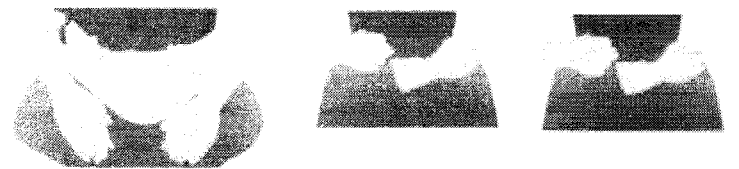
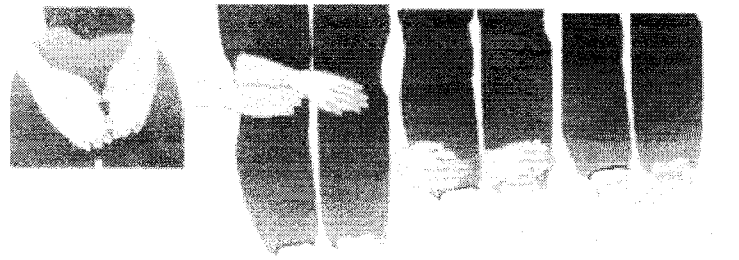
(a) On completion of the treatment of the front of the body draws anticlockwise energy spirals with the index and middle fingers off the body of the patient-beginning at the shoulders down the arms to the finger tips, and from the shoulders down along the side of body to the tips of the toes.

(b) After the treatment of the back of the body balance the energy in the spine, then sweep the energy quickly and forcefully down the spine (for Diabetics sweep the energy up the spine, i.e. in the opposite direction.) Wash your hands again, or press your finger tips together for 30 seconds to close down the energy flow.

The REIKI treatment is now complete. Yet the effect of the REIKI on the cells and energy flow of the body does not end with the treatment but continues to build and balance the cells and system.



Reiki Hand Placements



Reiki hand positions chart by Peggy Jentoft 2001

Starting from a position standing behind your client's head.

1. Top of head, over the crown chakra.
2. Over the eyes, palms on forehead, fingertips on cheekbone, this position enhances the sixth chakra at the brow. When the eyes are relaxed the body is relaxed.
3. Sides of face, covering the temples.
4. Back of head, with fingertips at occipital ridge where the skull and neck join. This relaxes the brain stem and cerebellum, promoting a sense of serenity and balance. This position helps with past life recall and reduces stress. 4b. cover the jaw with palms while placing thumbs at corner of mouth. reduces tmj.
5. Throat, Place hand in V formation over throat. releases the breath and increases Flow of energy to whole body the thyroid gland regulates metabolism and balances blood pressure and cleanses the lymphatic system. fifth chakra at throat enhances communication. Many people are not comfortable with hands on their throat so you may wish to do this position within the aura an inch or two from the skin or choose from these alternate positions. 5b. either both hands over the throat in front. 5c. or both hands on the back of the throat 5d. or one in front and one in back 5e. or one on the front

of the throat and the other angled down over the thymus.

6. If you have not covered the thymus with the throat position place both hands in a V over the thymus. 6b. over the chest just below the collar bones this position activates unconditional love of self and others energizes the thymus which regulates the immune system, also strengthens the lungs and diaphragm.

Now move to the side of the client, most people like to move in a clockwise direction if you have not yet covered the thymus position do it from the side.

7. Center of the chest hands either between the breasts or just above in a v or straight or one hand in thymus area and one in the center of chest, any of these can be done holding the hands an inch or two away from the skin without physically touching the client strengthens heart opening, sense of compassion and empathy. It revitalizes lungs heart and relaxes the diaphragm. Enhances love at the fourth chakra.

8. Solar plexus area above the waist just below the rib cage. This position energizes the

solar plexus for vitality and life force. As we energize this area we generate support toward others and feel supported by the others and the universe. It helps digestion as we treat the liver, gallbladder, stomach and spleen. This position enhances our power center at the third chakra.

9. Two inches below waist this position circulates energy throughout the whole body. Relaxing this area helps digestion. Treats kidney and bladder encourages connection with the emotions at the second chakra. Some people like to move their hands down the torso in hand width lengths others do one step at a time or just above the belly button and one below at the sacral chakra.

10. Place hands so they form a V on either side of the pubic bone with the fingers pointing down and toward the middle. Many practitioners do not use this position or do it without physical contact by keeping their hands in the aura above the root chakra. 10b. An alternate position is placing the hands on either side of the pubic area with hands together first on one side and then on the other. This position relaxes large and small intestines, bladder ovaries and prostate. This position releases accumulated anxiety and fear as an activity of the first chakra at the root center and helps one to feel centered and grounded. Do not touch unless you are very good friends with the client and ask first. This is sometimes called the "Victorian" position. Professional Massage therapists or others who do body work may be comfortable with contact. but others may not be.

11. Ankles

12. feet. You can treat the whole body from the feet. When time permits spend extra time on the feet.

The BACK

If there is enough time and the client is able to be comfortable face down You can have your client turn over and do the body torso positions on the back in approximately the same locations as the front.

B1. Place hands on top of shoulder blades either both at once or first on one and then the other. This position relaxes trapezium muscles, deltoids and upper spinal column it reduces stress and promotes relaxation.

B2. Place hands at mid back position hands side by side either both at once or first on one side and then the other. this position strengthens and relaxes adrenal glands and helps to release fears phobias and disturbing moodiness.

B3. Place hand at the base of the back on either side of the spine.

B4. Another position is to place hands on either buttock either both at once or first on one and then on the other these positions balance sciatica and assists the receiver in feeling more present in the world.

Before finishing the treatment. Place hands on the knee and feet working on one side first and then the next. There are chakras in both these areas and the Reiki energy can release energy blockages there to increase the flow of energy. This helps people to be more flexible and to take action when needed.

I like to run Reiki into the joints, shoulders, elbows, wrists, knees, and hips, and the hands. This releases tension and stress that is held in the joints. Each area of the body has a symbolic meaning in its healing, releasing tension in the ankles assists in reaching higher goals, releasing tension in the knees assists in release of emotion and ability to forgive. When the shoulders are free of tension and stress there may be increased determination.

Additional hand positions

Some additional positions are: The "psych" with the fingers of one hand held over the third eye in the center of the brow and the other at the back of the head where the skull and the neck join. For treating emotional and mental issues.

The "Reiki drain" with the hands turned up away from the client's body with the intention of relieving excess energy buildups.

The "laser" The thumb and first two fingers of each hand are brought together and are used like a laser or tight narrow beam to do intense work on small areas. Larger areas are treated with this by moving the hands in the infinity sign (a sideways figure eight).

The "benediction" with the right hand on the clients knee or shoulder and the left hand held up in the air palm outward, said to help with spiritual and emotional healing as well as pain relief.

I like to use a "steam clean" technique where the hands are held in a v with the fingers partially overlapped and thumbs locked together forming a V shaped space in the middle. Envision a powerful stream of energy flowing through your hands dislodging stubborn blocks and filling it with Reiki and light. The released gunk or excess energy is envisioned being sucked away through a pipe of light where the space between your hands and thumbs is. You may sometimes feel guided to run energy with one hand on the front of the body around the kidney area and one on the back running the Reiki from one hand to the other or at the second or forth chakra again with one hand on the front and one on the back.

The entire body and aura can be treated from the feet. You can treat the top of the foot the, bottom and the toes and heal with separate hand placements if you have time. Most people carry a lot of tension in the feet and there are reflexology points in the foot which promote wellness in every part of the body.

Reiki can help you increase your intuitive abilities. So when you feel an urge to use a particular hand position go ahead.

Here are some of the techniques taught by the school Dr. Usui' students founded in Japan. They are almost identical to those taught in most subtle touch systems throughout the world. These are commonly taught in Qi Gong and aid removal of negative energies. In some areas these might be considered massage and could bring up legal issues as licenses and certification is often required for massage.

1. Tapping

This means to lightly and rhythmically tap or pat the ki field with either your palm or fingertips. This is useful to relieve stagnation or congestion and to improve circulation.

2. Pushing, Pulsing

Slightly open and close the palm. Resembles a kneading cat motion. Stretch the fingers and hand open, then relax. Do this repeatedly at a steady pace. the qi is emitted from the center of the hand. The indications for pulsing are similar to tapping. Stimulates and improves circulation. Pulsing can be used over any area of the body that requires it,

including specific acupressure points. If you pulse directly over an acupuncture point, you may feel tingling and warmth at the point or radiating along the meridian.

3. Stroking, Waving, combing is very useful for congestion or pain. The fingertips sweep down the patient's energy field, as though brushing the pain away. Not part of Dr. Usui's System as far as I know, but some teachers teach fluffing the aura prior to combing or waving. That is to raise your hands up through the aura from root to above the crown with little stirring movements.

A more detailed **chair method**

Positions:

1. stand behind the person, with your hands lightly on the shoulders.
2. place both hands, side to side on top of the head.
3. hand on the forehead and the other on the back of the head.
4. Optional position, from behind the person, put both hands on the chest.
5. from the side, place one hand under the collar bone and one on the back
6. Continue by placing one hand on the solar plexus and the other at the same height on the back. By this time you can sit on a chair if you have one
7. place one hand under the navel (second chakra) and the other at the same height at the back.
8. Hold both knees, while sitting or kneeling in front of the person.
9. finally go to the feet.
10. run your hands through the energy field of the legs a few inches out 3 times.
11. run your hands down the aura three times: front, back and sides.
12. Go behind the person and place your hand in starting position.

Hands Off treatment

While Reiki one focuses on contact treatment you can also run Reiki in the aura an inch or two out from physical contact.

Here's a generic hands off treatment that's used more often by various forms of subtle touch healing practitioners than by Reiki practitioners.

Reiki one practitioners can do this by keeping the hands close to the client's body and activating Reiki.

Begin with the hands over the top of the crown and then move to the side and place one hand in front and one in back and run the energy into each of the chakras and other energy centers moving down the body :brow, throat, thymus (middle of upper chest), heart, solar plexus, hara (at or just below the belly button), sacral chakra, tail bone. During this quick treatment you may instinctively find yourself moving your hands in and out as the chakra balances and is set in place.

Mikao Usui Sensei

Mikao Usui developed the system of natural healing referred to as Usui Reiki. The Dr. is an honorific as a substitute for the Japanese word Sensei which translates as teacher and is a title of great respect. Usui Sensei was born around 1865. He died in 1926, of a stroke. The story of Reiki that has come out of Japan recently begins when Dr. Usui's business fails. This failure left him in great debt, and with a great desire for more than just material gain. On Dr. Usui's memorial stone is carved the following statement: "One day he went to Mount Kurama on a 21 day retreat to fast and meditate. At the end of this period he suddenly felt the great Reiki energy at the top of his head, which led to the Reiki healing system." In Frank Petter's book "Reiki Fire", Frank quotes a Mr. Oishi, who learned Reiki in the 1950's from a master initiated by Dr. Usui. "Dr. Usui used to meditate at a waterfall on Mt. Kurama. One day, while standing under the waterfall, he had a satori." Satori is a Japanese concept in which a person has a sudden realization of a great or universal truth. After this experience Dr. Usui opened the "Usui Reiki Ryoho Gakkai", the "Usui Reiki Healing Society." According to his memorial stone: "He opened a clinic in Harajuku, Aoyama, Tokyo in April of 1921. He not only gave treatments to countless patients, some of whom had come from far and wide, but he also hosted workshops to spread his knowledge. In September of 1923, the devastating Kanto earthquake struck Tokyo. Thousands were killed, injured, or became sick in its aftermath. Dr. Usui grieved for his people, but he also took Reiki to the devastated city and used its healing powers on the surviving victims."

After this Dr. Usui traveled and taught throughout Japan. During his stay in Fukuyama, he suffered a fatal stroke. in 1926. His memorial stone states that he taught Reiki to over 2000 people though he taught for only five years. Since the passing of Dr. Usui, there have been six presidents of Usui Reiki Ryoho Gakkai, and they are: Mr. Ushida, Mr. Taketomi, Mr. Watanabe, Mr. Wanami, Ms. Kojama and Mr. Kondo, who has been in office since 1998. "Reiki Fire" (ISBN 0-9144955-50-0) and "Reiki: The legacy of Dr. Usui" (ISBN 0-914955-56-X) are both written by Frank Petter. These two books are an excellent source of information concerning the history of Reiki, the philosophy and the techniques of Dr. Usui, developer of Reiki. Both are published by Lotus Light Publications, Box 325, Twin Lakes, WI 53181, USA.

A Brief Reiki History

Mikao Usui Sensei Usually called Dr. Usui in the West, was apparently a bit of a renaissance man having held many jobs and studied very broadly he is thought to have Studied Buddhist, Taoist and Chinese Christianity Shinto and intensively in active search of methods of spiritual healing and after much study received the Reiki energies at the end of a 21 day fast and meditation on Mount Kurama.

Usui Sensei received Reiki through spiritual realization (satori) and apparently later added the use of symbols as a tool for those who were not ready to access Reiki by direct intention. The symbols used in advanced Reiki levels were Japanese written characters with esoteric meanings with which Usui Sensei would probably have already been familiar, these esoteric meanings fit the use of the Reiki energy for specific purposes and the symbols themselves were never secret but were rather obscure.

There are no symbols used in most Reiki one levels. They are introduced during the second degree training. There are many stories about Usui Sensei's discovery of the power and use of the Reiki energy the most common belief being that he had found information about the use of healing energy in ancient texts and during his meditation on Mt Kurama was seeking the attunement to enable him to use the Reiki. Among the stories, Dr. Usui is said to have practiced Reiki healing in the slums of Kyoto for many years. He is said to have become angry that many of the beggars he healed preferred to be beggars instead of getting jobs. He decided that there must be an exchange of value in order for the healing to be valued. (There is no way to determine whether this is a fact or just a legend). The definition of exchange of value that has been used in the West has been rather more narrowly defined than that used traditionally in Japanese Spiritual and ethical systems. This is the story has been used in part to justify in part the very high charges for Reiki Services and attunements by some practitioners.

This story is more likely to have been intended to indicate that you can neither force healing nor define what it means to others. This set of stories and requirements does not seem to be common among those who teach Reiki in Japan. Dr. Usui taught several Doctors his Reiki Healing. There are still groups of practitioners in Japan who still teach Dr Usui's Methods.

One of the people Dr Usui taught was Dr. Hayashi, who set up a clinic and adapted hand Positions and much of the formal system including the Three Degrees of the version of Reiki most often taught in the west. This is the version which has come to be known in the U.S.A. As Usui Reiki or the Usui universal life energy healing system. Dr. Hayashi seems to have emphasized the physical healing aspect of Reiki and developed a more medical oriented set of Reiki practices discarding most of the spiritual development meditations Dr. Usui is said to have taught.

Dr. Hayashi was the director of one of at least 40 Reiki clinics that existed in Japan prior to World War 2. He was not Dr Usui's sole chosen Successor and the Title of grand master was never used in Japan for any Reiki Teacher. He is the person who attuned Mrs. Hawayo Takata. Mrs. Hawayo Takata, A widow from Hawaii, had come to Japan to inform Her Parents of the Death of a relative and fell ill. She came to Dr. Hayashi's Clinic after hearing a voice tell her that an operation was not necessary as she waited for surgery for a chronic condition.

This is the history of Usui System Of Reiki

as...it was told to many, also to me and now to you.

At the end of the 19th century, Dr. Mikao Usui lived in Kyoto, Japan, as a Christian minister and president of a small University. One day a senior student asked him if, besides preaching and teaching he could demonstrate healing.

This question made him go on a search first to Chicago, USA, where he received a doctorate degree in religious studies.

Back in Japan he visited monasteries till he found one in which he could study the Buddhist scriptures in Japanese. As he did not find the way of healing, he learned Chinese and studied the Chinese translations still without success.

He then learned Sanskrit, so he could read the original Buddhist Sutras that had never been translated. Finally Dr. Usui found the formula, the Symbols, the Key of healing.

After 21 days, meditating on a sacred mountain, the meaning and the use of these symbols were revealed to him and he received the power for

USUI SYSTEM OF REIKI

For the next seven years he worked in a beggar's camp and developed the

Reiki Principles

Just for today Do not worry.

Just for today Do not anger.

Honor your parents, teachers and elders.

Earn your living honestly.

Show gratitude to every living thing.

Dr. Usui practiced and taught Reiki for many years. When his life was drawing to a close, he recognised Dr. Chirjuro Hayashi as the Master of Reiki and gave him the charge of keeping the essence of teachings intact.

Dr. Hayashi founded a clinic in Tokyo, open to everyone who wanted treatment or to learn Reiki in order to be a practitioner outside.

He left records demonstrating that Reiki finds the source of the physical symptoms, fills the body with the energy needed and restores it to wholeness.

In 1935 the Japanese American woman Hawayo Takata was guided from Hawaii to Japan, to Dr. Hayashi and Reiki.

After experiencing the blessing of this energy on her own body, she stayed one year with Dr. Hayashi, learning and practicing, then returned to Hawaii with the gift of Reiki.

In February 1938, Mrs. Takata was initiated as a Master of Usui System of Reiki by Dr. Hayashi.

Until the end of her life in December 1980, she committed herself totally to Reiki. Through her and the Reiki Masters initiated by her, Reiki became known in the Western world.

In India Pradeep Durve and Dr. Shamal Durve did Reiki first Degree with Reiki Master Paula Horan from USA in January 1989 and Reiki second degree with Karl Everding from Germany in February 1989 at Mumbai. After practicing Reiki on themselves and others, they started a Reiki Clinic at Kalwa, Thane on 1st August 1989. In January 1991, Shamal and Pravin Patel from Ahmedabad were blessed by Barbara Szepan from Switzerland. This was the first training conducted in India.

In January 1992, Shamal and Pravin were blessed by Barbara to train Reiki Master-Teachers.

Reiki India (Registered under Section 25 of Indian Companies Act, Reg. No. 1173459) was born on 13th August 1993 to maintain the exchange of energy between Reiki Masters and Society.

Reiki India trains people in Reiki Sadhana, Meditations, Fire walking and treats in Past Life Therapy and work on aura level through Shamal and others as guided by Maa Anand Himani from Osho Ashram Pune.

Reiki India is blessed by Guruji Sri. Sri. Ravi Shankar and by his Grace Reiki Masters Shri Ankush Bhalekar and Vinay Vaidya are teaching the Basic course of Art of Living.

The first project that we, Reiki India have taken as an exchange of energy is Badlapur Ashram "Reiki World", where we can have rest, peace, fun and deep experience of Sadhana and sharing by being together.

With your willingness to share the gift of Reiki now you are a part of this History and Reiki family.

Reiki India Research Centre

REIKI Positions

Start Reiki with attitude of gratitude

Front of the body

6 Head Positions

Eyes

Temples

Ears

Third Eye Chakra

Palms at the back of the head

Throat

Thyroid and Thymus glands

Heart Chakra

Solar Plexus

Liver

Lung Tips

Spleen, Pancreas

Hara

Ovaries/Spermatic chords

Thighs

Knees

Calf muscles

Ankle & Feet sole-(Both)

Back of the Body :

Shoulders

Thyroid and Thymus glands

Heart Chakra

Solar Plexus

Kidneys

Hara

Base of the Spine

- 1) **Self Reiki** : Energy Spirals and balancing is not required.
- 2) **Partner Reiki** : After completing the front body Reiki, draw anti-clockwise energy spirals on the partner's both sides of the body with index and middle fingers, from shoulders to fingers and from shoulders to ankles.

On completion of partner Reiki, balance the energy on the spine, then sweep the energy vigorously down the spine 3 times. (In case of Diabetics' sweep in the opposite direction)



“The word ‘healing’ comes from the same root as the word whole.
Whole, health, healing, holy all come from the same root
To be healed means to be joined with the whole.....”

OSHO : Beloved of the Heart

Attitude of Gratitude

I thank myself for being here.

I thank Reiki for being here.

I thank.....for being here.

(self name - (in self treatment)
patient's name - (in the treatment of others)

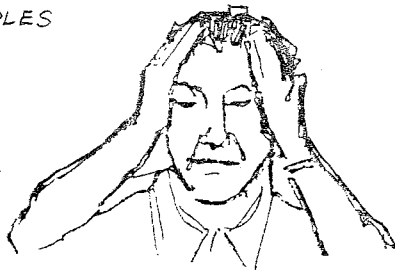
① EYES



⑤ BOTH HANDS AT THE BACK OF THE HEAD.



② TEMPLES



⑥ THROAT CHAKRA



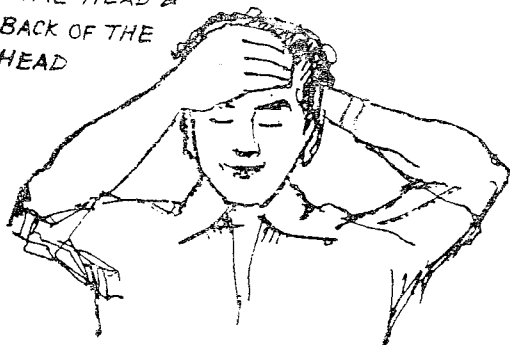
③ EARS

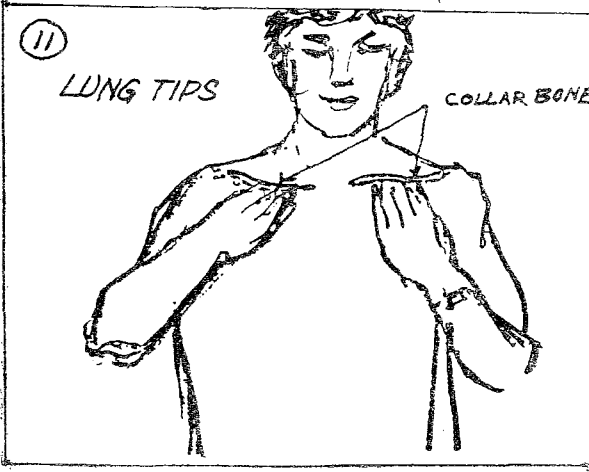
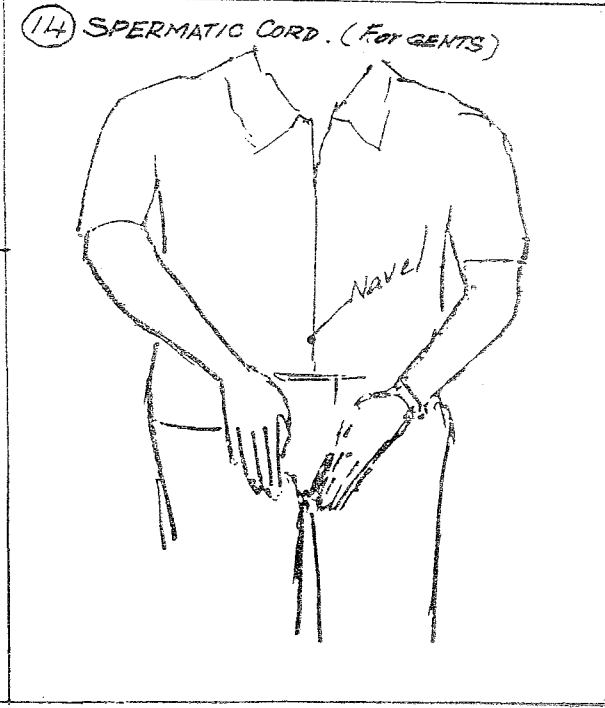
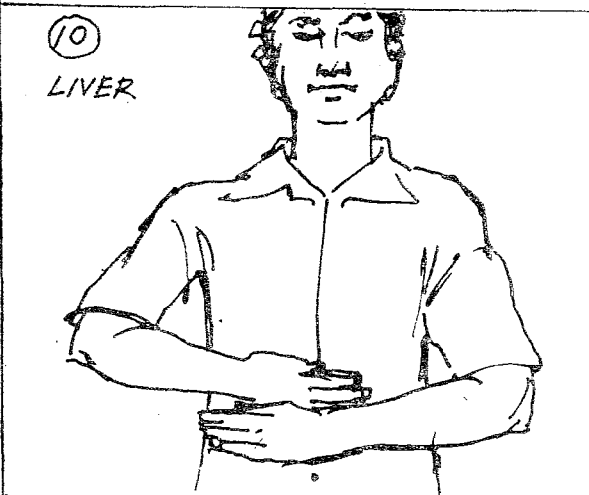
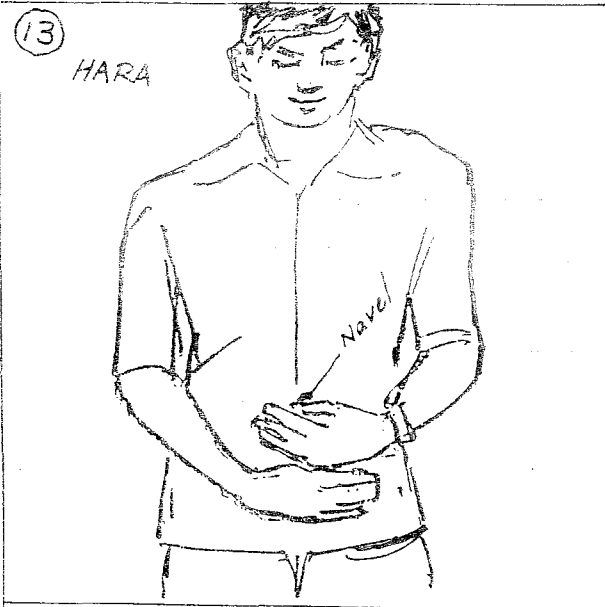
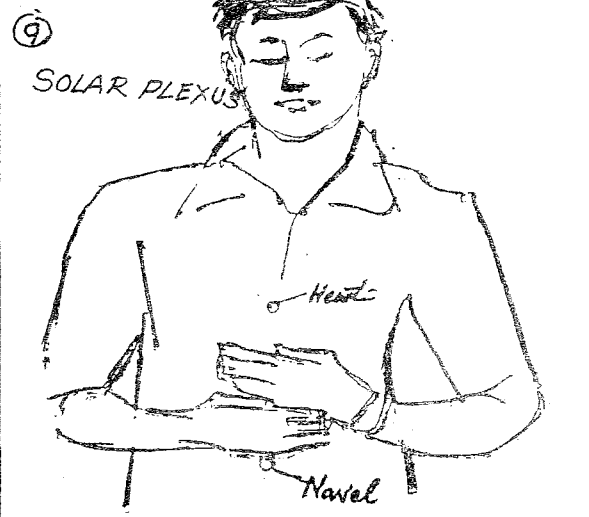
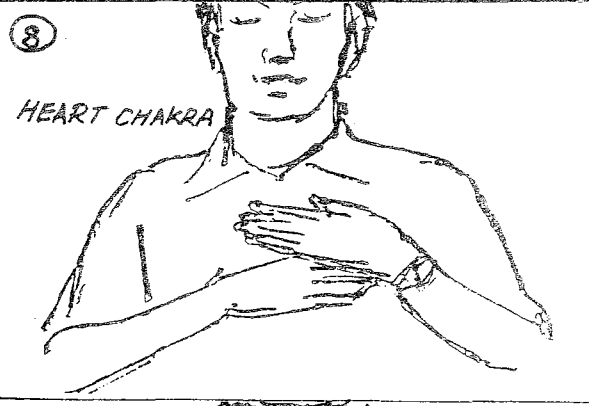


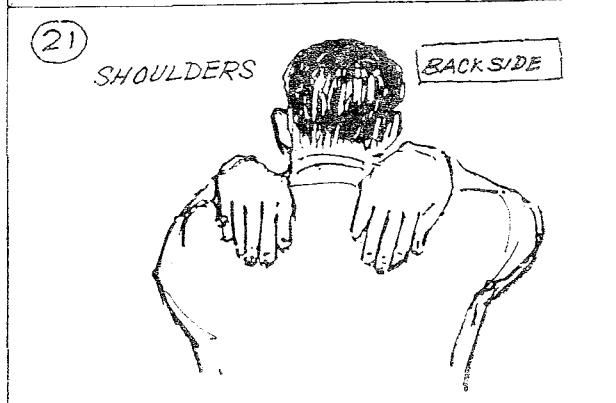
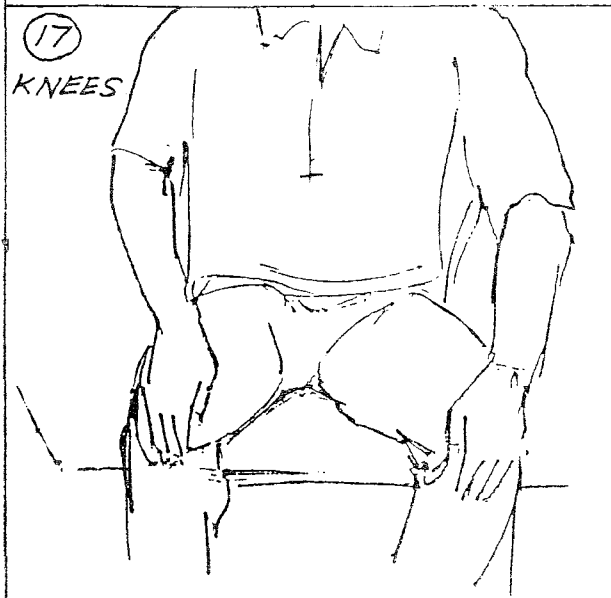
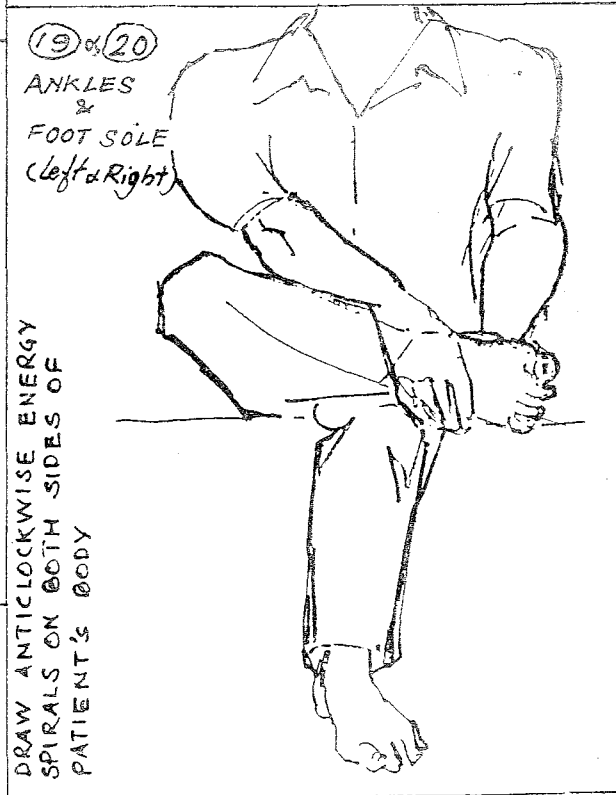
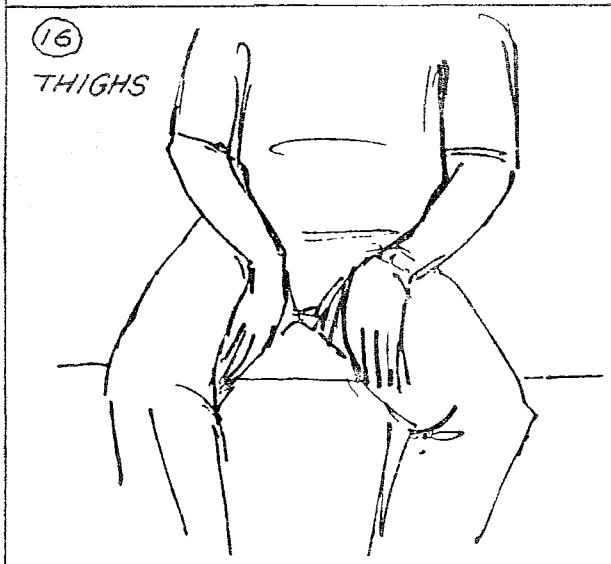
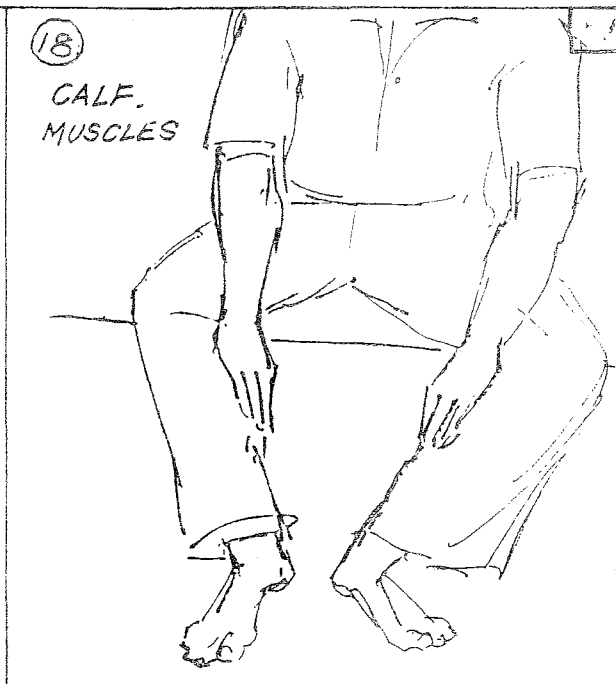
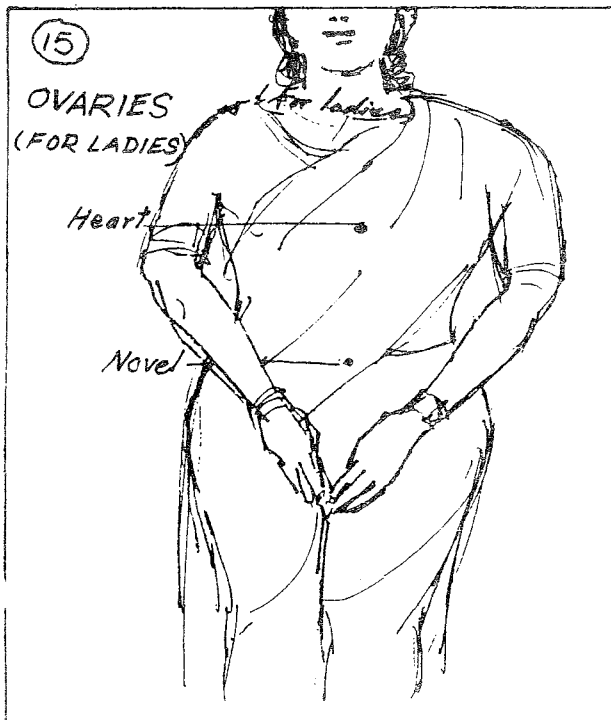
⑦ THYMUS & THYROID GLANDS



④ FORE HEAD & BACK OF THE HEAD







(22) BACK

THYMUS
&
THYROID -
GLANDS

(25) BACK

KIDNEYS

(23) BACK

HEART
CHAKRA

(26) BACK

HARA

(24) BACK

SOLAR
PLEXUS

Appa S. Mungekar
23rd Feb 93

(27) BACK

BASE OF THE
SPINE

COMPLETE TREATMENT WITH
BALANCING ENERGY IN
THE SPINE

MEANING AND FEATURES OF REIKI

Meaning

Rei-Universal

Ki-Life Force Energy

Features

1. - Energy Flow - Coming from above, energy flows through Crown Chakra, Third Eye Chakra, Throat Chakra, Heart Chakra and to its extensions - hands.
2. - Reiki acts on aura level, physical level emotional level and is thus a holistic system of healing. Reiki goes directly into the chakras and from there to the endocrine system that produces hormones; hormones keep our body in good health and balance.
3. - Reiki is taken and not given. We are mere channels of energy and not healers. Everyone heals. Everyone heals himself or herself.
4. - Do not be attached to results. Recipients take in only as much as energy as it is required.
5. - Reiki is independent of thoughts, feeling, belief systems and faith.
6. - Reiki is a healing method which has no religion.
7. - Reiki has its own wisdom.
8. - Reiki is received by every bit of the animate and inanimate beings.
9. - Reiki can never do damage in any way, since it flows in the quantities necessary for the recipient.

Always Remember

1. Do not attach Reiki with diseases. It is Energy which can always be received.
2. Do not force Reiki on anyone.
3. Do take energy exchange in any form where you feel it is required. Energy exchange is for completing the circuit and moving towards the completion.
4. Reiki can be received in any physical posture.
5. Closing our eyes and keeping the silence helps to focus the energy and awareness within.
6. Avoiding Tea-Coffee, Tobacco, smoking, alcohol, non-veg helps to maintain the level of consciousness and purification. Each one can choose this for ones own healing.
7. We do not become a doctor. Our job is to make energy available.
8. One can continue medicines with Reiki.

FOR HEALING AND PURIFICATION

- 1) Always give full Reiki except in the case of emergency.
- 2) Give minimum 3 to 5 mins for each position.
- 3) See that you cover the full body while receiving Reiki. Sequence of points can be changed at times. Give more Reiki wherever you feel like.
- 4) Always give Reiki for minimum 3 consecutive days. In acute and chronic diseases minimum 21 days
- 5) The old pattern / Problem or disease may show up in the purification process. Continue Reiki.
- 6) Reiki can be received at any time (during the day and night). As much time as possible.
- 7) Taking full Reiki at a time is a wonderful experience and helps you in Sadhana. And is not a rule.

FIVE PRINCIPLES OF REIKI

1. Just for today, I will live the attitude of gratitude.

Always feel thankful for what we have as well as we what know. Our normal state is that of all sufficiency or abundance. By living in gratitude one can shift from the vicious circle of scarcity to the virtuous circle of abundance.

2. Just for today, I will not worry.

Worry results from a feeling of separatedness from the universal wholeness. Try not to interfere with the universal timing in life. Live each day to the best of your ability and everything else will be taken care of.

3. Just for today, I will not anger.

Anger is the result of feeling out of control. When you become angry become aware of your reactions and also feel thankful for having got an opportunity to look at your weakness. Do not feel guilty for experiencing anger. Be in the attitude of gratitude and just for today do not anger.

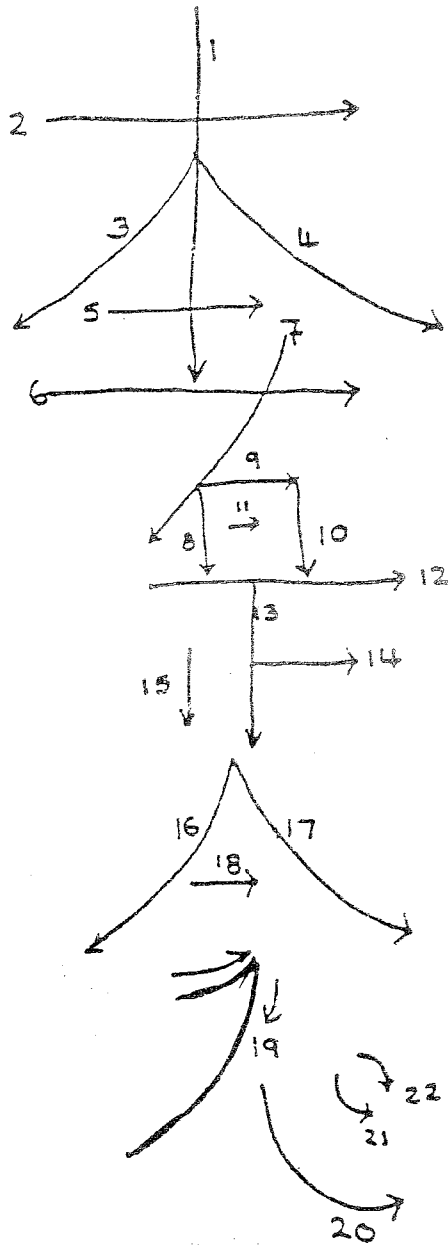
4. Just for today, I will do my work honestly.

To be honest with oneself is to face truth in all things. Truth brings clarity. Honesty with yourself will project honesty on to others.

5. Just for today, I will show love and respect for every living thing.

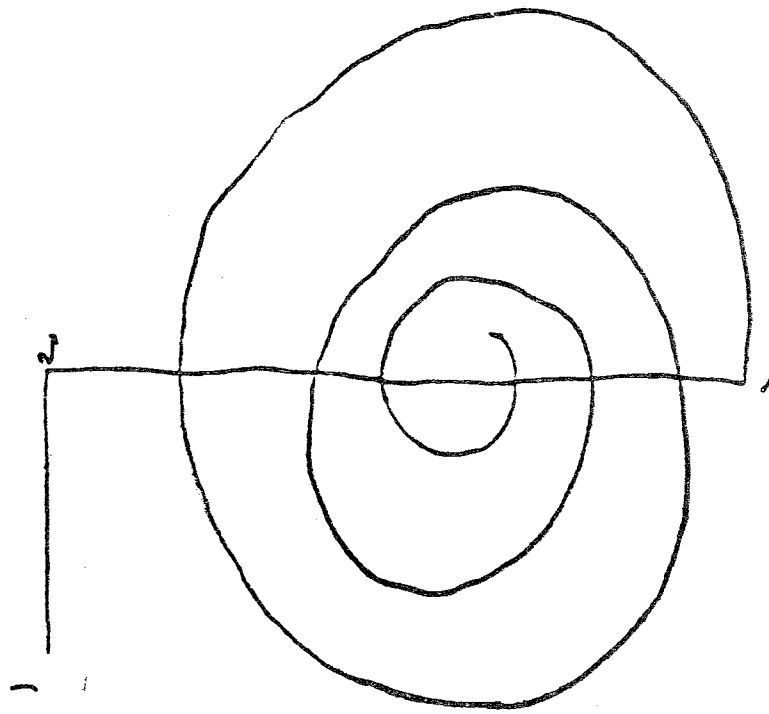
We are all of one source and are interdependent. To show love and respect to all others is to love and respect ourselves and our mother earth.

Hon 1-5 Sha 6-7 Ze 8-15 Sho 16-18 Nen 19-22



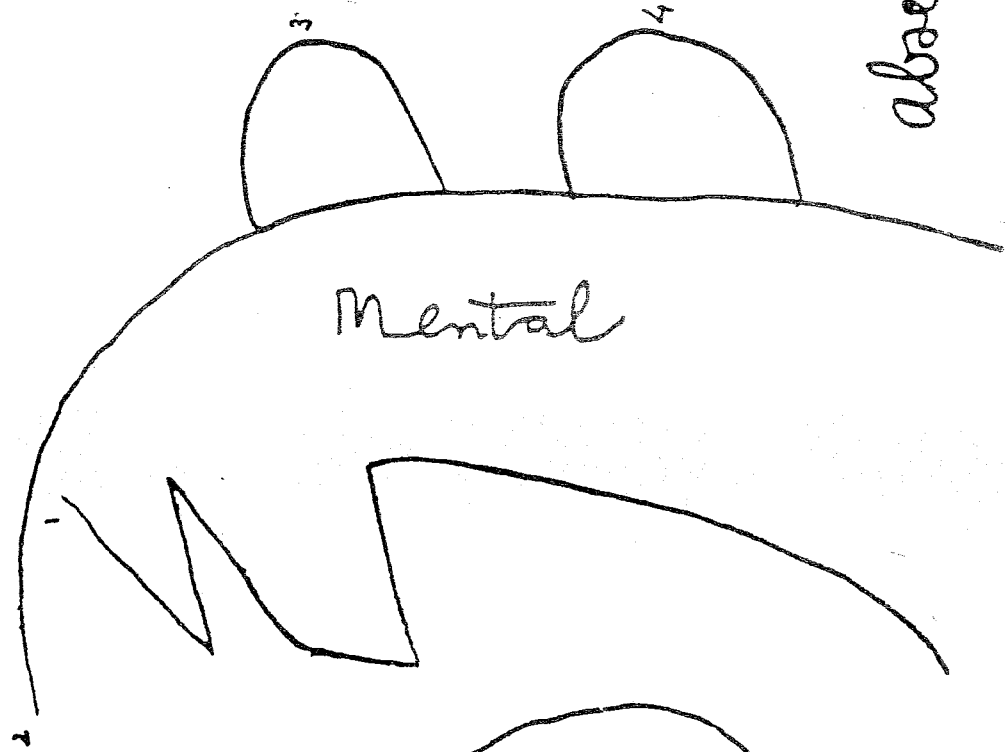
- vert = L ⇒ R
Hor = Top
↓
bottom

Chokuren
1 2 3

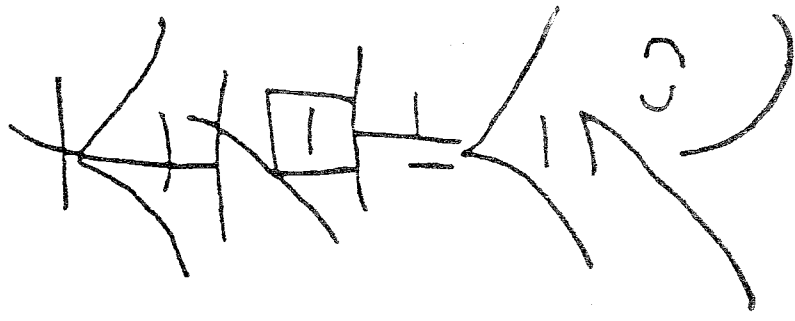


Increase Power

Sei-he Ki
1 2 3,4

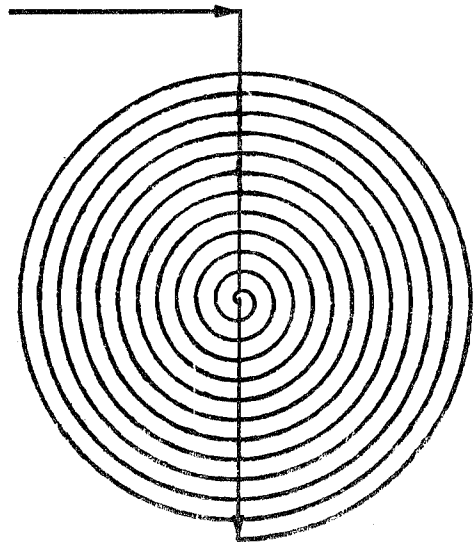


Hon Sha Ze sho nen

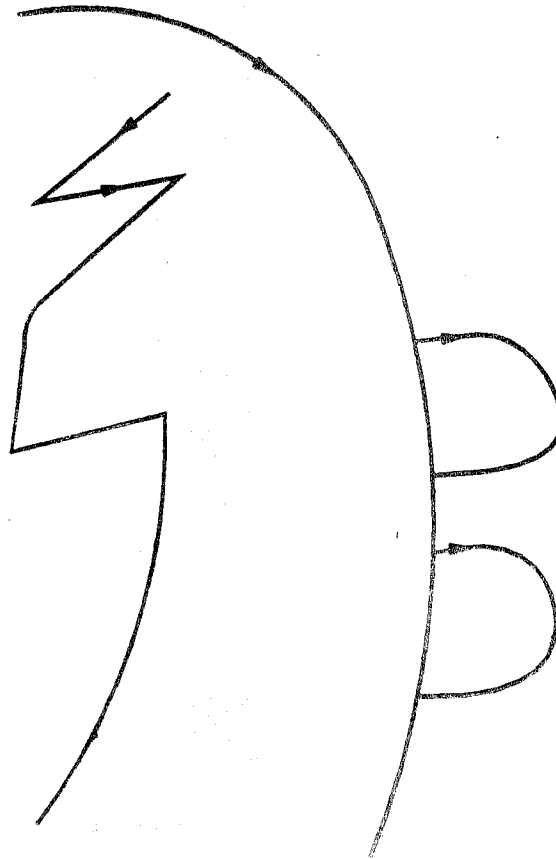


absent healing

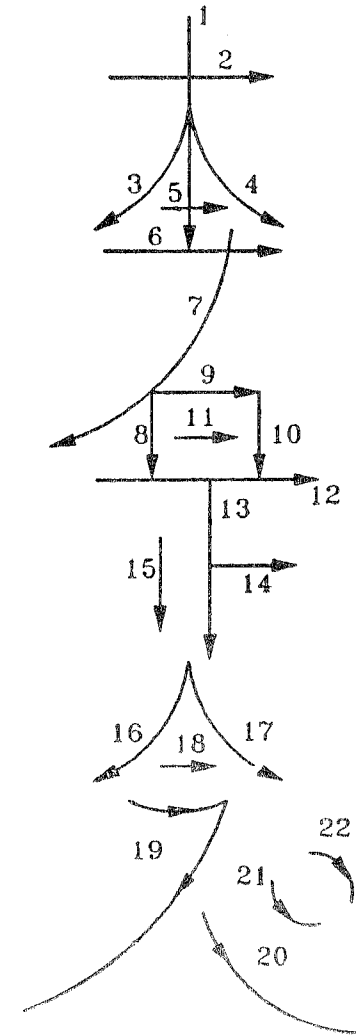
CHO KU REI



SEI HE KI



HON SHA ZE SHO NEN



MEANINGS & FUNCTIONS OF SYMBOLS

1. Hon Sha Ze Sho Nen

Hon - the centre, the essence, the source, the beginning, the start out of itself

Sha - Shining

Ze - To walk in the right direction

Sho - the goal, aim, honest being

Nen - Silence, to be open in the deepest being of your nature (who you are)

The purpose of the symbol is to bring down the energy into your Heart Chakra and open the mind so that Reiki can operate beyond time and space.

Hon Sha Ze Sho Nen acts as a bridge for energy to flow. Though important particularly in Absent Healing, it is used always.

2. Sei He Ki

Sei - State of embryo, things which are invisible, source of external form.

He Ki - Root Chakra, To be balanced.

Sei He Ki breaks thru or breaks down that which is not in harmony. It breaks thru our blockages and patterns on the aura level, emotional level and physical level and establishes their harmony.

3. Cho Ku Rei

Cho - Curved sword (sickle) which draws a curved line

Ku - To enter something and produce wholeness, to produce space where nothing exists

Rei - Spirit, essence, mystical power, that which is not explainable

Cho Ku Rei is the power symbol used for amplification of energy. It is a catalyst and activator.

(Do not discuss symbols with Reiki I Therapists or with non Reiki persons as outside of Reiki II Context, the symbols have no meaning.)

SHORT FORM OF ABSENT HEALING

- Say attitude for gratitude
- Imagine the person to be healed
- Cover him/her with white light coming out of your heart
- Draw first symbol and say thrice
- Draw second symbol and say thrice
- Draw third symbol and say thrice
- If you know the particular disease or area concentrate on that part of the body and see that the disease or that part is healed
- See the patient happy, healthy and peaceful
- Give Reiki for five to ten minutes
- Keep on visualising the person as happy, healthy and peaceful and is out of the problem or disease
- After five-ten minutes or at the appropriate time as you feel, close with three symbols
- Express thanks to Reiki and to the patient.

Short Form of Absent Healing can be done to anyone, anything or anytime past, present, or future; to intentions, conferences, trees and plants, machinery, atmosphere, ozone, universe, poverty, fear, doubt, roads, famine, soil, farms, factories, offices, household, equipment, food articles.....

FULL FORM OF ABSENT HEALING

- Say attitude of gratitude
- Declare your body is the body of the patient
- Do full self Reiki using three symbols at each location
- For higher awareness, declare at each location that, that part of the body is that of the patient
- After completing self Reiki finally declare your body as your own body and thank your body.
- Energy Spiralling and Balancing not required

PROGRAMMING REIKI

If you are not available when a person or event requires Reiki, you can program it.

Write down the date, time, event or person requiring Reiki, result required or visualise the event. White Light.....Symbols. Declare the event or person is receiving Reiki at the required date and time and after the time you desire to give Reiki, close with symbols.

REIKI BOX

Another method of giving Reiki to intentions. You express your intentions about a person, an event or a thing, express it in writing on a slip of paper as an affirmation, and put it in the Reiki Box. Attitude of Gratitude..... White Light.....Symbols. After the time whatever you have chosen, Close with White light.....symbols.

CREATING FUTURE

Either prepare a calendar showing date, time event, concerned people and expected results or visualise the future as you want. Attitude of Gratitude.....White Light.....Symbols, and close when you want. You can also put this calendar in the Reiki Box.

HEALING RELATIONSHIPS

Visualise the persons who do not get along well or you would like to give Reiki to their relationships. See them hugging and loving each other. White light.....symbols.

The same way one can also heal old memories.

HEALING DEAD PEOPLE

Visualise the dead person as alive. White Light.....Symbols. Communicate whatever you wanted to say and had not said. See the person as complete, whole and peaceful. Close withSymbols.

MENTAL METHOD OF HEALING

Mental Method of Healing can be used as a support to regular Reiki, Take one intention-an affirmation and declare it and then draw three symbols on each chakra, Take only one intention for 21 days. Always take full Reiki. Use touch Reiki method, No. absent healing.

HEALING OF STRUGGLES

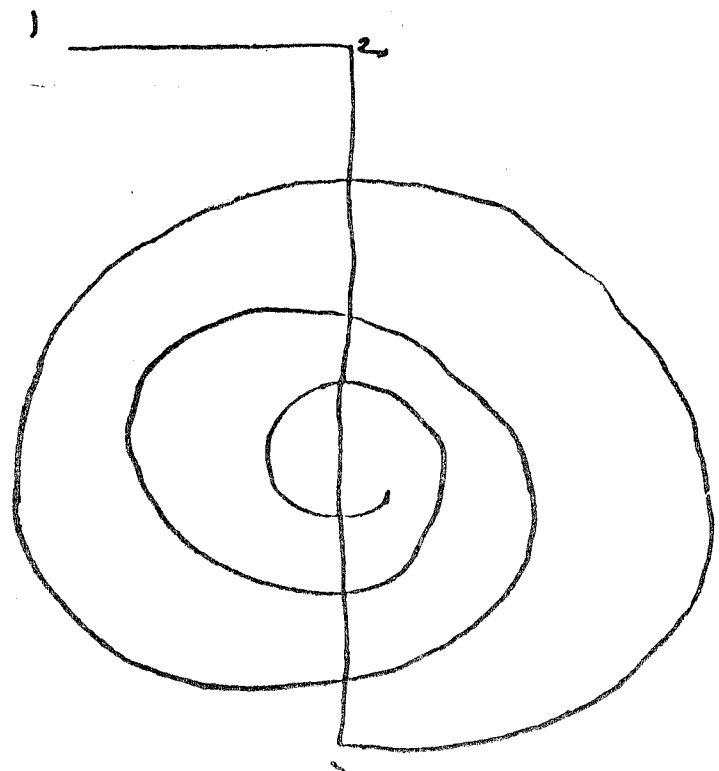
Scan your body and see where there is pain and accumulation. Draw three symbols. Continue giving Reiki till you feel peaceful.

HEALING OF TENSIONS

Look into the tension which is taking up maximum amount of your energy. Declare precisely the tension or write down the tension. White Light.....Symbols. Visualise the tension dissolving and close with symbols. Take for as much time as you want.

Chokunrei

1 2 3



Increase Power

Sei he Ki
1 2 3,4

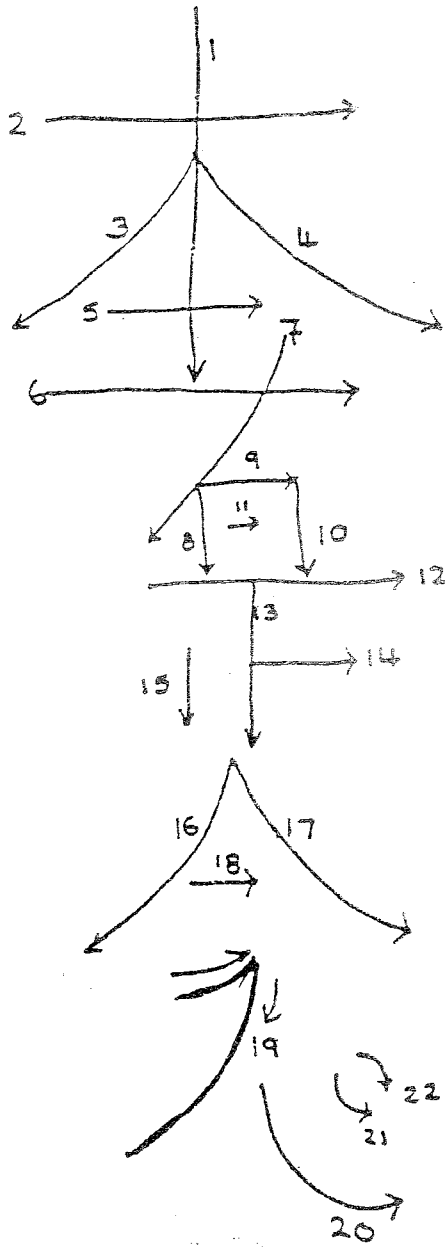


Hon Sha Ze sho nen



absent Healing

Hon 1-5 Sha 6-7 Ze 8-15 Sho 16-18 Nen 19-22



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Hor = Top
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bottom